

# CHRONIC DISEASE: THE MAIN DRIVER OF RISING U.S. HEALTH CARE SPENDING



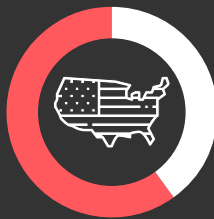
PARTNERSHIP TO FIGHT  
CHRONIC DISEASE

Treating people with multiple chronic diseases, particularly conditions linked to obesity, is the dominant cause of rising health care costs in the U.S.

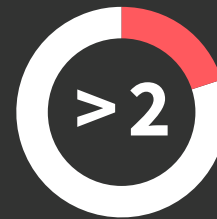
**SPENDING GROWTH CENTERS ON MORE PEOPLE DEVELOPING MULTIPLE CHRONIC CONDITIONS.**



**MOST GROWTH IN  
HEALTH SPENDING  
IS CONCENTRATED  
AMONG PEOPLE  
LIVING WITH THREE  
OR MORE CHRONIC  
CONDITIONS.**

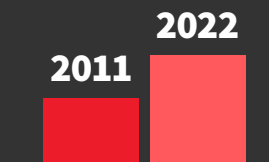


About **60% OF  
U.S. ADULTS**  
have at least one  
chronic condition

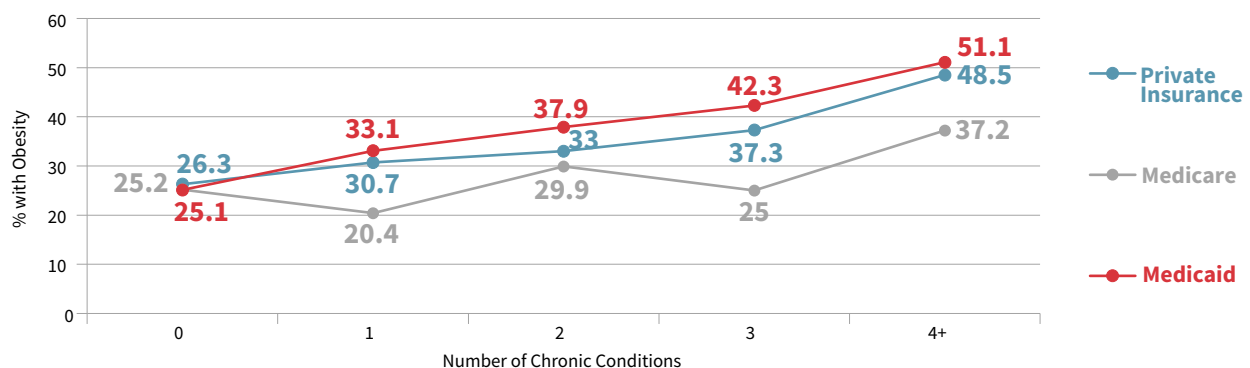


**20%** have  
two or more  
chronic  
conditions

Per person spending for privately insured with **3 chronic conditions** **↑31%** from 2011 to 2022. Spending is concentrated: **26%** of the people account for almost **60%** of the spending.



**Obesity Rates Increase by Number of Other Chronic Conditions**



## POLICY IMPLICATIONS AND RECOMMENDATIONS

**LIMITING COVERAGE,  
INCREASING  
REIMBURSEMENT  
CHALLENGES AND  
IMPOSING PRICE CONTROLS  
DO NOT PREVENT DISEASE,  
ACCELERATE WELLNESS,  
OR LOWER COST GROWTH.**

**Lowering burden of chronic disease means lowering costs:**

- Preventing onset and progression by addressing obesity and stopping accumulation of multiple chronic conditions
- Incentivizing prevention and care coordination
- Better defining treatment guidelines for multiple chronic conditions to facilitate prevention and improved outcomes
- Replicating models of care proven to reduce costs

## THE BIG PICTURE

# \$5.6 Trillion

National health spending in 2025 (18.5% of GDP)

## 93%

Portion of Medicare spending on chronic disease (2022)

## 82%

Portion of Medicaid spending on chronic disease (2022)

