



PROTECT RHODE ISLAND

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, finding effective strategies for preventing chronic diseases, and more.
- The United States could lose its position as a world leader in science and technology.
- Fewer jobs in every state in the nation.

NIH FUNDING BENEFITS RHODE ISLAND

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

Rhode Island received \$132 million NIH dollars in 2014, supporting 433 research and disease-prevention projects.

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

- A controlled trial to examine if aerobic exercise helps smokers with elevated depressive symptoms be more successful at quitting. An effective, easy-to-disseminate exercise intervention for such smokers may be developed as a result.
- A study to determine if obese patients who are taught to accept negative thoughts/emotions—rather than trying to change them—perform better in standard weight loss programs.
- Research on the extent to which alcohol is directly associated with sexual behavior and, therefore, the spread of HIV. The research will also evaluate the efficacy of HIV-related interventions to improve behavioral and biological outcomes.



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

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 RHODE ISLAND

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 National Prevention Council—and the Society of Behavioral Medicine—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.**

75% of America's health care dollars are spent treating preventable conditions—while only 3% of health care dollars go toward prevention.

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 chronic diseases. Currently seven in 10 U.S. deaths are related to such preventable diseases! Lives—and dollars—can be saved through prevention.



Protect prevention funding—American lives depend on it.

RHODE ISLAND NEEDS PREVENTION FUNDING

Many Rhode Island adults suffer from preventable chronic conditions:

- 26% are obese.
- 6,000 get diagnosed with cancer annually.
- 10% have diabetes.
- 33% have high blood pressure.

24% of Rhode Islanders also are physically inactive, 17% use tobacco, and only 20% eat the recommended number of fruits and vegetables.

The U.S. Prevention Fund is helping!

Statewide the fund is improving access to vaccines, ensuring more women get breast and cervical cancer screenings, and allowing better chronic disease surveillance and epidemiology.

Local communities are benefiting too. For example:

- The Providence Center received \$500,000 to support better primary care and behavioral health services for individuals with mental illnesses or substance use disorders.
- The City of Providence received \$3.3 million to help public housing buildings implement no-smoking policies; make school property tobacco-free at all times; launch a website where residents can pledge to live tobacco-free; and develop a media campaign to discourage youth from smoking.