



PROTECT PENNSYLVANIA

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 PENNSYLVANIA

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

Pennsylvania received \$1.6 billion NIH dollars in 2017, supporting 3,523 research projects.

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

- A study assessing the behavioral and genetic characteristics of chronic pain patients who become addicted to opioids. Results could help combat the nation's opioid epidemic by allowing doctors to predict which patients are at risk for opioid addiction.
- A pilot program integrating online weight-loss programs with primary care. Internet weight control programs have been proven to help patients independently stick to diet and exercise plans, and the potential exists for even greater benefits when these tools are used by a family doctor as part of a broader weight loss plan.
- Research to evaluate if in-store food marketing strategies can be used to encourage healthy food purchases. If so, strategies could be used widely to reduce health disparities in obesity.



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 PENNSYLVANIA

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.

PENNSYLVANIA NEEDS PREVENTION

Many Pennsylvania adults suffer from preventable chronic conditions:

- 30% are obese.
- 84,000 get diagnosed with cancer annually.
- 10% have diabetes.
- 33% have high blood pressure.

The U.S. Prevention Fund is helping!

Statewide the fund is improving access to vaccines, helping prevent disease outbreaks, and ensuring more women get breast and cervical cancer screenings. Local communities are benefiting too.

- The City of Philadelphia Public Health Department received \$4.6 million in part to promote smoke-free environments for approximately 35,000 low-income residents.
- The Temple University Center for Asian Health received \$75,000 to get Chinese restaurant owners to reduce the sodium and fat content of their foods.