

MODIFIABLE HEALTH RISKS LINKED TO MORE THAN \$730billion IN US HEALTHCARE COSTS

Findings from a first of its kind study combining effects of major modifiable health risk factors on healthcare spending

THE STUDY

Utilizing the most current available data, researchers extracted estimates of US personal healthcare spending and merged these estimates with population attributable fraction estimates to produce estimates of spending by condition attributable to **84 modifiable risk factors**.



THE FINDINGS

1 in 4 dollars

spent on healthcare in the US is attributable to risk factors that can be controlled by individuals



This equates to more than

\$730 billion

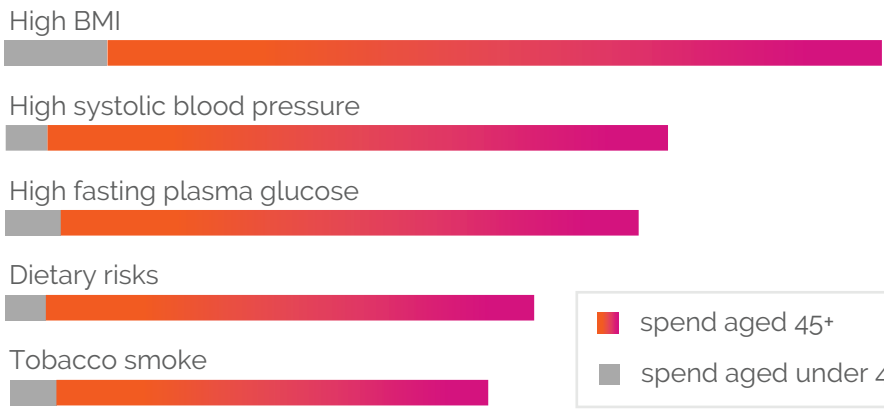
an amount greater than the GDP of 174 countries across the globe and equivalent to that of Switzerland



The attributable spending was largely due to ...

5 risk factors

... with the majority of spending occurring in individuals aged 45 and older (86.7%)



WHAT IT MEANS

While the relationship between lifestyle risks and medical conditions is understood, this study helps inform how our society is investing its resources, and why health should be at the center of all policy discussion, not just those related to sickness. We are seeing with COVID-19 that prevention is paramount to our own health and the health of our economies. It's time to apply the same urgency to these other preventable diseases.

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