CHRONIC CONDITIONS FYI

AIDS
- More than 2,500 cases of HIV/AIDS have been identified in Nebraska. Nationwide, this number is more than 1.2 million.

ALS (Amyotrophic Lateral Sclerosis)
- There are 87 people in Nebraska who have ALS. Nationally, this number is 125,000.
- As many as 825 Nebraskans may currently be affected by ALS.
- Every 90 minutes, someone is diagnosed with or passes away from ALS.
- Most people who develop ALS are between the ages of 40 and 70.
- The average life expectancy for a person with ALS is 2 to 5 years.
- ALS occurs throughout the world with no racial, ethnic or socioeconomic boundaries.
- Currently there is no cure for ALS.

Alzheimer's Disease
- 5.5 million individuals are living with Alzheimer's disease, including 33,000 Nebraskans.
- Nationwide, more than 15 million caregivers provide support to people living with dementia, including 82,000 Nebraskans.
- The value of unpaid care in the United States is $230 billion per year and represents over 18 billion hours of care.
- Alzheimer's disease is the 6th leading cause of death in the United States and the only cause of death amongst the top ten without a way to treat, slow or cure.
- In 2017, Alzheimer's will cost the nation $259 billion.
- Since 2000, deaths from heart disease have decreased by 14% while deaths from Alzheimer's disease have increased by 89%.

Arthritis
- Approximately 345,000 Nebraskans are living with arthritis, and 1,800 of them are children.
- 1 in 5 adults has arthritis, and 1 in 250 children has arthritis.
- 23 million people with arthritis are limited in their ability to do daily activities, such as standing, bending, walking and climbing stairs.
- Two-thirds of people with arthritis are under age 65.
- Arthritis is more common in women than men.
- One in four veterans lives with arthritis.
- Among adults with arthritis, nearly half (47 percent) have at least one other disease or condition, such as heart disease, diabetes, high blood pressure, kidney disease, obesity, anxiety, depression, etc.
- Arthritis and other non-traumatic joint disorders are among the five most costly conditions among adults.
- Arthritis and related conditions account for $156 billion annually in lost wages and medical expenses, 44 million outpatient visits and nearly 1 million hospitalizations.
- By the year 2030, an estimated 67 million people are expected to have doctor-diagnosed arthritis.
Autism
- Every 20 minutes a child is diagnosed with Autism.
- Autism is more prevalent than juvenile diabetes, pediatric AIDS, leukemia and muscular dystrophy combined.
- Autism costs a family $60,000 a year on average.
- Autism is the fastest growing developmental disorder, yet most underfunded.
- In Nebraska, 1 in 112 people have Autism. Nationwide, this number is 1 in 68.
- 60,000 people in Nebraska are affected by Autism.

Asthma/Lung Disease
- Statewide, 210,330 people have a lung disease, including lung cancer, chronic lung disease or asthma. Nationally, this number is 32 million.
- The total estimated cost attributable to cigarette smoking is more than $332 billion annually.
- During 2016, an estimated 224,390 new cases of lung cancer were expected to be diagnosed.
- In 2014, there were more than 414,000 deaths due to lung disease, making it the third leading cause of death behind heart disease and cancer.

Birth: Prematurity
- Every three hours, a baby in Nebraska is born prematurely. Babies who are born too small, too soon, may die or suffer life-long health consequences.
- Each year, there are more than 410,000 premature births nationwide; there are more than 2,500 premature births in Nebraska.
- The cost associated with premature birth in the United States is approximately $26.2 billion each year.

Blood Transfusion
- Approximately 1 in 3 people will need a blood transfusion in their lifetime.
- Nearly everyone knows a family member or close friend who has had a blood transfusion.
- The Nebraska Community Blood Bank accepts blood donations from all qualified volunteers ages 17 and older. Approximately 38% of the general population is eligible to donate blood.
- According to America’s Blood Centers, every 2 seconds someone in the United States needs blood.
- According to the Healthcare Cost and Utilization Project, blood transfusion is the most common hospitalization procedure in the United States.

Brain Injury
- A brain injury can happen to anyone, anytime, anywhere, and it can change everything about us in a matter of seconds. A traumatic brain injury (TBI) affects who we are, the way we think, act and feel. A concussion IS a brain injury, usually mild, but it can cause life-changing effects.
- Veterans are returning with brain injuries in increasing numbers.
- Children who are shaken or abused suffer or die from traumatic brain injury.
- Every day in Nebraska:
  - at least one person dies from a TBI.
  - three people are hospitalized.
  - more than 24 people a day visit the emergency department because of TBI.
- More than 300,000 Nebraskans have suffered a brain injury including concussions and more than an estimated 36,000 individuals continue to live with a disability caused by a traumatic brain injury.
Breast Cancer
- 24 people are diagnosed with breast cancer every week in Nebraska; four people lose their life to breast cancer every week.
- One in eight women in the U.S. will be diagnosed with breast cancer in their lifetime.
- 40,000 people in the U.S. die of breast cancer each year.

