

# **Chronic Disease Burden in the United States**

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⌵ PRESIDENTIAL ACTIONS

# ESTABLISHING THE PRESIDENT'S MAKE AMERICA HEALTHY AGAIN COMMISSION

The White House | February 13, 2025

By the authority vested in me as President by the Constitution and the laws of the United States of America, it is hereby ordered:

Section 1. Purpose. American life expectancy significantly lags behind other developed countries, with pre-COVID-19 United States life expectancy averaging 78.8 years and comparable countries averaging 82.6 years. This equates to 1.25 billion fewer life years for the United States population. Six in 10 Americans have at least one chronic disease, and four in 10



## About Chronic Diseases



For Everyone

OCT. 4, 2024 • [ESPAÑOL](#)

### KEY POINTS

- Chronic diseases are the leading cause of illness, disability, and death in America.
- Most chronic diseases are caused by a short list of risk factors: smoking, poor nutrition, physical inactivity, and excessive alcohol use.
- Some groups are more affected than others because of factors that limit their ability to make healthy choices.

### MORE INFORMATION

[For Everyone](#)[Public Health](#)

# Chronic diseases in America

## Definition

Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both.



Chronic diseases such as [heart disease](#), [cancer](#), and [diabetes](#) are the leading causes of death and disability in the United States. They are also leading drivers of the nation's \$4.9 trillion in annual [health care costs](#). [\[1\]](#) [\[2\]](#) [\[3\]](#)

Six in 10 Americans have at least one chronic disease, and 4 in 10 have two or more chronic diseases. [\[2\]](#) Many preventable chronic diseases are caused by a short list of risk behaviors: smoking, poor nutrition, physical inactivity, and excessive alcohol use.

## Risk factors

### Smoking

[Cigarette smoking](#) causes more than 480 000 deaths each year in the United States, and

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[Who is at risk](#)

[What CDC is doing](#)

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## Chronic Disease Data and Surveillance



### Specific chronic disease topics

Expand All

Alcohol

Alzheimer's disease and aging

Arthritis

Cancer

Chronic obstructive pulmonary disease (COPD)

Diabetes

Epilepsy

Heart disease and stroke

Inflammatory bowel disease (IBD)

Kidney disease

Nutrition, physical activity, and obesity

Oral health

Reproductive health

Sleep

Tobacco

Vision and eye health

Workplace health

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Fast Facts





The Peterson Center on Healthcare and KFF are partnering to monitor how well the U.S. healthcare system is performing in terms of quality and cost. The Peterson-KFF Health System Tracker provides clear, up-to-date information on trends, drivers and issues that impact the performance of the system. It also illustrates how the U.S. is performing relative to other countries and how different parts of the system are performing relative to one another.

It is our goal that the Tracker will put a spotlight on performance and spark discussion about how the health system can be improved. Visitors to the site, whether they are healthcare providers, employers, payers, consumer advocates or policy makers, will find data analyses that will provide insight as to what is driving the performance of one of the most vital sectors in the U.S. economy.

Our work places a heavy emphasis on data and evidence, addressing key questions through collections of charts, which provide data with additional context and synthesis of the latest research and developments. We also provide regular insight briefs for a more in-depth look at topical questions.

## Peterson Center on Healthcare

The Peterson Center on Healthcare is a non-profit organization dedicated to making higher-quality, more affordable healthcare a reality for all Americans. The organization is working to transform U.S. healthcare into a high-performance system by finding innovative solutions that improve quality and lower costs and accelerating their adoption on a national scale. The Center, established by the Peter G. Peterson Foundation, collaborates with stakeholders across the healthcare system and engages in grant-making, partnerships and research.

# KFF

A leader in health policy analysis and health journalism, KFF is dedicated to filling the need for trusted information on national health issues. KFF is a non-profit organization focusing on national health issues, as well as the U.S. role in global health policy. Unlike grant-making foundations, KFF develops and runs its own policy analysis, journalism and communications programs, sometimes in partnership with major news organizations.

We serve as a non-partisan source of facts, analysis and journalism for policymakers, the media, the health policy community and the public. Our product is information, always provided free of charge — from the most sophisticated policy research, to basic facts and numbers, to in depth health policy news coverage provided by our news service, KFF Health News, to information young people can use to improve their health or the general public can use to understand the health reform law. The modern day KFF was established in the early 1990s with its current mission and operating style. It is not associated with Kaiser Permanente.

We welcome any questions, comments, suggestions, or other feedback you may have. Please use the form below to contact us and we will respond as quickly as possible.

This chart collection examines how life expectancy in the U.S. compares to that of other similarly large and wealthy countries in the Organisation for Economic Co-operation and Development (OECD). The countries included in the comparison are Australia, Austria, Belgium, Canada, France, Germany, Japan, Netherlands, Sweden, Switzerland, and the United Kingdom.

