



PROTECT VIRGINIA

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 VIRGINIA

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

Virginia received \$296 million NIH dollars in 2016, supporting 750 research and disease-prevention projects.

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

- A study examining whether a low-cost Internet program can improve sleep in older adults. Older adults are the fastest-growing age group, the largest-growing Internet user group, and the age group with the highest prevalence of insomnia, which can weaken the immune system and lead to depression.
- Research to develop personal health records for better cancer screening. Cancer screening can lead to an earlier diagnosis and a better chance at survivorship, yet the average American receives only half of recommended screenings. Personalized health records may help patients obtain their recommended tests.



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.

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PROTECT VIRGINIA

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.**

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

VIRGINIA NEEDS PREVENTION FUNDING

Many Virginia adults suffer from preventable chronic conditions:

- 29% are obese.
- 41,000 get diagnosed with cancer annually.
- 10% have diabetes.
- 33% 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 Balm In Gilead church organization received \$500,000 to improve access to physical activity opportunities for Richmond area blacks, who are more likely to suffer from high blood pressure and resulting health complications.
- Fairfax County Neighborhood and Community Services received \$1.49 million to create tobacco-free areas, improve day care meals' nutritional quality, and increase participation in disease self-management programs.

Protect prevention funding—American lives depend on it.