



PROTECT ALABAMA

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.

NIH FUNDING BENEFITS ALABAMA

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

Alabama received \$279 million NIH dollars in 2017, supporting 608 research projects.

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

- Research into the effectiveness of home-gardening as a source of healthy food and exercise for older cancer survivors. A healthful diet and regular physical activity may reduce the risk of second cancers, cardiovascular disease, and impaired physical functioning in this vulnerable and rapidly expanding population.
- Development of new technologies to quickly and accurately map body composition. Assessing body composition is vital for understanding many health-related conditions including obesity; muscle loss induced by HIV, cancer, and other diseases; the effects of neurological disorders such as Parkinson's, Alzheimer's, and muscular dystrophy; and proper growth in children.



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.

Society of Behavioral Medicine • 555 East Wells Street, Suite 1100 • Milwaukee, WI 53202 • www.sbm.org



PROTECT ALABAMA

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 public agrees—76% of Americans support increased funding for prevention programs.

86% 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.

ALABAMA NEEDS PREVENTION

Many Alabama adults suffer from preventable chronic conditions:

- 35% are obese.
- 27,020 get diagnosed with cancer annually.
- 13% have diabetes.
- 40% 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.

- Montgomery Area Community Wellness Coalition received \$909,455 to increase access to fruit and vegetables at convenience stores, parks and walking trails for physical activity, and chronic disease self-management education opportunities in Central Alabama's River Regions. African Americans in the River Region are disproportionately affected by chronic diseases including diabetes and heart disease.
- The University of Alabama at Birmingham received \$943,212 to address health disparities for African Americans living in the City of Birmingham.