## Many people in the U.S. have a chronic illness, with obesity as the most common

### Age-standardized share of the U.S. experiencing chronic diseases



<sup>1</sup>2022, <sup>2</sup>2019, <sup>3</sup>2021

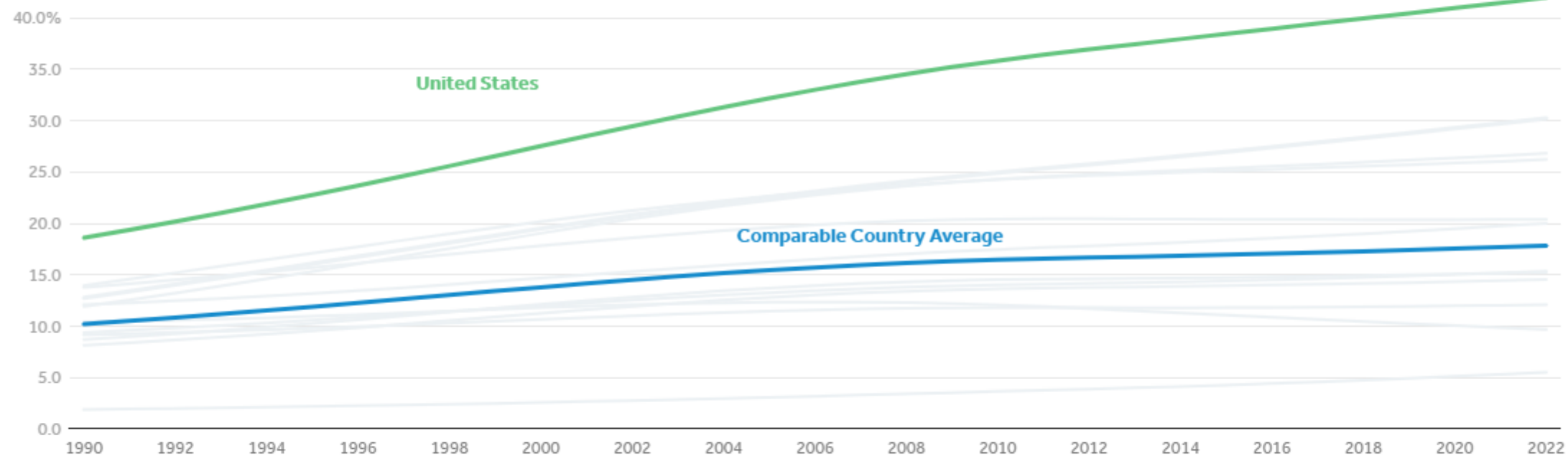
Source KFF analysis of [World Health Organization data \(WHO\)](#) and [Institute for Health Metrics and Evaluation \(IHME\) Global Burden of Disease data](#) • [Get the data](#) • [PNG](#)

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## The U.S. obesity rate is twice that of peer nations

Age-standardized percent of adults with obesity, 18 and older, 1990-2022



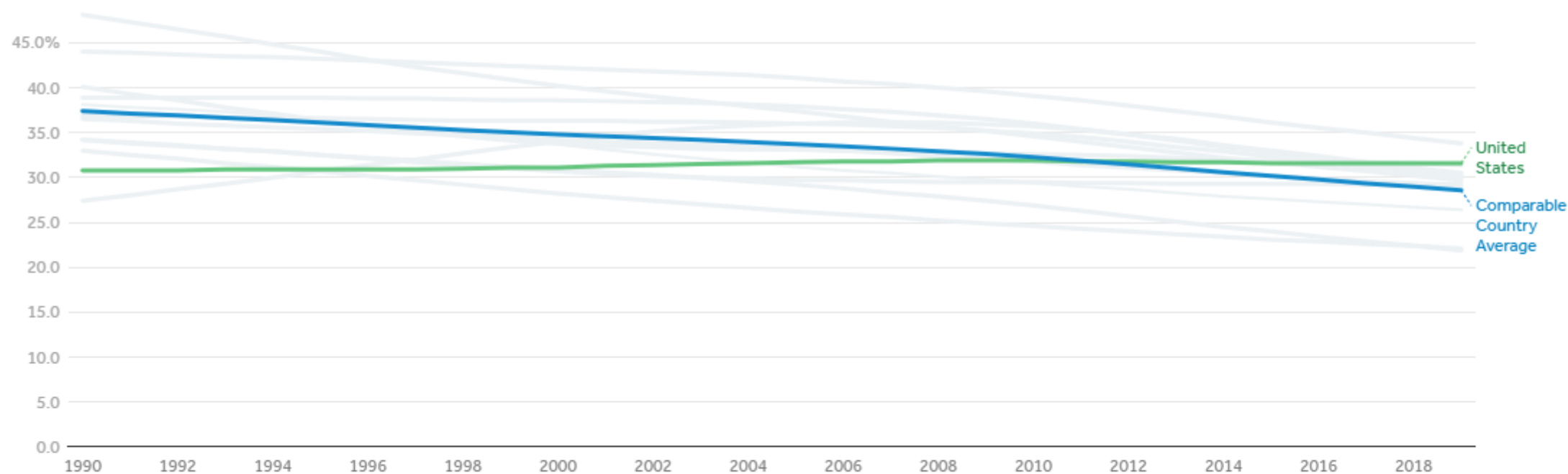
Note: Obesity is defined as an adult with a BMI over 30.

