

# IMPROVING HEALTH AMONG AMERICA'S YOUTH CAN SAVE LIVES AND HEALTHCARE COSTS



PARTNERSHIP TO FIGHT  
CHRONIC DISEASE

Chronic disease during childhood will cost the **U.S. \$1.15 trillion over the next 15 years**, including **\$620 billion in direct medical costs** and **\$530 billion in economic losses**.

**IMPROVING HEALTH AMONG AMERICA'S YOUTH CAN CUT THOSE COSTS BY MORE THAN HALF.**

**FOCUSED EFFORTS ON IMPROVING HEALTH THROUGH PREVENTION AND TREATMENT ADVANCES HOLD SIGNIFICANT PROMISE.**

ON A WEEKLY BASIS, U.S. CHILDREN AGES 1-5:

Did not eat  
a fruit daily  
**32.1%**



Did not eat a  
vegetable daily  
**49.1%**



Consumed a sugar-sweetened  
beverage at least once  
**57.1%**



Less than half of all high school students meet national physical activity guidelines.

Almost 1 in 5 U.S.  
children and teens  
(ages 2-19) have obesity.



"Over their lifetimes, children with obesity will incur **\$27 billion** more in medical costs compared with the lifetime medical costs of children who maintain a healthy weight into adulthood."<sup>1</sup>

More than  
5.3 million U.S.  
adolescents—  
**about 1 in 5 —**  
**have received a diagnosis**  
**for a mental or behavioral**  
**condition**, with anxiety being  
the most common.



Among those  
needing  
treatment or  
counseling,  
**61 percent**  
**had difficulty**  
**getting needed**  
**treatment.**<sup>2</sup>



**Improving childhood cancer survival rates alone could save more than 10,000 children.**

	\$ SAVED (BY 2040)	# FEWER CASES OF CHRONIC DISEASE
Better Prevention & Management of Chronic Disease	<b>\$172 Billion</b>	<b>2,600,000</b>
Significant Health Improvement & Innovation	<b>\$450 Billion</b>	<b>9,300,000</b>

1. <https://www.cdc.gov/obesity/childhood-obesity-facts/childhood-obesity-facts.html#:~:text=At%20a%20glance,percentile%20for%20age%20and%20sex;https://pubmed.ncbi.nlm.nih.gov/24709935/>.

2. <https://www.ncbi.nlm.nih.gov/books/NBK608531/>

**HEALTH IMPROVEMENTS TO PREVENT AND REDUCE THE TOLL OF CHRONIC DISEASES SAVE LIVES AND ENSURE A HEALTHIER FUTURE.**