



Help Americans Lead Healthier Lives

One of the best ways to reduce the cost of health care is through disease prevention efforts that help families stay healthy. Over 84 percent of all health care spending is on chronic conditions like asthma, diabetes, and heart disease. According to the Cleveland Clinic, regular visits to your primary care doctor, along with keeping your immunizations up to date and maintaining at least four measures of good health, such as a healthy body mass index and blood pressure, will help you avoid chronic disease about 80 percent of the time.

The Lower Health Care Costs Act of 2019 will:

- **Increase vaccination rates and prevent disease outbreaks** through (1) a national, evidence-based campaign to combat the spread of vaccine-related misinformation, including online; and (2) grants to states, communities, and public and non-profit organizations to support immunizations, especially in communities with low vaccination rates, and to raise awareness of the safety and importance of vaccinations.
- **Expand the use of technology-based health care models** to help patients in rural and underserved areas access specialized health care. More than 60 million Americans live in rural or other medically underserved areas, and may have to travel hundreds of miles to reach a health care specialist.
- Give states, Tribes, and communities an evidence-based guide to developing programs to **prevent obesity**, and other associated health conditions. The Centers for Disease Control and Prevention estimated most recently that the United States spent more than \$147 billion on medical costs associated with obesity annually.
- Improve state and local public health systems that prevent, identify, report, and respond to outbreaks of diseases, such as measles, Zika, and other health conditions, and make it easier for doctors, health departments, and the Centers for Disease Control and Prevention to collect and share public health data with each other.
- **Reduce maternal mortality** and improve maternal care by authorizing grants for states to collaborate to improve the quality of care for mothers and infants, for innovative programs that provide integrated care to moms, and for training health care providers to improve health care and reduce health disparities, including associated with racial and ethnic minority populations, in health care for expectant and new moms, and requiring a study to make recommendations for best practices for preventing maternal mortality.
- Include **TICK Act**, which will help address Lyme disease and West Nile virus, and other diseases transmitted by vectors such as mosquitoes, ticks, and fleas by authorizing centers of excellence and grants to states to improve the monitoring, prevention, and response to these diseases.
- Extend vital public health programs like **Community Health Centers**, which provide health care services to 29 million people annually, the **National Health Service Corps** and **Teaching Health Centers**, which bring care providers to rural and underserved areas, and **Special Diabetes Programs**, which provide research and treatment funding for people living with diabetes.