Source [KFF analysis of World Health Organization data \(WHO\)](#) • [Get the data](#) • [PNG](#)

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## Rates of hypertension have remained steady in the U.S. but have been decreasing slowly in comparable countries

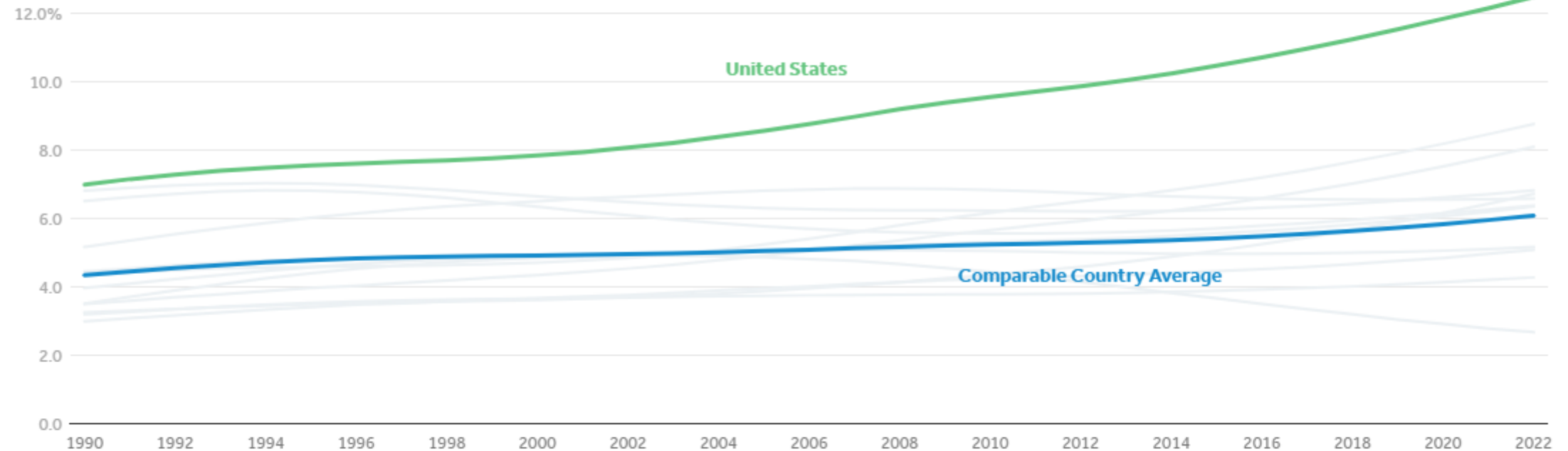
Age-standardized share of adults with hypertension, ages 30-79, 1990-2019



Source [KFF analysis of the World Health Organization \(WHO\), Global Health Observatory](#). • [Get the data](#) • [PNG](#)

## Diabetes prevalence among adult population increasing globally, with U.S. growing faster than its peers

Age-standardized share of adults with diabetes, 18 and older, 1990-2022



Note: Data is for adults aged 18 years and older.

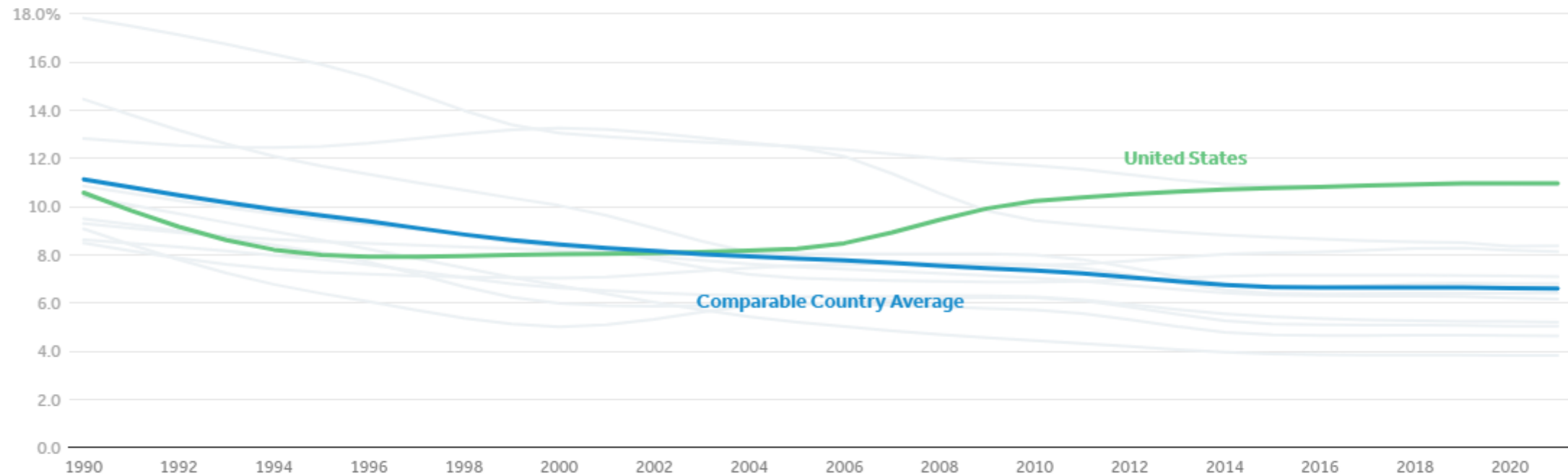
Source [KFF analysis of World Health Organization \(WHO\) data](#) • [Get the data](#) • [PNG](#)

