



SOPHE FOCUS AREA: Chronic Health Conditions

Understanding the Problem:

Chronic diseases affect 6 in 10 adults in the United States, and 4 in 10 adults live with two or more chronic conditions. These conditions account for 7 out of 10 deaths each year in the U.S. and 86% of the nation's healthcare costs. Major chronic conditions include diabetes, heart disease, cancer, obesity, and tobacco use and related illness. Despite being among the costliest health problems the country faces, chronic diseases are also among the most preventable, and most can be effectively controlled and managed.

Looking into the Literature:

Chronic disease management can have a variety of factors that are at play, including gender, socioeconomic status, healthcare access, and ability to engage in exercise. One study, "Mobile Interventions for Reducing Sedentary Behavior and Promoting Physical Activity Among Office Workers: Bibliometric Study", analyzed 113 studies to map research trends on m-health tools used to reduce sedentary behavior and promote physical activity in office workers. It found this research area is growing, led by contributions from Australia, the UK, and the US, but remains concentrated in high-income countries. The authors note that interdisciplinary work bridging behavioral science, primary care, digital health development, and end-user acceptability is still limited. This points to workplace mobile health interventions as a promising but underdeveloped tool for chronic disease prevention.

From SOPHE Journals:

1. [Mobile Interventions for Reducing Sedentary Behavior and Promoting Physical Activity Among Office Workers: Bibliometric Study](#)
2. [Healthy Here: A Promising Referral System Model for Community–Clinical Linkages to Prevent Chronic Disease](#)

Summary of SOPHE's Recommendations

SOPHE works directly with policy leaders to increase their knowledge of chronic disease risks and health inequities, with the goal of ensuring decision-makers are well informed about the impact chronic diseases have on the nation's economy so they can use their position to support disease prevention and address related healthcare issues. SOPHE also offers supporting resources, including the "Unfit to Serve" infographic on obesity's impact on national security and a National Nutrition Month educational packet.

Key Takeaways

- Chronic disease touches most U.S. adults and drives most of the nation's deaths and healthcare spending.
- Health inequities shape who are most affected by chronic disease and who face the greatest barriers to managing it.
- Most chronic diseases are preventable and manageable through policy, systems, and environmental change.
- SOPHE equips policymakers and communities with research, infographics, and toolkits to support continued prevention efforts and advocacy.