

# SOCIETY of BEHAVIORAL MEDICINE

Better Health Through Behavior Change

## PROTECT TEXAS

### 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.

**Texas** received \$1,040,898,519 NIH dollars in 2012, supporting 2,607 research and disease-prevention projects. NIH-funded awards by Texas SBM members include:

- Examining whether hospital-initiated interventions and other incentives can successfully motivate parents to provide smoke-free home environments for their infants.
- Utilizing an engaging and interactive web-based program to determine if it can help reduce obesity in African-American girls ages 8-10. This program encourages healthy diet and physical activity by portraying six characters, each struggling with healthy diet and physical activity barriers, and demonstrates how they overcame them.
- 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 Texas, NIH-funding created 25,408 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:

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

- 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.

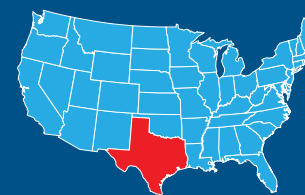
**In Texas, the Prevention and Public Health Fund is...**

- Addressing the shortage of primary care physicians by expanding Physician Assistant Training Programs. Physician assistants can provide routine but necessary primary care services such as immunizations, check-ups and treatment for minor illnesses, leaving the physician free to address more serious health problems.
- Sending health professionals into the homes of at-risk families to connect them with critical assistance that can improve a child's life – quality health care, early education, parenting instruction and nutrition information.
- Expanding school-based health centers, where children are screened for dental, vision and hearing problems, treated for acute illnesses such as the flu, and for chronic conditions such as asthma and diabetes. Nationwide, it is estimated that school-based health centers reach more than 1.2 million children, keeping them healthy – and in school!



*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.*

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## PROTECT TEXAS

### 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 Texas...

- A CDC Community Transformation Grant is reducing childhood obesity by increasing healthy food and beverage options in Austin/Travis County schools. An estimated 16% of school-aged children in Texas are obese, including an estimated 19% of Hispanic school-aged children.
- The state's small counties are benefiting from a CDC Community Transformation Grant that is promoting tobacco-free living, active living and healthy eating among residents and offering improved access to clinical healthcare and preventive services. The goal is to reduce chronic disease which causes 7 out of 10 deaths in the US each year and costs roughly three quarters of the \$2.5 trillion spent annually on health care.

*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.