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## The U.S. has almost double the rate of asthma in comparison to its peers

Age-standardized share of people with asthma, all ages, 1990-2021



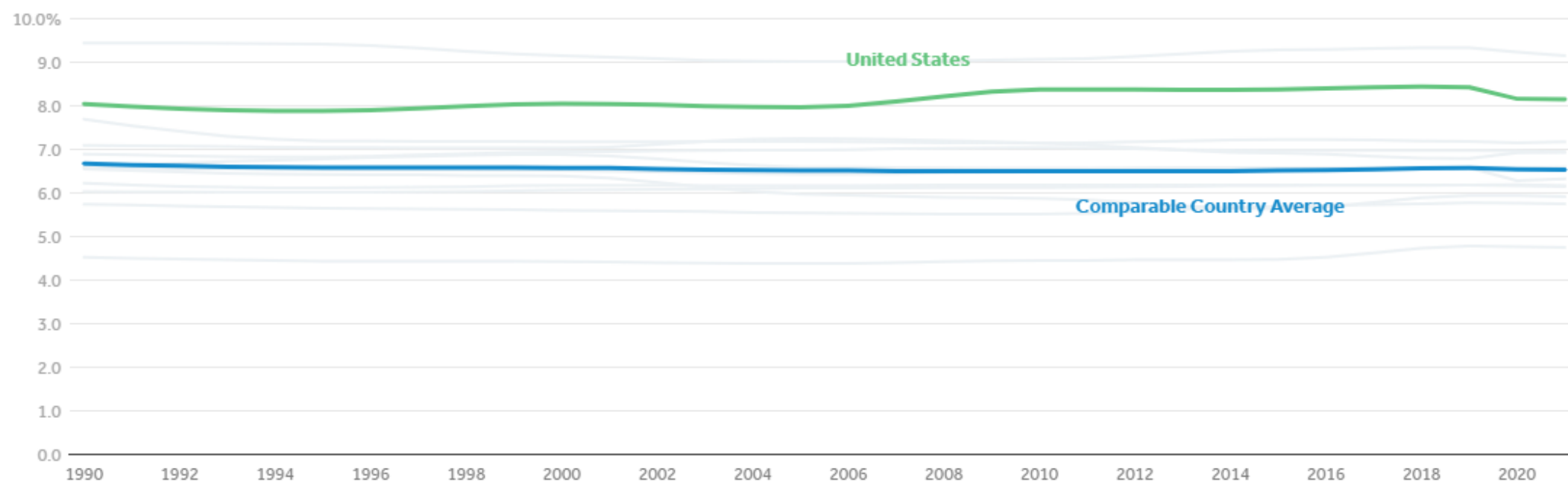
Source KFF analysis of prevalence rates from the Institute for Health Metrics and Evaluation (IHME) Global Burden of Disease, April 15, 2025 • [Get the data](#) • [PNG](#)

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## Chronic kidney disease in the U.S. is slightly more common than in peer countries

Age-standardized share of population with chronic kidney disease, all ages, 1990-2021



