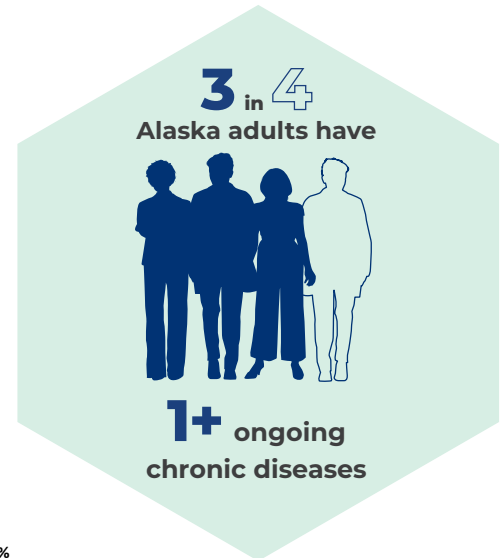
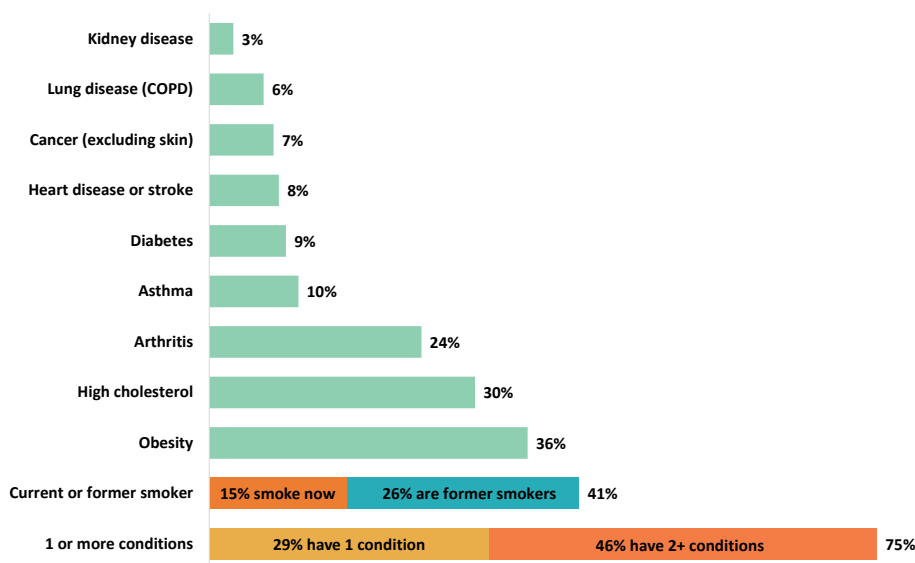


# Preventable risk factors are linked to chronic diseases and health care costs in Alaska

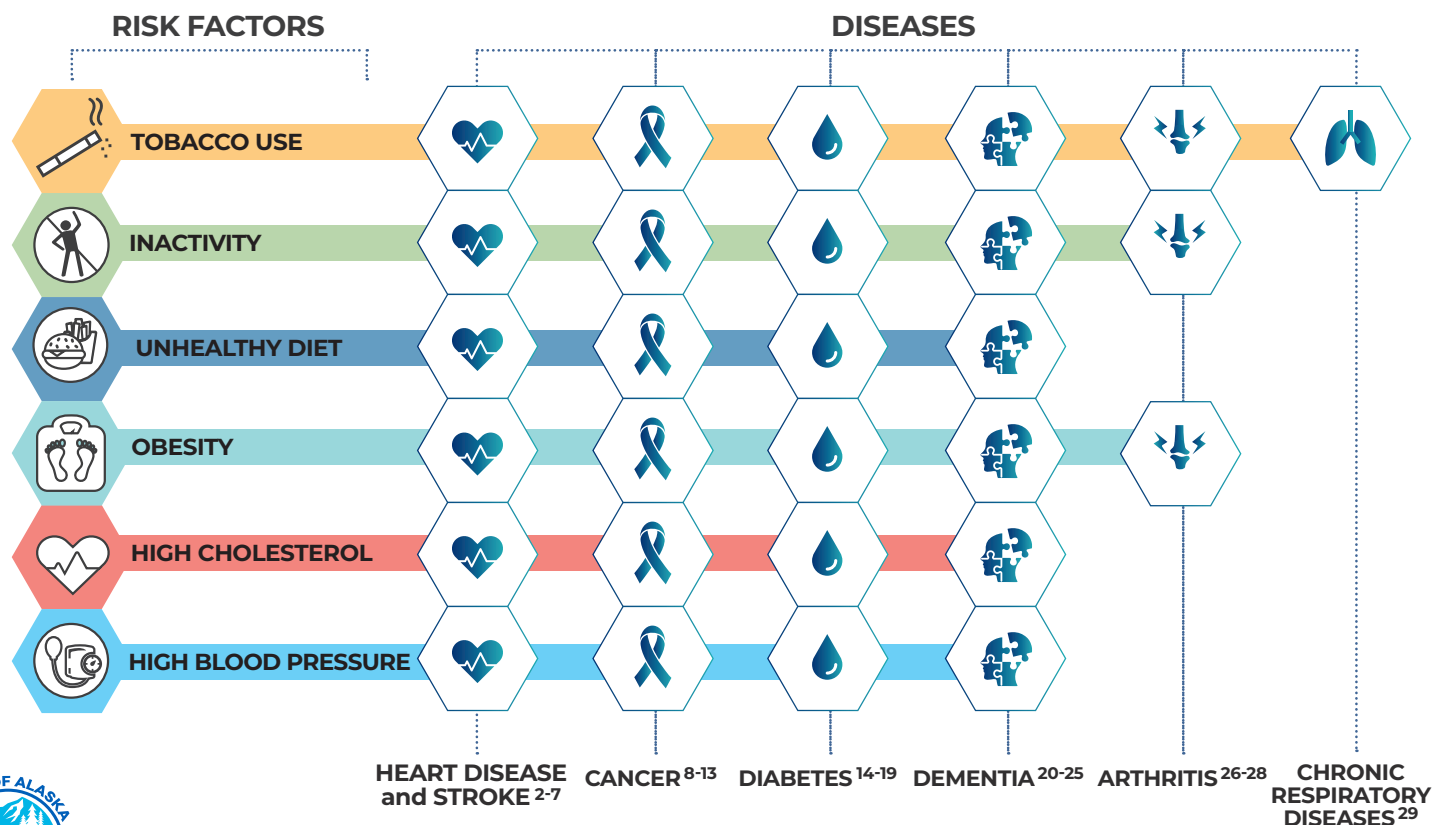
## THE PROBLEM: Most Alaskans live with a chronic disease