Childhood Brain Tumors
- 156 children in Nebraska have been diagnosed with a brain tumor. Nationally, 4,600 children are diagnosed with a brain tumor every year.
- More than 28,000 children (0-14 years of age) are estimated to be living with a brain tumor in the United States.
- The average survival rate for all primary pediatric (0-19 years of age) malignant brain tumors is 73.6%.
- Brain tumors have no socioeconomic boundaries and do not discriminate among gender or ethnicity. Brain tumors can strike anyone.
- Every day 13 children in the U.S. are diagnosed with a brain tumor.
- More than 28,000 children (0-14 years of age) are estimated to be living with a brain tumor in the United States.
- Brain tumors are the leading cause of cancer death from childhood cancer.

Cerebral Palsy
- Cerebral palsy is a non-progressive disorder of the motor (muscle) control areas of the developing brain. Cerebral palsy is caused by damage to one or more specific areas of the brain, usually occurring during fetal development; before, during or shortly after birth; during infancy; or early childhood.
- UCP of Nebraska serves individuals with a spectrum of disabilities, not just cerebral palsy. In fact, more than 65% of the people UCP serves have a disability other than cerebral palsy.
- An estimated 28,000 people have a developmental disability in Nebraska. An estimated 764,000 children and adults in the United States manifest one or more of the symptoms of cerebral palsy.
- About 500,000 children under age of 18 currently have Cerebral Palsy.
- About two to three children out of every 1,000 have Cerebral Palsy (United States studies have yielded rates as low as 2.3 per 1,000 children to as high as 3.6 per 1,000 children)
- About 10,000 babies born each year will develop Cerebral Palsy.
- Around 8,000 to 10,000 babies and infants are diagnosed per year with Cerebral Palsy.
- Around 1,200 to 1,500 preschool-aged children are diagnosed per year with Cerebral Palsy.

Crohn's & Colitis
- Approximately 1.6 million people nationwide have Inflammatory Bowel Disease (IBD), affecting mainly those between ages 15 and 35.
- There are nearly 10,000 Nebraskans that have IBD.
- IBD is largely a disease of the developed world, found principally in the U.S. and Europe.
Cystic Fibrosis
- Cystic fibrosis is an inherited chronic disease that affects the lungs and digestive system of nearly 30,000 children and adults in the United States. There are nearly 250 people with CF in Nebraska.
- More than 10 million Americans are unknowing symptomless carriers of the defective CF gene.
- In 1955, children with CF usually did not live long enough to attend elementary school. Now, many people with the disease can expect to live into their 30s, 40s and beyond.
- According to the Cystic Fibrosis Foundation Patient Registry, in the United States:
  - Approximately 1,000 new cases of CF are diagnosed each year.
  - More than 75 percent of people with CF are diagnosed by age 2.
  - More than half of the CF population is age 18 or older.

Diabetes
- Type 1 diabetes (T1D) is an autoimmune disease in which a person’s pancreas stops producing insulin, a hormone people need to get energy from food. T1D strikes both children and adults at any age and suddenly. Its onset has nothing to do with diet or lifestyle.
- 5 to 10% of all diagnosed diabetes cases are type 1 diabetes in the U.S.
- 29.1 million Americans, 9.3% of the population, have diabetes, including more than 150,000 people in Nebraska (10% of the population).
- Of the 29.1 million, 21.0 million were diagnosed, and 8.1 million were undiagnosed.
- 90 to 95% of all diagnosed diabetes cases are type 2 diabetes in the U.S.
- Complications from diabetes include blindness, kidney failure, heart attack, stroke, nerve damage, amputation and pregnancy complications.
- It’s estimated that 8 million Americans have undiagnosed diabetes and 86 million have pre-diabetes.
- As many as 1 in 3 American adults will have diabetes in 2050 if present trends continue.
- Approximately 1.25 million American children and adults have type 1 diabetes.
- The percentage of Americans age 65 and older remains high, at 25.9%, or 11.8 million seniors (diagnosed and undiagnosed).
- New Cases: 1.4 million Americans are diagnosed with diabetes every year.
- Prediabetes: In 2012, 86 million Americans age 20 and older had prediabetes; this is up from 79 million in 2010.
- Deaths: Diabetes remains the 7th leading cause of death in the United States in 2010, with 69,071 death certificates listing it as the underlying cause of death, and a total of 234,051 death certificates listing diabetes as an underlying or contributing cause of death.

