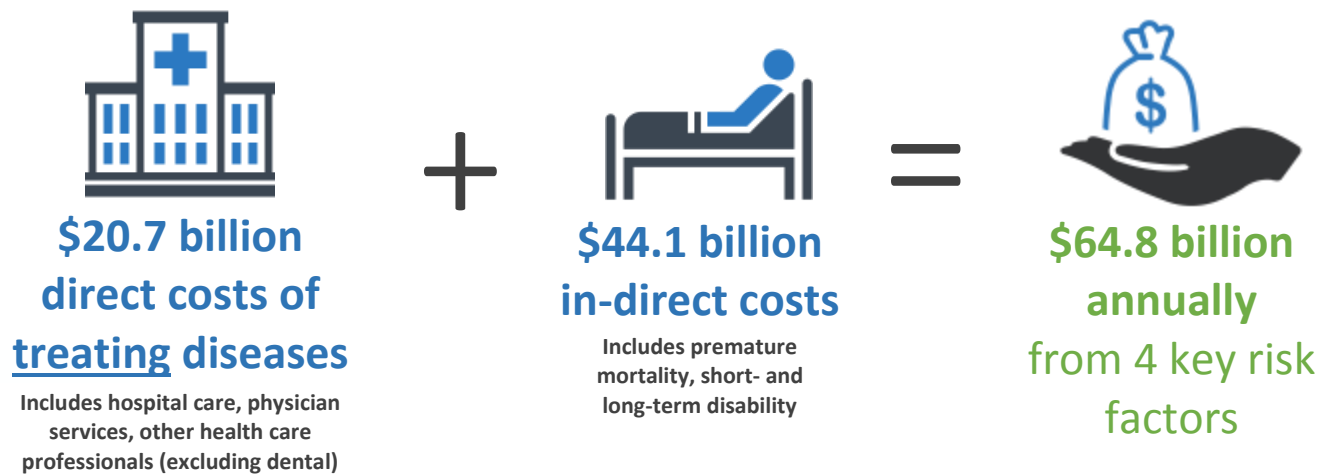


COST OF CHRONIC DISEASE IN CANADA FROM FOUR KEY RISK FACTORS



Physical Inactivity



\$9.63 billion

Includes \$3.16 billion direct and \$6.47 billion indirect costs

Smoking



\$19.92 billion

Includes \$6.80 billion direct and \$13.12 billion indirect costs

Excess Weight



\$24.34 billion

Includes \$7.16 billion direct and \$17.18 billion indirect costs

Alcohol Use



\$10.87 billion

Includes \$3.55 billion direct and \$7.32 billion indirect costs

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Q: Why invest in chronic disease prevention?