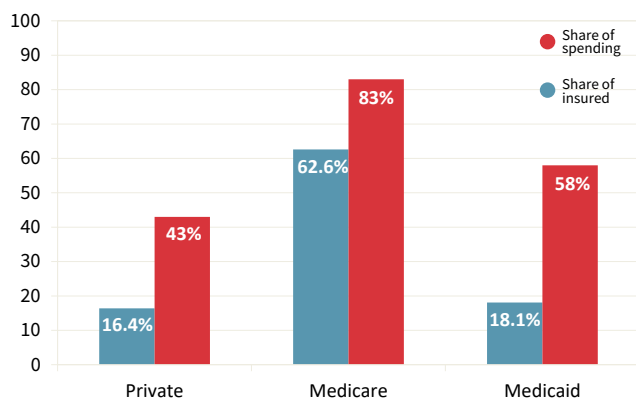
## 31%

Per capita spending rise (privately insured with 3 conditions, 2011–2022)

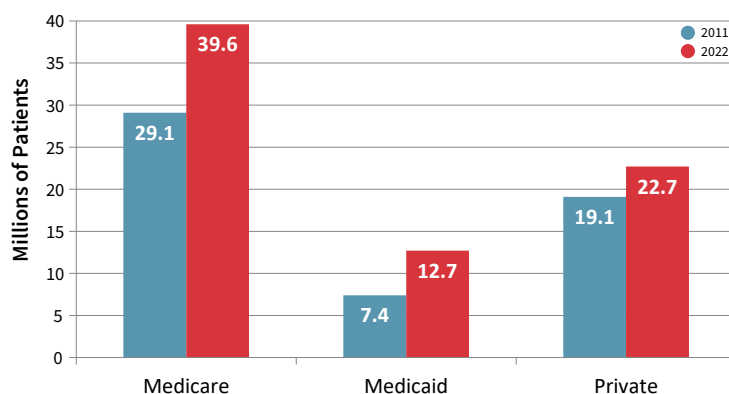
### PATIENTS WITH 0, 1, 2, 3, 4+ CHRONIC CONDITIONS VS. TOTAL SPENDING OVER TIME

#### 2022, All Adults (Private, Medicare, Medicaid):

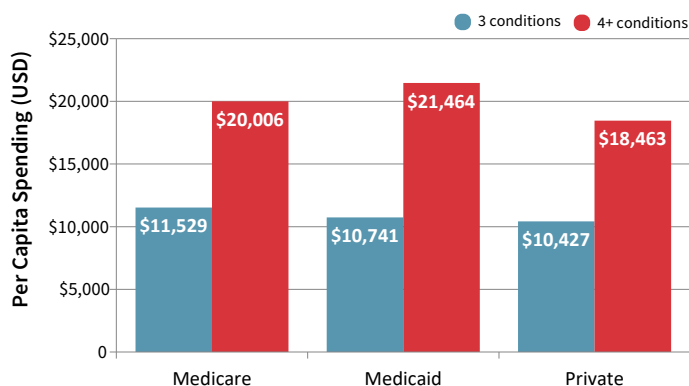
The group with 4+ chronic conditions accounts for the majority of spending:



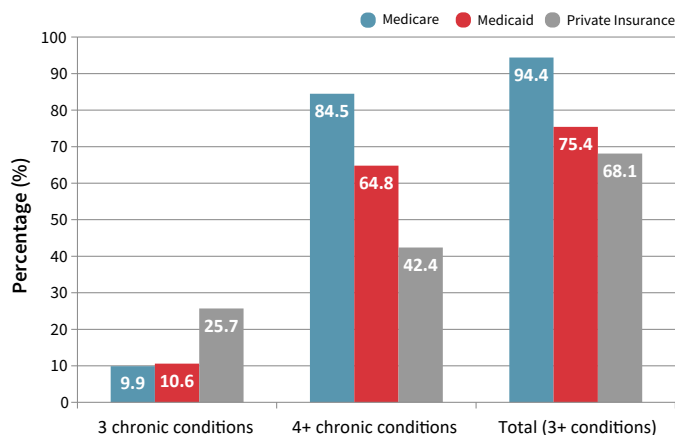
The rate of patients treated for 4+ chronic conditions rose across all payers:



Per capita spending rises rapidly with the number of conditions:



Distribution of spending increases attributable to 3+ conditions in Medicare, Medicaid, and Private:



**POLICY FOCUS MUST SHIFT TO PREVENTING AND BETTER MANAGING CHRONIC DISEASE - INCLUDING OBESITY - TO CURB UNSUSTAINABLE HEALTH SPENDING.**