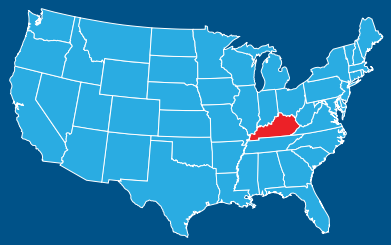

SOCIETY *of* BEHAVIORAL MEDICINE

Better Health Through Behavior Change

PROTECT KENTUCKY

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 KENTUCKY

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

Kentucky received $184 million NIH dollars in 2017, supporting 426 research projects.

This year, Society of Behavioral Medicine members received NIH funding for:

- A study to test the impact of physical activity and pain on overall wellbeing for older adults. As people age, they are more likely to experience chronic pain, however some older adults report strong feelings of wellbeing despite experiencing chronic pain, while others report no pain and low levels of wellbeing. This research seeks to determine whether physical activity contributes to an improvement in overall wellbeing, even in the presence of pain, and to develop strategies for older adults to increase their physical activity.

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 KENTUCKY

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."

86% of America's health care dollars are spent treating preventable chronic conditions—yet only 3% of health care dollars go toward prevention.

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.

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.

KENTUCKY NEEDS PREVENTION

Many Kentucky adults suffer from preventable chronic conditions:

- 35% are obese.
- 25,700 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.

- Kentucky received nearly $1.3 million under the State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health (DNPAO) grant program. More than one in three Kentuckians is obese; these awards to state health departments allow CDC programs addressing diabetes, heart disease and stroke, nutrition, and physical activity and obesity to work in a coordinated fashion to prevent chronic disease.