



PROTECT FLORIDA

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.

NIH FUNDING BENEFITS FLORIDA

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

Florida received \$407 million NIH dollars in 2015, supporting 1,002 research and disease-prevention projects.

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

- A study of the gut microbiome of low birth weight infants at six weeks, two years, and four years, to determine the relationship between the gut microbiome and later health issues. Results will identify possible dietary recommendations for low birth weight infants, who are more likely to have health issues.
- Research to determine the role of inflammation-inducing proteins in causing fatigue and depression symptoms in chemotherapy patients, and whether relaxation techniques can help. A better understanding of the causes of chemotherapy symptoms may lead to more effective treatments to reduce those symptoms in cancer patients.



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 FLORIDA

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.



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.**

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

Protect prevention funding—American lives depend on it.

FLORIDA NEEDS PREVENTION FUNDING

Many Florida adults suffer from preventable chronic conditions:

- 26% are obese.
- 115,000 get diagnosed with cancer annually.
- 11% have diabetes.
- 35% have high blood pressure.

28% of Floridians also are physically inactive, 17% use tobacco, and only 18% eat the recommended number of fruits and vegetables.

The U.S. Prevention Fund is helping!

Statewide the fund is improving access to vaccines, helping smokers quit, and allowing health care workers to better respond to disease outbreaks.

Local communities are benefiting too. For example:

- The Miami-Dade County School Board received \$3.1 million to increase the percentage of students who consume at least five fruits and vegetables per day, engage in at least 60 minutes of physical activity per day, and maintain a body mass index (BMI) below the 95th percentile.
- Tallahassee's Apalachee Center received \$496,863 to support better primary care and behavioral health services for individuals with mental illnesses or substance use disorders.