

# PROMOTING COMMUNITY HEALTH

## The Alliance of Community Health Plans' Chronic Disease Pledge



For more information please contact Christopher DeVore at [cdevore@achp.org](mailto:cdevore@achp.org).

In 2020, ACHP released *Health Care 2030: ACHP's Roadmap to Reform*. The roadmap outlines a clear path from the current sick care model to one designed for wellbeing. As part of the 10-year plan, ACHP member organizations committed to preventing and managing chronic disease – focusing on diabetes and hypertension – in communities across the nation.

### FOCUSING ON CHRONIC DISEASE TO PROMOTE COMMUNITY HEALTH

Chronic conditions are responsible for the majority of deaths in the United States and represent 75 percent of total health care costs. Effective prevention and management of chronic disease will reduce health care costs and improve quality of life for millions of Americans.

The Centers for Disease Control and Prevention estimates that \$1 out of every \$4 in health care costs is spent on diabetes care alone, and the nation spends \$130-200 billion every year just on high blood pressure.

Over 37 million Americans have diabetes.

Diabetic complications (kidney failure, blindness and heart disease) are rising.

1 in 2 adults has hypertension.

In the last 30 years, childhood obesity has tripled.

### THE CHRONIC DISEASE PLEDGE: ADDRESSING THE SOCIAL DETERMINANTS OF HEALTH

ACHP member companies pledged in our *2030 Roadmap to Reform* to track and improve outcomes in diabetes, hypertension or childhood obesity in their communities by 2030. Each ACHP member:

Selected a **chronic disease outcome** to target — ranging from reducing blood sugar levels to improving blood pressure management.

Determined a **specific population** within their community to focus on.

Identified a **social determinant of health** tied to driving higher rates of the selected chronic disease.

Social determinants of health are nonmedical factors that influence health outcomes, including geography (where people are born, grow, work and live), age, income and education. By addressing some of the most pressing social needs, ACHP member companies' chronic disease pledges are improving overall health outcomes, building healthier communities and acting as a role model for the entire industry.