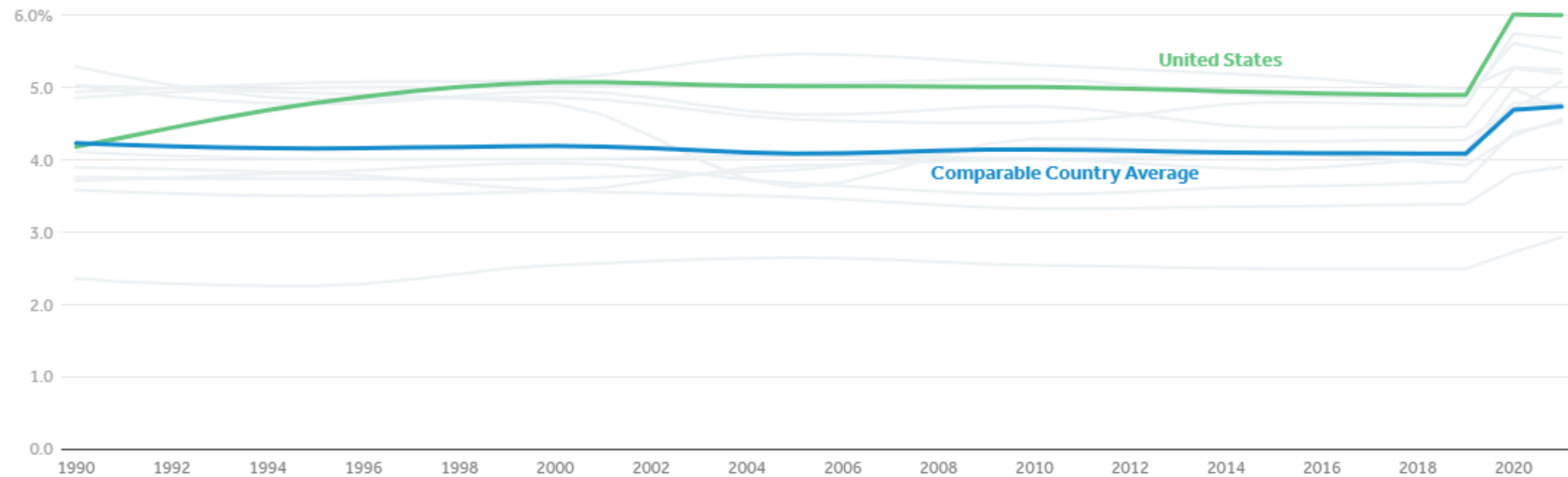
Source [KFF analysis of prevalence rates from the Institute for Health Metrics and Evaluation \(IHME\) Global Burden of Disease, April 15, 2025](#) • [Get the data](#) • [PNG](#)

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## Following the COVID-19 pandemic, rates of depressive disorder have increased in both the U.S. and peer nations

Age-standardized share of population with depressive disorders, all ages, 1990-2021



Note: Depressive disorders include major depressive disorder and dysthymia.

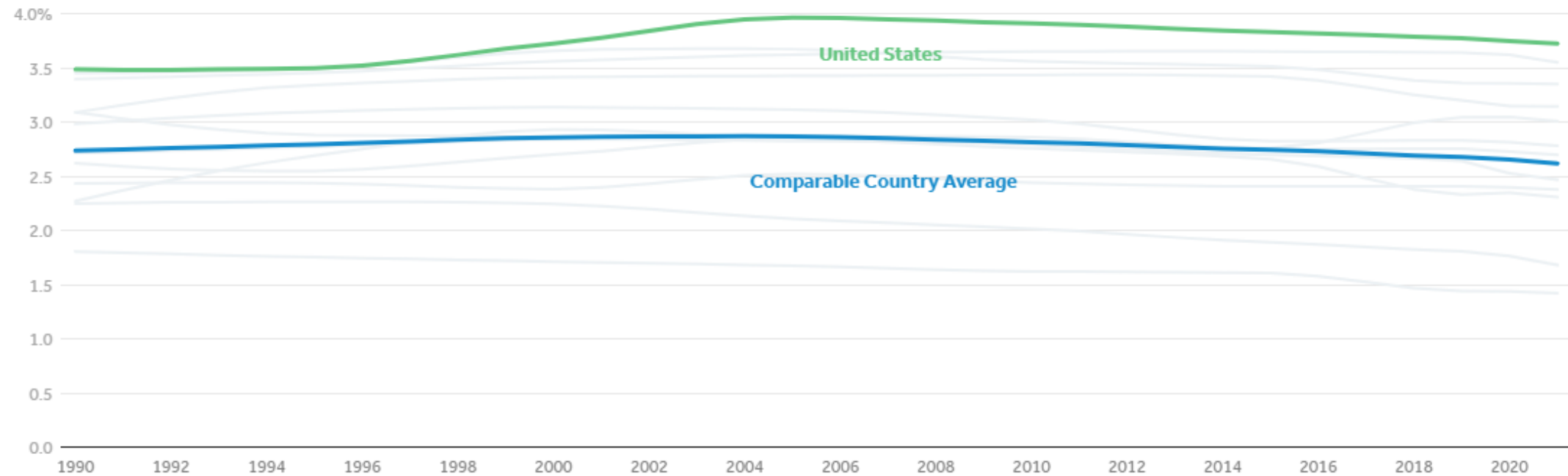
Source [KFF analysis of prevalence rates from the Institute for Health Metrics and Evaluation \(IHME\) Global Burden of Disease, April 15, 2025](#) • [Get the data](#) • [PNG](#)

