## WEBVTT

- $1\ 00:00:00.240 \longrightarrow 00:00:02.880$  Two words: chronic disease.
- $2~00:00:03.480 \longrightarrow 00:00:05.220$  Diseases that lasted a year or more
- 3 00:00:05.420 --> 00:00:06.875 and require ongoing medical attention,
- 4 00:00:07.075 --> 00:00:08.669 such as heart disease,
- 5 00:00:08.869 --> 00:00:10.170 cancer, diabetes,
- $6\ 00:00:10.370 \longrightarrow 00:00:11.960$  obesity and stroke.
- $7\ 00:00:12.720 --> 00:00:16.260$  The World Health Organization projects chronic disease will cause
- $8~00:00:16.460 \dashrightarrow 00:00:20.129~90$  percent of all deaths in industrialized countries
- 9 00:00:20.329 --> 00:00:21.660 like the US, Canada,
- 10 00:00:21.860 --> 00:00:23.220 Germany, Australia, China.
- $11\ 00:00:23.670 \longrightarrow 00:00:24.360$  The list goes on.
- $12\ 00:00:25.380 \longrightarrow 00:00:29.100$  Here in the US, where we spend more money on health care per person
- $13\ 00{:}00{:}29.370 \dashrightarrow 00{:}00{:}33.449$  than any country in the world, more than half the population
- $14\ 00:00:33.649 --> 00:00:35.100$  has at least one chronic condition
- 15~00:00:35.520 --> 00:00:39.630 and these chronically ill patients account for a whopping 90 percent
- $16\ 00{:}00{:}40.140 \dashrightarrow 00{:}00{:}42.330$  of our total annual health care spending.
- $17\ 00:00:43.800 \longrightarrow 00:00:44.955$  So what can we do?
- $18\ 00:00:46.380 \longrightarrow 00:00:50.069$  Now a problem as complicated as chronic disease will require many different
- $19\ 00:00:50.269 --> 00:00:51.990$  approaches. But here's one word.
- $20\ 00:00:52.860 \longrightarrow 00:00:53.570$  Prevention.
- $21\ 00:00:55.080 --> 00:00:58.610$  Every HIV infection prevented saves us three hundred fifty
- $22\ 00:00:58.810 \longrightarrow 00:00:59.790$  thousand dollars.
- $23\ 00{:}01{:}00.720$  -->  $00{:}01{:}03.990$  If we increase the use of preventive services such as low dose aspirin,
- $24\ 00:01:04.190 \longrightarrow 00:01:06.330$  to bacco screening and alcohol abuse screening.

- $25\ 00{:}01{:}06.930 \longrightarrow 00{:}01{:}09.180$  Save billions of dollars.
- $26\ 00{:}01{:}10.080 \dashrightarrow 00{:}01{:}13.649$  What if we help more people live a healthy lifestyle that can reduce heart
- $27\ 00:01:13.849 \longrightarrow 00:01:16.619$  disease and diabetes by 80 to 90 percent?
- 28 00:01:16.819 --> 00:01:17.019 Priceless.
- $29\ 00{:}01{:}19.720 \dashrightarrow 00{:}01{:}23.440$  Not only can more wide spread prevention efforts help control health care spending,
- 30 00:01:23.920 --> 00:01:25.840 it's also bound to create a healthier,
- 31 00:01:26.140 --> 00:01:28.660 happier, more productive society.