

## Taking Action to Reduce Chronic Disease with Core Health Partners and the Togetherhood Initiative

Chronic diseases are a prevailing and costly health concern in the United States. The problem is progressively increasing, with over half of all Americans experiencing at least one chronic condition. According to the Centers for Disease Control and Prevention, approximately 130 million adults in the US are living with some form of chronic illness, and these figures continue to rise.

Based on recent data from the Centers for Disease Control and Prevention (CDC), it is estimated that approximately 6 in 10 adults in the United States suffer from at least one chronic disease. This equates to a staggering 60% of the adult population. Furthermore, 4 in 10 adults, or 40%, are living with two or more chronic diseases. Chronic illnesses such as heart disease, cancer, and diabetes are prevalent, and together, they contribute to the majority of deaths in the United States each year. The prevalence of diabetes among adults has risen to 10.5% of the population. Furthermore, an estimated 20.4% of US adults had chronic pain in the past 3 months, a significant increase compared to the previous year.

In Florida, the number of people with chronic diseases is on a sharp rise. According to statistics from the 2023 Florida Department of Health, over 47 million Floridians are living with at least one chronic health condition, making up more than half of the state's population. The rising numbers of chronic conditions seen in Florida are attributed to a variety of factors, including poor diet and lifestyle choices, and lack of exercise.

**“Focusing on preventative care for those with chronic disease is key to improving the health outcomes for Floridians.”**

*- Florida Department of Health*

### Understanding the Impact of Chronic Diseases

Chronic diseases can have a huge impact on quality of life. People living with chronic illnesses often experience decreased energy levels, limitation of daily activities and may be at an increased risk for depression. For those who are living with serious or terminal conditions, the effects on physical and mental health can be especially profound. On the other hand, people without chronic disease generally experience fewer restrictions on their daily activities and often have better physical and mental health.

According to the Centers for Disease Control and Prevention (CDC), Hispanics have higher rates of diabetes, compared with non-Hispanic whites and blacks. Low-income families are also more likely to experience chronic diseases due to limited access to quality medical care and healthy food options. Additionally, blacks are at a higher risk of developing chronic diseases such as stroke, hypertension, and cancer.

In order to reduce the prevalence of chronic disease among these populations, it is important for health care providers to be aware of the risks associated with certain characteristics. It is also important for individuals in these communities to practice healthy lifestyle habits, such as exercise and eating a balanced diet. With proper care and prevention, it is possible to reduce the prevalence of chronic diseases in numerous populations.

## Chronic Diseases in the United States

**6 IN 10**

Adults in the US have a chronic disease



**4 IN 10**

Adults in the US have two or more



**1** THE LEADING CAUSES OF DEATH AND DISABILITY