



Now that you know your health risks, what does it mean to you financially?

ESTIMATED DIABETES COSTS

- Average health care costs per year: **\$11,744** for a person with diabetes vs. **\$6,649** for a person without diabetes (2007)
- United States total costs in 2007 (direct and indirect): \$174 billion
 - Direct medical costs: \$116 billion
 - Indirect medical costs: \$58 billion (disability, work productivity loss, premature death)
 - Since 2002, the total cost has risen over \$8 billion annually

**This data was based on a study for the American Diabetes Association.*

Did you know: There are 23.6 million children and adults in the United States, or **7.8% of the population**, who have diabetes. While an estimated 17.9 million have been diagnosed with diabetes, unfortunately, 5.7 million people (or nearly one quarter) are unaware that they have the disease.

ESTIMATED HEART DISEASE & STROKE COSTS

- For one person with heart disease or stroke, costs for diagnostic tests, surgery, hospital and doctor visits, physical therapy, and drugs can cost more than **\$4.8 million** over a lifetime.
- United States total costs in 2008 (direct and indirect): \$449 billion
 - Direct medical costs: \$296 billion
 - Indirect medical costs: \$153 billion (disability, work productivity loss, premature death)

**This data was based on a study for the American Heart Association.*

Did you know: Heart disease and stroke are ranked as the first and third leading causes of death for Americans of all ages in the United States. More than 1.4 million Americans die of heart disease annually, which means **one American dies of heart disease every 36 seconds**. Heart disease is also a leading cause of premature, permanent disability in the work force.

ESTIMATED CANCER COSTS

	Average out of pocket medical costs per individual in their first year following diagnosis (2004)
Lung	\$24,700
Breast	\$11,000
Colorectal	\$24,200
Prostate	\$11,000
Lymphoma	\$21,500
Head/Neck	\$18,000
Bladder	\$12,300
Leukemia	\$18,000
Ovary	\$36,800
Kidney	\$25,300
Endometrial	\$16,200
Cervix	\$20,100
Pancreas	\$26,600
Melanoma	\$4,800
Esophagus	\$30,500
All Others	\$20,400

- United States total costs in 2007 (direct and indirect): \$200 billion
 - Direct medical costs: \$89 billion
 - Indirect medical costs: \$111 billion (disability, work productivity loss, premature death)

*This data was compiled from the National Cancer Institute and the American Cancer Society.

Did you know: It was estimated that in 2008, more than 565,000 Americans – **more than 1,500 people a day** – died of cancer and that 1,437,180 new cancer cases occur in 2008 alone. Cancer ranks as the second leading cause of death among all Americans.

Did you know: In the U.S., smoking causes 3.3 million years of potential life lost in men and 2.2 million years of potential life lost in women. **Smoking, on average, reduces life expectancy by approximately 14 years.**

Did you know: For each pack of cigarettes sold in 1999, \$3.45 was spent on medical care due to smoking and \$3.73 was lost in productivity, for a total cost to society of \$7.18 per pack. Can you imagine what it will be in 2009?

Did you know: In 1996, the U.S. Surgeon General had determined that lack of physical activity is detrimental to your health and in essence saying **“living without exercise is like smoking a pack of cigarettes a day”**.