**Three out of four Alaska adults** have at least one ongoing chronic disease, condition or related behavior like smoking. Many of these health concerns are connected, with 46% of Alaska adults having two or more of these concerns at the same time.<sup>1</sup>



Tobacco use, inactivity, unhealthy diet and other **preventable risk factors** can cause more than one ongoing chronic disease.

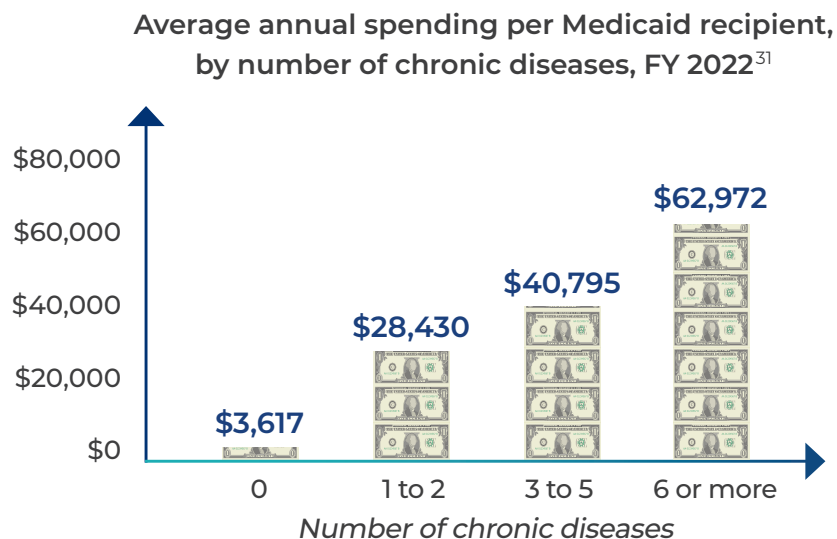
## SIX RISK FACTORS ARE LINKED TO ONE OR MORE CHRONIC DISEASE:



# Costs and solutions related to chronic diseases

## THE COST: To Alaska

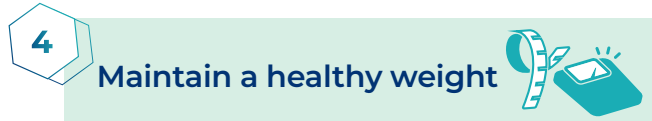
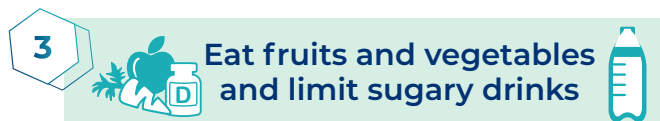
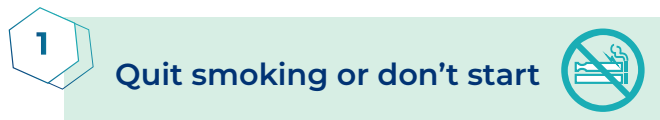
An adult living with one or more chronic diseases is much more likely to visit the emergency room, need hospital care, and pay significantly higher health care costs than an adult without chronic diseases.<sup>30</sup> **The more chronic diseases that an Alaska adult has, the higher that adult's health care costs will be each year.**



## THE SOLUTION: Key changes to prevent and manage chronic diseases

**Four healthy behaviors**—never smoking, being physically active, following a healthy diet, and maintaining a healthy weight—are linked to as much as an 80% reduction in the chances of developing the most common and deadly chronic diseases.<sup>32</sup>

Make the following healthy changes to help prevent or to improve ongoing chronic diseases:



## WHAT CAN WE DO? Communities working together to improve health

**Public health professionals:** Promote positive changes that help people stay healthy.

**Work** with communities to improve the places where people live, work, and play to empower Alaskans to be as healthy as possible.

**Health care providers:** Screen for chronic diseases and educate Alaskans about risk factors.

**Improve** overall health by coordinating care with other providers and community organizations.

**Promote** positive health changes, such as quitting smoking, being active, and more.

**Refer** patients to chronic disease prevention and management programs in their community or online at [freshstart.alaska.gov](https://freshstart.alaska.gov). These programs often provide coaching and medication as needed to meet health goals.

**Individuals:** Prioritize the four healthy behaviors discussed above.

Visit [freshstart.alaska.gov](https://freshstart.alaska.gov) to find a program to help.

# Preventable risk factors are linked to chronic diseases and health care costs in Alaska

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### Solution

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