

SOCIETY of BEHAVIORAL MEDICINE

Better Health Through Behavior Change

PROTECT NORTH DAKOTA

PROTECT NIH FUNDING

Cuts to NIH funding would erode America's position as world leader in science and technology advancements that save and improve lives.

- NIH research helps *prevent* cancer, obesity, heart disease, diabetes and other chronic diseases. Prevention saves lives *and* dollars.

North Dakota received \$14,724,658 NIH dollars in 2012, supporting 35 research and disease-prevention projects. NIH-funded awards in North Dakota have included:

- Researchers aiming to create a broad vaccine that combats different strains of the Influenza B virus, a major illness that particularly affects young children and the elderly, sometimes causing death. Vaccination is an effective way to counter influenza infection and illness. Since flu strains change from year to year, a seasonal vaccine that offers protection against different strains would be of great value.
- The NIH pumps millions of dollars into the economy, creating necessary medical research jobs.
- An engine of innovation, the NIH positions the US as a global leader in ground-breaking new research.

In North Dakota, NIH-funding created 427 jobs in 2012.

PROTECT THE PREVENTION AND PUBLIC HEALTH FUND

Created through the Patient Protection and Affordable Care Act (ACA), the Prevention and Public Health Fund represents a critical investment in our nation's physical and fiscal health. The Fund supports hundreds of health programs nation-wide that prevent such chronic and costly diseases as cancer, diabetes, heart disease, and obesity. These programs:

- Reduce or end tobacco use, a cause of life-threatening and fatal heart and lung diseases.
- Ensure that kids and adults receive immunizations. Immunizations protect troops as well – keeping them ready and able to maintain America's defenses.
- Target diabetes, teaching people how to adopt healthy eating habits and increase physical activity. These habits help prevent devastating outcomes associated with diabetes, such as amputation and blindness.

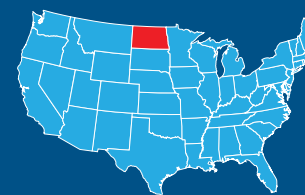
Seventy-five percent of America's health care costs are related to preventable conditions!

In North Dakota, the Prevention and Public Health Fund is...

- Helping low-income individuals receive training so they can enter healthcare professions that face shortages. Improving the health of Americans is only possible if there are enough healthcare professionals trained to provide care.
- Supporting Family-to-Family Health Information Centers to help families who have children with special health care needs. The centers are uniquely able to help families because they are staffed by people who have had first-hand experience navigating the often confusing maze of health care services and programs for children with special needs.

The Society of Behavioral Medicine is a 2,200-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 E. Wells St., Suite 1100 • Milwaukee, WI 53202 • www.sbm.org



PROTECT NORTH DAKOTA

PROTECT COMMUNITIES

Lacking adequate resources to battle them, many US communities face health and safety threats. The Centers for Disease Control and Prevention's (CDC) community grants strengthen communities. Children can run, play soccer, and shoot hoops in crime-free playgrounds and parks.

In North Dakota...

- A \$370,684 grant was awarded to the North Dakota Department of Health to reduce the incidence of chronic disease by promoting healthy lifestyles among state residents. Initiatives will target tobacco-free living, active living and healthy eating; quality clinical healthcare; and other preventive services. Cancer, diabetes heart disease and other chronic diseases cause 7 out of 10 deaths in the US each year. Treatment for chronic diseases and associated risk factors consumes 75% of all healthcare dollars.

CDC's community-based programs make healthy living easier for 130 million Americans. They foster tobacco-free, active living, and healthy eating – habits that prevent suffering and other costs associated with chronic diseases.

ADOPT A BALANCED APPROACH TO REDUCING THE DEFICIT

As a solution to solving this nation's budget woes, cuts, alone, without parallel revenue increases, jeopardize preventive health services that control healthcare costs and allow Americans to take responsibility for their own health. Cuts would also reduce meals for needy seniors, food inspections, and HIV testing; they would decrease public health emergency preparedness and response capabilities – undercutting the very foundation that keeps American strong.

A balanced approach is needed. Protecting prevention programs reduces and eliminates tobacco use, encourages healthy eating, promotes physical activity, and fosters medication adherence – behaviors shown to prevent obesity, diabetes, and other costly chronic illnesses.

A balanced approach ensures support for:

- National Institutes of Health research, which not only leads to discoveries that alleviate human suffering but also creates jobs in every state of America.
- The Centers for Disease Control and Prevention, which guards against the spread of deadly disease and prevents chronic disease.
- The National Science Foundation, which drives the stream of science, technology and engineering innovations that position America as a leader.

Preventive services such as childhood immunizations and breast, cervical and colon cancer screenings save millions of lives each year – and also save money. Fully funding and protecting these and other healthcare services will keep America prosperous and healthy.