

PROTECT TEXAS

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 TEXAS

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

Texas received \$1.1 billion NIH dollars in 2017, supporting 2,701 research projects.

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

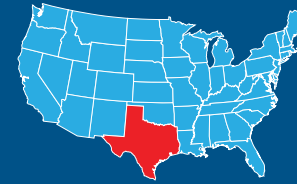
- Research into non-medication alternatives for pain management among Veterans. Chronic pain and long-term opioid use are significant problems among Veterans, especially those with chronic pain and psychiatric trauma, and effective alternative pain management strategies are needed to reduce hazardous opioid use.
- A study using video games as a tool for encouraging exercise and healthy eating in children. Fruit, vegetable, and water consumption and physical activity are still substantially below minimum recommendations among children, and innovative programs are needed that capture children's attention and permit behavior change messages to get through.
- A study of the biological effects of bereavement. The loss of a loved one and the stress, depression, and anxiety that follow have been shown to increase the risk of cardiovascular disease, and an understanding of these psychological factors is crucial for addressing the unique health concerns of grieving spouses.



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.

TEXAS NEEDS PREVENTION

Many Texas adults suffer from preventable chronic conditions:

- 32% are obese.
- 117,000 get diagnosed with cancer annually.
- 11% 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.

- Texas received over \$884,000 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. Almost one-third of adults in Texas are 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.