WEBVTT

1 00:00:00.240 --> 00:00:02.880 Two words: chronic disease.

2 00:00:03.480 --> 00:00:05.220 Diseases that lasted a year or more

3 00:00:05.420 --> 00:00:06.875 and require ongoing medical attention,

4 00:00:07.075 --> 00:00:08.669 such as heart disease,

5 00:00:08.869 --> 00:00:10.170 cancer, diabetes,

6 00:00:10.370 --> 00:00:11.960 obesity and stroke.

7 00:00:12.720 --> 00:00:16.260 The World Health Organization projects chronic disease will cause

8 00:00:16.460 --> 00:00:20.129 90 percent of all deaths in industrialized countries

9 00:00:20.329 --> 00:00:21.660 like the US, Canada,

10 00:00:21.860 --> 00:00:23.220 Germany, Australia, China.

11 00:00:23.670 --> 00:00:24.360 The list goes on.

12 00:00:25.380 --> 00:00:29.100 Here in the US, where we spend more money on health care per person

13 00:00:29.370 --> 00:00:33.449 than any country in the world, more than half the population

14 00:00:33.649 --> 00:00:35.100 has at least one chronic condition

15 00:00:35.520 --> 00:00:39.630 and these chronically ill patients account for a whopping 90 percent

16 00:00:40.140 --> 00:00:42.330 of our total annual health care spending.

17 00:00:43.800 --> 00:00:44.955 So what can we do?

18 00:00:46.380 --> 00:00:50.069 Now a problem as complicated as chronic disease will require many different

19 00:00:50.269 --> 00:00:51.990 approaches. But here's one word.

20 00:00:52.860 --> 00:00:53.570 Prevention.

21 00:00:55.080 --> 00:00:58.610 Every HIV infection prevented saves us three hundred fifty

22 00:00:58.810 --> 00:00:59.790 thousand dollars.

23 00:01:00.720 --> 00:01:03.990 If we increase the use of preventive services such as low dose aspirin,

24 00:01:04.190 --> 00:01:06.330 tobacco screening and alcohol abuse screening.

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25 00:01:06.930 --> 00:01:09.180 Save billions of dollars.

26 00:01:10.080 --> 00:01:13.649 What if we help more people live a healthy lifestyle that can reduce heart

27 00:01:13.849 --> 00:01:16.619 disease and diabetes by 80 to 90 percent?

28 00:01:16.819 --> 00:01:17.019 Priceless.

29 00:01:19.720 --> 00:01:23.440 Not only can more widespread prevention efforts help control health care spending,

30 00:01:23.920 --> 00:01:25.840 it's also bound to create a healthier,

31 00:01:26.140 --> 00:01:28.660 happier, more productive society.