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## Rates of chronic obstructive pulmonary disease have remained fairly constant over time across all countries

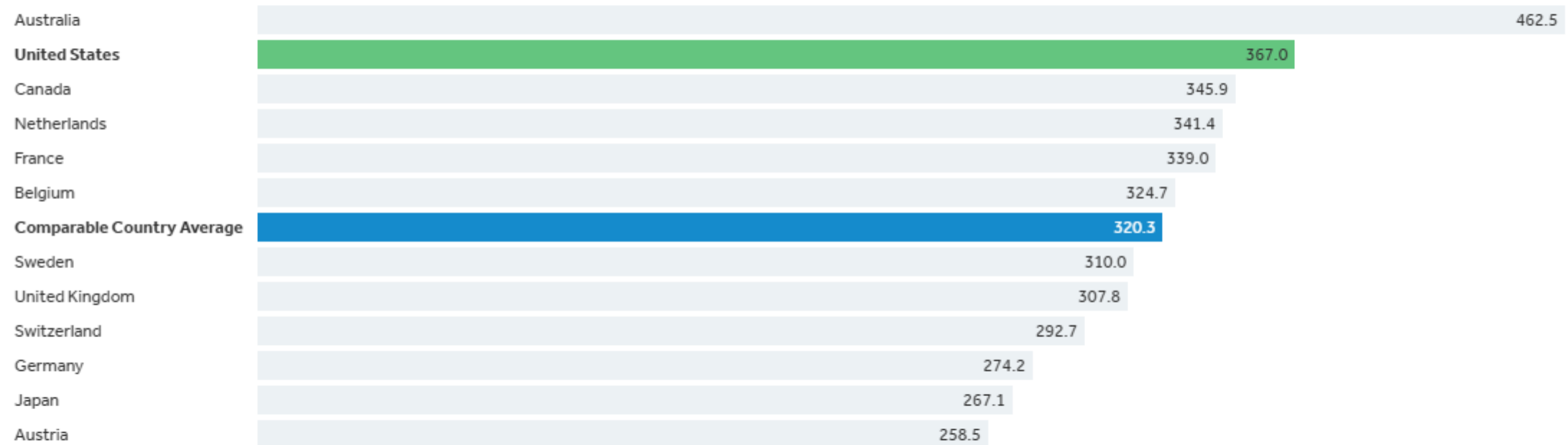
Age-standardized share of population with chronic obstructive pulmonary disease (COPD), all ages, 1990-2021



Source [KFF analysis of prevalence rates from Institute for Health Metrics and Evaluation \(IHME\) Global Burden of Disease, April 15, 2025](#) • [Get the data](#) • [PNG](#)

## Cancer rates in the U.S. are about 15% higher compared to similar countries

Age-standardized incidence of cancer per 100,000 population, all ages, 2022



Notes: Data includes all cancer excluding non-melanoma skin cancer. Data for France is from French metropolitan areas.

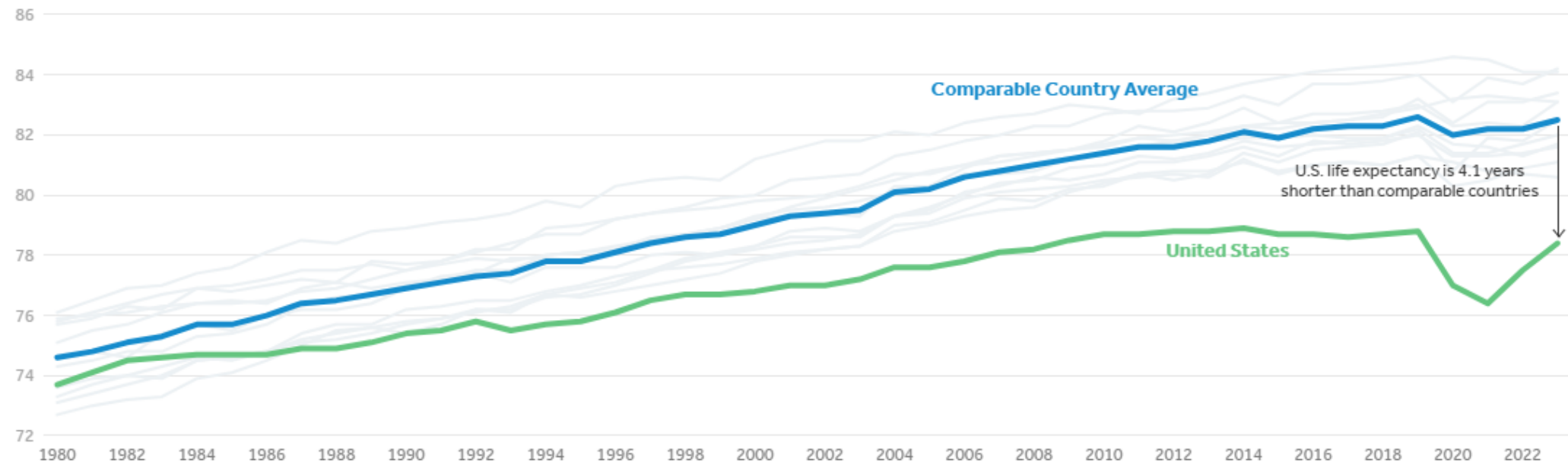
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# In 2023, U.S. life expectancy nearly returned to pre-pandemic levels, but still lagged behind comparable countries