Hemophilia & Other Inherited Bleeding Disorders
- 998 people in Nebraska have a bleeding disorder.
- A deficiency of clotting factor defines Hemophilia. It is a hereditary disorder in which the clotting ability of the blood is impaired and excessive bleeding results. Uncontrolled internal bleeding can result in pain, swelling and permanent damage, especially to joints and muscles.
- During the late 1970s and early 1980s, factor products were manufactured using donations of human blood. These donations contained HIV, which causes AIDS. As a result, approximately 60% of hemophiliacs who were treated contracted HIV. The death of thousands of people with hemophilia drove the medical and scientific community to create safe factor products.
- Like Hemophilia, von Willebrand disease is a hereditary deficiency or abnormality of clotting factor in the blood. In this case, it is the von Willebrand factor that is the protein that affects platelet function. It’s the most common hereditary disorder of platelet function, affecting both women and men. The disease is estimated to occur in 1 to 2% of the population.
- Hemophilia is treated by infusing a factor product that replaces the patient’s missing clotting factor. The amount infused depends upon the severity of the bleeding episode, the site of the bleed and the weight of the patient. Factor products are intended for home use and can be self-
administered (self-infused), either on a regular basis to prevent bleeding or at the first sign of bleeding.

- The treatment of hemophilia ranks among the most expensive chronic diseases in the United States. New technology has led to remarkable advances in improving the safety of new blood products, but these technologies have come at ever-increasing costs. Current factor concentrates are among the costliest therapies in the world, with a total annual cost per person ranging from $40,000 to $200,000. Complications such as major surgery, undergoing immune tolerance for an inhibitor, HIV/AIDS and/or hepatitis treatments, can increase these costs exponentially.

**Hospice**

- Hospice is a team-based, patient-centered service that is utilized by nearly half of dying Nebraskans. Hospice provides care for all ages.
- Hospice includes a team of professionals to provide support: a doctor, nurse, social worker, chaplain (if desired) and other specialists as needed and volunteers.
- Hospice addresses not only pain and symptom issues, but also the social, emotional, spiritual and other issues that affect quality of life.
- Every year, more than 8,000 people receive hospice services in Nebraska.
- According to the Centers for Medicare and Medicaid Services’ most recent (2014) Medicare claims data, in Nebraska:
  - 25% of hospice admissions are related to cancer
  - 23% of hospice admissions are related to dementia
  - 19% of hospice admissions are related to circulatory ailments/heart disease

**Kidney Disease**

- Nearly 4% of Nebraskans statewide have kidney disease, with more than 16% of Nebraskans who are affected.
- Average cost for a patient on dialysis is $89,000.
- The annual cost of the Medicare ESRD program is $20.8 billion
- Every 10 minutes, someone is added to the National Transplant waiting list.
- On average, 22 people die each day waiting for a life-saving transplant. One organ donor can save up to eight lives.

**Leukemia/Lymphoma**

- An estimated 1.2 million people in the U.S. are either living with, or are in remission from, leukemia, lymphoma or myeloma, including 12,156 Nebraskans.
- Someone new is diagnosed with blood cancer every three minutes.

**Multiple Sclerosis**

- Multiple sclerosis affects more than 3 million people worldwide.
- More than 3,000 Nebraskans are living with MS.
- MS is thought to affect more than 2.3 million people worldwide. While the disease is not contagious or directly inherited, epidemiologists — scientists who study patterns of disease — have identified factors in the distribution of MS around the world that may eventually help determine what causes the disease. These factors include gender, genetics, age, geography and ethnic background.
- MS can be difficult to diagnose. Since there is no single test for MS, the diagnosis can be missed, delayed or even incorrect.
- Symptoms can include fatigue, numbness, problems with walking and balance, bladder/bowel dysfunction, vision problems, dizziness, sexual dysfunction, pain, cognitive challenges and depression.
Multiple sclerosis, an unpredictable, often disabling disease of the central nervous system, interrupts the flow of information within the brain, and between the brain and body. The progress, severity, and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with at least two to three times more women than men being diagnosed with the disease.

Muscular Dystrophy

Muscular Dystrophy is often used as a blanket term to refer to a group of progressive muscle wasting & neuromuscular diseases that can include: ALS (Lou Gehrig's Disease), Duchenne MD, Limb-Girdle MD, Friedreich's Ataxia, Spinal Muscular Atrophy and Myotonic MD, just to name a few. Muscular Dystrophy can affect people of all ages. Although some forms become apparent in infancy or childhood, others may not appear until middle age or later. Individuals affected by any of the 43 neuromuscular diseases in MDA's program have access to a nationwide network of some 200 hospital-affiliated clinics and 40 ALS research and clinical care centers staffed by top health professionals.