

## PROTECT UTAH

### PROTECT NIH FUNDING

**National Institutes of Health (NIH) research saves lives.** It helps prevent and treat cancer, obesity, heart disease, diabetes, and other chronic diseases. Half of U.S. adults suffer from one or more chronic diseases.

**NIH research helps the economy.** Every \$1 in NIH funding generates about \$2.21 in local economic growth. NIH-supported research adds \$69 billion to our annual GDP and supports 7 million jobs.

**But funding for NIH research is threatened.** Inflation and sequestration have cost the NIH more than \$6 billion in purchasing power since 2004. 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. Scientific competitors like China are currently increasing their investments in research.
- Fewer jobs in every state in the nation and the loss of promising researchers to other career paths.

### NIH FUNDING BENEFITS UTAH

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

**Utah received \$187 million NIH dollars in 2017, supporting 453 research projects.**

Society of Behavioral Medicine members in Utah received NIH funding for:

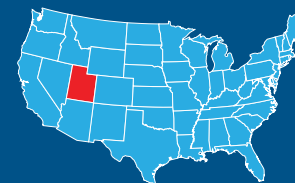
- A study observing how young adults with type 1 diabetes best learn to manage their condition without parental help. As young adults transition out of family homes, they are at high-risk for poor metabolic control. Helping them transition better can decrease their risk of serious long-term health complications.
- Research into methods of communicating skin cancer risks and preventive strategies to children with a genetic predisposition for developing the disease. Genetic tests for melanoma risk factors are readily available, but effectively communicating these risks and maintaining preventive behaviors (such as properly using sunscreen and performing regular self-examinations) remains difficult, especially with younger patients.



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

*The Society of Behavioral Medicine is a 2,400-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 UTAH

## 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.

*86% of America's health care dollars are spent treating preventable chronic conditions—yet 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 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.**



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

## UTAH NEEDS PREVENTION

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

- 25% are obese.
- 11,000 get diagnosed with cancer annually.
- 7% have diabetes.
- 24% 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.

- The Utah State Department of Health received \$1.4 million to help residents eat better, be more physically active, and more readily access preventative clinical services.
- The department also received \$465,000 to teach people how to reduce falls among older adults. Falls are the leading cause of fatal and nonfatal injuries for those 65 years of age and older.