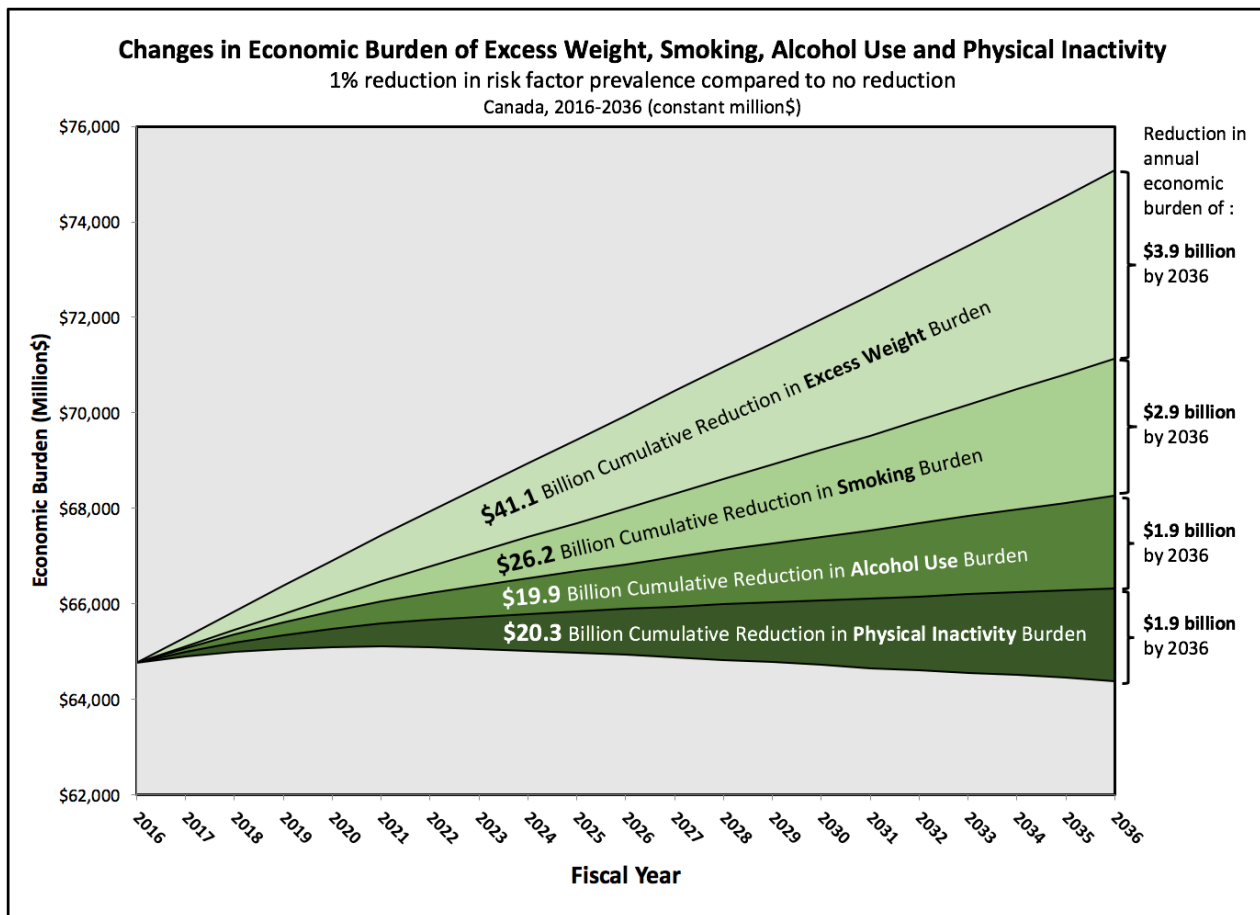
A: ROI. Investments in prevention today will pay off over time, in reduced healthcare costs, premature mortality and lost productivity.

With the right set of supportive policies, programs and research to achieve a modest 1% relative year over year reduction in the prevalence of the four key risk factors for chronic disease, over time Canadians could:

Save \$107.5 billion overall between 2016 and 2036



Save \$10.68 billion each year by 2036



Sources: Data figures – Dr. Hans Krueger, May 13, 2016. Personal Communication
Methodology – Krueger H, Williams D, Ready AE, Trenaman L, Turner D. Improved estimation of the health and economic burden of chronic disease risk factors in Manitoba, Canada. *Chronic Diseases and Injuries in Canada*. 2013; 33(4), 236-46.

Policies, Programs & Research to Support Chronic Disease Prevention

Social Determinants of Health



Determinants such as income security play a central role in enabling opportunities for healthy living and protecting against negative health outcomes.

Resources:

- ✓ CDPAC Policy Positions on Social Determinants of Health (SDOH) & Health Impact Assessment (HIA)

Food Environment



The availability, accessibility, and affordability of safe, nutritious food enables healthy eating. Policies such as restrictions on marketing of unhealthy foods and beverages to kids or taxation of sugary drinks are supportive.

Resources:

- ✓ CDPAC Policy Positions on Restricting Marketing to Kids & Taxation of Sugary Drinks
- ✓ Stop M2K Coalition Website <http://stopmarketingtokids.ca/>

Built Environment



Healthy urban planning and “Complete Streets” policies can support active communities with greenspace, paths and public transport that encourage physical activity and active living.

Resources:

- ✓ Pathways to Policy: Lessons Learned from the CLASP Initiative For Physical Activity and Built Environment Policy
- ✓ Healthy Canada by Design

Smoke-Free Environment



Municipal, housing, and workplace policies can work together to reduce social and environmental exposure to smoking (including e-cigarettes) and tobacco smoke.

Resources:

- ✓ CDPAC Policy Position on E-Cigarettes
- ✓ Smoke-Free Housing BC initiative
- ✓ OTRU Review of the Evidence Regarding Best Practices