Life expectancy at birth, in years, 1980-2023



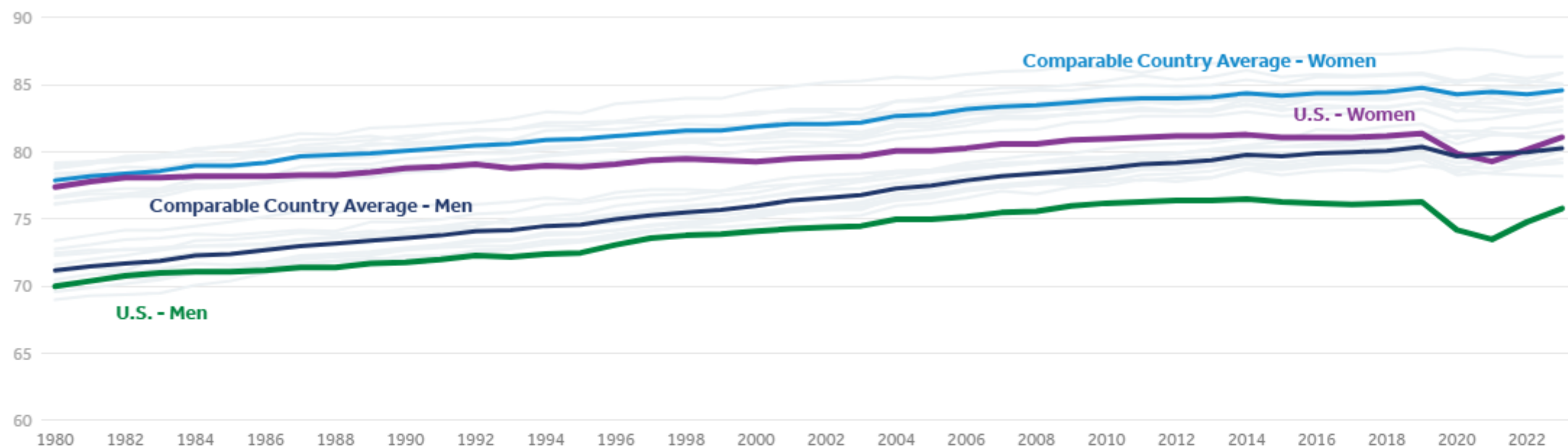
Notes: Comparable countries include Australia, Austria, Belgium, Canada, France, Germany, Japan, the Netherlands, Sweden, Switzerland, and the U.K. 2023 U.K. life expectancy data is only for England and Wales. See [Methods section](#) of "How does U.S. life expectancy compare to other countries?"

Source: KFF analysis of [CDC](#), [OECD](#), [Australian Bureau of Statistics](#), [German Federal Statistical Office](#), [Japanese Ministry of Health, Labour, and Welfare](#), [Statistics Canada](#), and [U.K. Office for National Statistics](#) data • [Get the data](#) • [PNG](#)

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# The life expectancy gap between men and women is wider in the U.S. than in comparable countries

Life expectancy at birth by sex, in years, 1980-2023



Note: Comparable countries include: Australia, Austria, Belgium, Canada, France, Germany, Japan, the Netherlands, Sweden, Switzerland, and the U.K. 2023 U.K. life expectancy data is only for England and Wales. See Methods [section](#) of "How does U.S. life expectancy compare to other countries?"

