



PREVENTION MATTERS

Why Ontario
Needs a Chronic Disease
Prevention Strategy



OCDPA

Ontario Chronic Disease Prevention Alliance

Ontario's Avoidable Chronic Disease Problem

“Chronic diseases are the leading cause of death and disability in Ontario, and account for the majority of healthcare costs in the province”.¹



More than half of Ontarians 12 and older suffer from at least one chronic condition.²

Having a mental illness increases the risk for a range of chronic conditions.⁵

Over 50,000 Ontarians lost their lives to four leading chronic diseases in 2013.³

Those of **lower income** are disproportionately affected by chronic conditions.⁴

Chronic disease is an economic burden: past estimates have shown chronic disease in Ontario consumes **55%** of direct and indirect health care costs.⁶



“When health behaviours and socioeconomic position are considered jointly [in Ontario], the healthcare cost burden was **\$134 billion**” (from 2004-2013).⁷

We Can Help

The OCDPA is a **collaborative of over 20 non-governmental diverse health organizations** committed to integrated action on chronic disease prevention since 2003. The OCDPA represents more than **70,000 members and volunteers** offering expertise, programs, services, resources and networks focused on a variety of community and public health issues.

The OCDPA remains committed to collaborating and coordinating with all political parties to create a comprehensive long-term chronic disease prevention strategy. The OCDPA is pleased to offer recommendations that are dynamic in response to policy directions.⁹



Participating Organizations

Partners: Association of Local Public Health Agencies, Canadian Mental Health Association - Ontario Division, Heart and Stroke Foundation - Ontario, Ontario Lung Association, Ontario Public Health Association, Ophea

Members: Canadian Cancer Society (Ontario Division), Canadian Diabetes Association, Cancer Care Ontario, Centre for Addiction and Mental Health, Champlain CVD Prevention Network, Chronic Disease Prevention Alliance of Canada, Dietitians of Canada, Health Nexus, Kidney Foundation of Canada, Ontario Chronic Disease Prevention Managers in Public Health, Ontario Kinesiology Association, Ontario Society for Health and Fitness, Osteoporosis Canada, Parks and Recreation Ontario, Propel Centre for Population Health Impact

The Opportunity: PREVENTION MATTERS

There are many ways to make an impact: increase physical activity, healthy eating and mental health; decrease tobacco use, alcohol consumption and address social determinants of health⁷



\$1 = \$6

Investing in prevention has significant returns! Every \$1 invested in promoting healthy eating and physical activity yields \$6 in savings from the treatment of chronic disease.⁸

We can build on our successes: Smoke-Free Ontario has made a measurable difference. **\$4.9 billion in direct cost savings** to Ontario's health care system between 2003-2014 were largely attributed to reduced smoking.⁷

The building blocks are already in place:

Public Health Units

Health Care Services

Healthy Kids Strategy

Ontario Cancer Plan

Game ON

Open Minds, Healthy Minds

Smoke-Free Ontario

Health and Physical Education Curriculum

Diabetes Strategy

These can be built into a

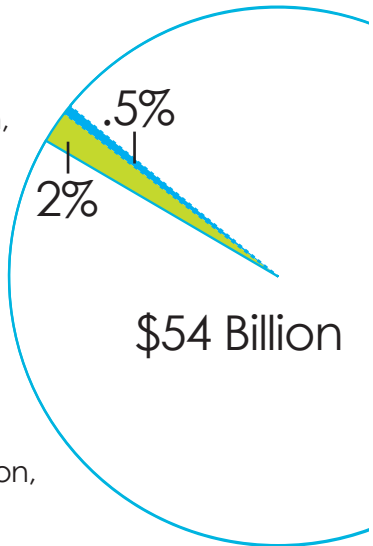
Chronic Disease Prevention Strategy

OCDPA Recommendations

Invest 0.5% more of Ontario's health care budget into a comprehensive chronic disease prevention strategy

Increased funding of a minimum of **\$270 million** (0.5% of \$54 billion) to implement, and build upon, the health promotion and prevention components of existing strategies, as well as support greater coordination among them.

Currently only 2% of Ontario's \$54 billion health care budget is spent on prevention, health promotion, and public health.



A Chronic Disease Prevention Council of government, health, academic, and other groups to provide leadership, align existing strategies, activities and resources, as well as identify new areas for investment and action.

Awareness building and communication efforts to ensure Ontarians are knowledgeable about the benefits of chronic disease prevention and supportive of government action on a prevention strategy.

A "health in all policies" approach to promote cross-governmental action.

Health equity as a guiding principle to promote health and wellbeing for all.



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