

PROTECT MINNESOTA

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 MINNESOTA

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

Minnesota received \$451 million NIH dollars in 2015, supporting 924 research and disease-prevention projects.

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

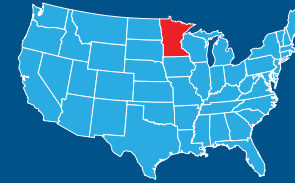
- A study examining if exercise prevents postpartum depression, which occurs in about 10% of women who give birth. The goal is to provide practitioners with additional strategies for preventing postpartum depression, instead of just treating it after symptoms develop.
- Research to determine if daily tracking of body weight during weight loss produces better weight loss outcomes than weekly or non-existent weight tracking.
- A study to develop and evaluate an anti-smoking campaign for Alaskan Native women. Alaskan Native women smoke cigarettes or use smokeless tobacco at high rates during pregnancy, which leads to higher rates of tobacco-related maternal, fetal, and infant adverse health 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 MINNESOTA

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 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.

MINNESOTA NEEDS PREVENTION FUNDING

Many Minnesota adults suffer from preventable chronic conditions:

- 26% are obese.
- 29,000 get diagnosed with cancer annually.
- 7% have diabetes.
- 27% have high blood pressure.

24% of Minnesotans also are physically inactive, 18% use tobacco, and only 15% eat the recommended number of fruits and vegetables.

The U.S. Prevention Fund is helping!

Statewide the fund is improving chronic disease epidemiology, helping smokers quit, and ensuring more women get breast and cervical cancer screenings.

Local communities are benefiting too. For example:

- The Minneapolis Heart Institute Foundation received \$204,275 to implement the “Heart of Brown County,” an initiative to make rural Brown County residents healthier by enhancing walking and bicycling options and by identifying healthy foods at grocery and convenience stores.