



Support the Prevention Agenda by

Promoting Evidence-Based Interventions to Prevent or Manage Chronic Diseases

You can support the Prevention Agenda goal of **Reducing Chronic Disease** by promoting evidence-based interventions in your county.

AIM:

Increase the availability, accessibility, and use of evidence-based interventions to prevent or manage chronic diseases through promotion and referral.

Why promote evidence-based interventions to prevent or manage chronic diseases in your county?

- Approximately 6.2 million adult New Yorkers (41.1%) suffer from a chronic disease such as arthritis, asthma, stroke, heart disease, diabetes, or cancer and New Yorkers with chronic diseases are more likely to report poor health status and activity limitations than those without a chronic disease.ⁱ The risks of adverse outcomes, including mortality, hospitalizations, and poor functional status, increase as the number of chronic conditions in an individual increases.ⁱⁱ
- Estimates indicate that there are between 3.7 and 4.2 million (25-30%) adult New Yorkers with prediabetes.ⁱⁱⁱ A diagnosis of prediabetes increases the risk of developing type 2 diabetes and without lifestyle interventions to improve health, 15% to 30% of people with prediabetes will develop type 2 diabetes within five years.^{iv}
- Even the highest quality of clinical care to individuals with chronic conditions will not guarantee improved health outcomes. Individuals must be informed, motivated, and involved as partners in their own care.^v The Expanded Chronic Care Model (ECCM)^v integrates population health promotion into the delivery of chronic illness care, requiring connections between health care systems and community resources. Self-management support is an integral component of the ECCM.
- Evidence-based interventions (EBIs) promoted by the New York State Department of Health (NYSDOH) for the prevention and management of chronic conditions have significantly helped people develop self-management skills and adopt behaviors to prevent or manage conditions—leading to enhanced well-being and improved health outcomes.^{vii,viii,ix,x}
- New York State has a network of local partners providing EBIs to prevent or manage chronic diseases and a state-level support system provided by the University at Albany's Center for Excellence in Aging and Community Wellness but significant gaps exist. Local health departments are encouraged to partner with local organizations to increase the availability and use of EBIs to support the delivery of specific programs. Local health departments are in a unique position to encourage health care providers to refer patients to existing EBIs to prevent or manage chronic diseases.