



PROTECT NEW YORK

PROTECT NIH FUNDING

Thanks in part to research funded by the National Institutes of Health (NIH), Americans live longer, healthier lives. Advances once thought impossible, like sequencing the human genome, happened because of NIH funding and opened a world of unprecedented opportunity.

NIH research saves lives. It helps prevent cancer, obesity, heart disease, diabetes, and other chronic diseases.

NIH research helps the economy. Every \$1 in NIH funding generates about \$2.21 in local economic growth. Discoveries from NIH-funded research also fuel the U.S. biomedical industry, which employs 1 million U.S. citizens and exports \$90 billion in goods and services annually.

But funding for NIH research is threatened. Inflation and sequestration have cost the NIH more than \$6 billion in purchasing power in the last decade. Less funding for research means:

- Slowdowns in developing new cancer drugs and finding effective strategies for preventing chronic diseases.
- The United States could lose its position as a world leader in science and technology.
- Fewer jobs in every state in the nation and the loss of promising researchers to other career paths.

NIH FUNDING BENEFITS NEW YORK

The National Institutes of Health (NIH) pumps billions of dollars into New York's economy and creates necessary medical research jobs.

New York received \$2.1 billion NIH dollars in 2016, supporting 4,866 research and disease-prevention projects.

Society of Behavioral Medicine members in New York received NIH funding for projects including:

- A study evaluating an Internet program that uses genetic testing to inform patients of individual risk factors for melanoma. If the program successfully gets at-risk patients to increase their skin cancer prevention behaviors, it could be easily and cheaply shared nationwide.
- Research on the effectiveness of yoga in reducing insomnia among cancer survivors. Up to 90% of cancer survivors report sleep problems post-treatment, often leading to diminished quality of life.
- A clinical trial evaluating whether specific weight loss, physical activity, and dietary restriction programs help obese individuals who have type 2 diabetes and chronic kidney disease. If such lifestyle changes slow kidney disease progression, the programs could save lives and dollars.



Make NIH funding a national priority. Let's move forward—not backward.

The Society of Behavioral Medicine is a 2,300-member organization of scientific researchers, clinicians, and educators. They study interactions among behavior, biology, and the environment, and translate findings into interventions that improve the health and well-being of individuals, families, and communities.

Society of Behavioral Medicine • 555 East Wells Street, Suite 1100 • Milwaukee, WI 53202 • www.sbm.org



PROTECT NEW YORK

PROTECT PREVENTION FUNDING

The health care system usually treats people after they become sick. More, however, can be done to *prevent* disease onset.

The nonpartisan Society of Behavioral Medicine and National Prevention Council are shifting the focus to prevention. The council's National Prevention Strategy seeks to "improve the health and quality of life for individuals, families, and communities by moving the nation from a focus on sickness and disease to one based on prevention and wellness."

We need more than a strategy. Prevention funding, like the U.S. Prevention and Public Health Fund, must be protected and increased. The public agrees—76% of Americans support increased funding for prevention programs.



The Prevention Fund supports services and programs that reduce tobacco use, increase physical activity, and improve nutrition, sparing millions of Americans the suffering and loss of life associated with obesity, diabetes, heart disease, cancer, and other preventable diseases. But more must be done—such preventable diseases continue to cause 70% of U.S. deaths and cost \$1.3 trillion in treatment costs and lost productivity every year. **Lives—and dollars—can be saved through prevention.**

Protect prevention funding—American lives depend on it.

86% of America's health care dollars are spent treating preventable chronic conditions—yet only 3% of health care dollars go toward prevention.

NEW YORK NEEDS PREVENTION FUNDING

Many New York adults suffer from preventable chronic conditions:

- 27% are obese.
- 108,000 get diagnosed with cancer annually.
- 10% have diabetes.
- 32% have high blood pressure.

The U.S. Prevention Fund is helping!

Statewide the fund is improving access to vaccines, helping smokers quit, and ensuring more women get breast and cervical cancer screenings.

Local communities are benefiting too. For example:

- The University of Rochester received \$1.5 million to implement the Million Hearts stroke and heart attack prevention campaign; to help local businesses develop worksite wellness improvement plans; and to develop an online behavioral counseling tool for the prevention of high cholesterol.
- The Bronx-Lebanon Hospital Center received \$496,135 to support better primary care and behavioral health services for individuals with mental illnesses or substance use disorders.