

PROTECT IOWA

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 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 IOWA

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

NIH research saves lives. It helps *prevent* cancer, obesity, heart disease, diabetes, and other chronic diseases.

Iowa received \$160 million NIH dollars in 2014, supporting 395 research and disease-prevention projects.

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

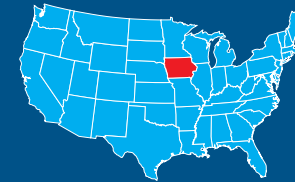
- Research examining the effects of a one-day behavioral intervention workshop for migraine patients suffering from depression.



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 IOWA

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 chronic diseases. Currently seven in 10 U.S. deaths are related to such preventable diseases! 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.

IOWA NEEDS PREVENTION FUNDING

Many Iowa adults suffer from preventable chronic conditions:

- 30% are obese.
- 17,000 get diagnosed with cancer annually.
- 10% have diabetes.
- 30% have high blood pressure.

23% of Iowans also are physically inactive, 18% use tobacco, and only 13% 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 ensuring more women get breast and cervical cancer screenings.

Local communities are benefiting too. For example:

- Healthy Henry County Communities was able to purchase three timed LED pedestrian crosswalk signals for downtown Mount Pleasant, to improve safety for walkers and bikers at several key intersections.
- The University of Iowa received \$650,000 to train public health workers.