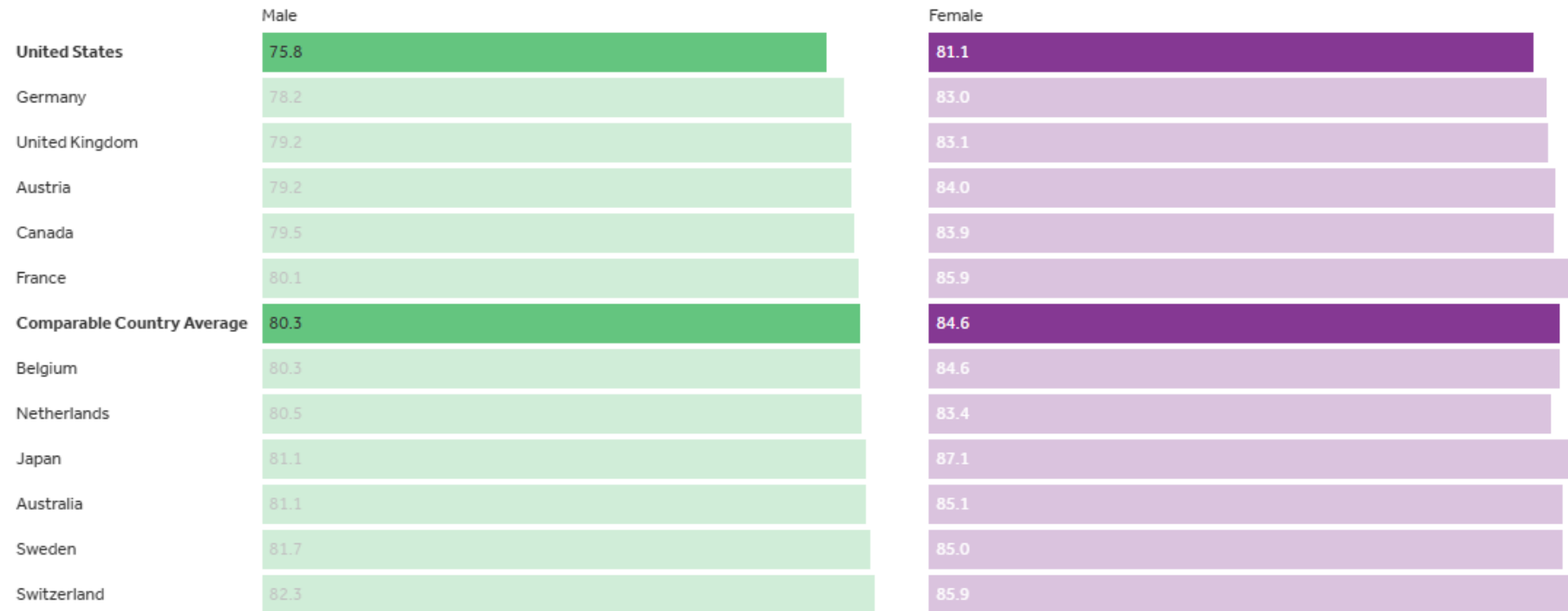
Source: KFF analysis of [OECD](#), [Australian Bureau of Statistics](#), [German Federal Statistical Office](#), [Japanese Ministry of Health, Labour, and Welfare](#), [Statistics Canada](#), and [U.K. Office for National Statistics](#) data • [Get the data](#) • [PNG](#)

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## Among peer countries, the U.S. has the lowest life expectancy at birth for both women and men

Life expectancy at birth by sex, in years, 2023













Male Female



Note: Comparable countries include: Australia, Austria, Belgium, Canada, France, Germany, Japan, the Netherlands, Sweden, Switzerland, and the U.K. 2023 U.K. life expectancy data is only for England and Wales. See Methods [section](#) of "How does U.S. life expectancy compare to other countries?"

# The U.S. has the lowest life expectancy among large, wealthy countries while outspending its peers on healthcare

Life expectancy and per capita healthcare spending (PPP adjusted), 2023

Country	Life expectancy ▲	Health spending, per capita
 United States	78.4	\$13,432
 Germany	80.6	\$8,441
 United Kingdom	81.1	\$6,023
 Austria	81.6	\$7,811
 Canada	81.7	\$7,013
 Netherlands	82.0	\$7,737
 Belgium	82.5	\$7,380
<b>Comparable Country Average</b>	<b>82.5</b>	<b>\$7,393</b>
 Australia	83.1	\$6,931
 France	83.1	\$7,136
 Sweden	83.4	\$7,522
 Japan	84.1	\$5,640
 Switzerland	84.2	\$9,688

Notes: Health spending per capita data represent health consumption spending per capita. Comparable countries include: Australia, Austria, Belgium, Canada, France, Germany, Japan, the Netherlands, Sweden, Switzerland, and the U.K. 2023 U.K. life expectancy data is only for England and Wales. See [Methods section](#) of "How does U.S. life expectancy compare to other countries?"

Source: KFF analysis of [CDC](#), [OECD](#), [Australian Bureau of Statistics](#), [German Federal Statistical Office](#), [Japanese Ministry of Health, Labour, and Welfare](#), [Statistics Canada](#), and [U.K. Office for National Statistics](#) data • [Get the data](#) • [PNG](#)

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# Today

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- 13<sup>th</sup> Annual CU-CSU CCTSI Summit
- ***“Chronic Disease Frontiers: Colorado Approach to Causes and Treatments”***
- Explore chronic disease research across the CCTSI institutions in Colorado
- Highlight cutting edge projects and innovations
- 4 Sessions
- Networking time and poster session
- Develop new collaborations, mentoring and ideas



[cctsi.cuanschutz.edu](https://cctsi.cuanschutz.edu)