



# PROTECT WASHINGTON

## 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 WASHINGTON

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

**Washington received \$793 million NIH dollars in 2016, supporting 1,390 research and disease-prevention projects.**

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

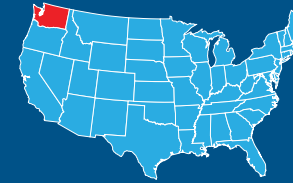
- A study tracking the walking habits of individuals in King County before and after bus service is introduced. Bus users walk to and from stops, increasing their daily physical activity and lessening their risk for chronic diseases. This study will examine if adding bus services to a community increases physical activity among residents. It will include a cost-benefit analysis to aid city planners and decision makers.
- A clinical trial to determine whether a specially-designed Web program can reduce depression among cancer survivors who received stem cell transplants. Such cancer survivors are more likely to experience depression. If this program works, it could be cost-effectively disseminated nationwide.



*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 WASHINGTON

## 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.*

## WASHINGTON NEEDS PREVENTION FUNDING

**Many Washington adults suffer from preventable chronic conditions:**

- 28% are obese.
- 38,000 get diagnosed with cancer annually.
- 9% have diabetes.
- 30% 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:

- Seattle Children's Hospital, Public Health—Seattle & King County, and the Healthy King County Coalition received \$3.6 million to increase the amount of local, healthy food in schools and hospitals; raise awareness about the health risks of sugary drinks; change land use and planning policies to make communities more pedestrian- and bicycle-friendly; and create more smoke-free parks and public housing.
- The University of Washington received \$650,000 to train public health workers.

*Protect prevention funding—American lives depend on it.*