



PROTECT NEW YORK

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 NEW YORK

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

New York received \$2.3 billion NIH dollars in 2017, supporting 4,982 research projects.

Society of Behavioral Medicine members in New York received NIH funding for:

- Research on the effectiveness of yoga in reducing insomnia among cancer survivors. The majority of cancer survivors, up to 90%, report some form of sleep problems post-treatment often leading to insomnia and diminished quality of life, and, when severe, increased morbidity and mortality.
- A study examining the relationship between stress and exercise. Previous research has shown that feelings of stress can make an individual less likely to exercise, but regular exercise can also have a positive effect on stress levels. Better understanding the influence of stress on health decision making can help physicians encourage more positive health behaviors.
- A study evaluating an Internet program that uses genetic testing to inform patients of individual risk factors for melanoma. If the program successfully gets at-risk patients to increase their skin cancer prevention behaviors, it could be easily and cheaply shared nationwide.



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 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.



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.

NEW YORK NEEDS PREVENTION

Many New York adults suffer from preventable chronic conditions:

- 25% are obese.
- 110,000 get diagnosed with cancer annually.
- 10% have diabetes.
- 30% 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 University of Rochester received \$1.5 million to implement the Million Hearts stroke and heart attack prevention campaign; to help local businesses develop worksite wellness improvement plans; and to develop an online behavioral counseling tool for the prevention of high cholesterol.
- The Bronx-Lebanon Hospital Center received \$496,135 to support better primary care and behavioral health services for individuals with mental illnesses or substance use disorders.