

## Partnership for Prevention Study Ranks Disease Prevention Services that Offer the Best Health Benefits at the Best Value

The steps to prevent disease are a sure way to stay healthy. Preventive services can maintain or improve your health. There are many costs and types of services. It is hard to know which of them give the best results, and which provide good value to the person. A new study shows which services offer the best health benefits at the best value.

The Centers for Disease Control and Prevention (CDC) supported this Partnership for Prevention study. Partnership for Prevention is a non-profit group that works to improve people's health. The results of this study can help people make choices about their health, by learning more about which services might benefit them the most.

Partnership for Prevention looked at a long list of services now offered by doctors. Then they looked at thousands of studies about these services. This "evidence base" gave the Partnership the ability to rank preventive services according to both the health benefit, as well as the value per dollar.



## Fifteen preventive services that offer the best health benefits at the best value, according to Partnership for Prevention

- Daily aspirin use for the prevention of cardiovascular disease for men over 40, women over 50, and others at risk of heart disease
- Childhood immunizations
- Tobacco use screening, counseling and drug therapies to stop smoking
- Colorectal cancer screening for adults 50 years and older
- High blood pressure screening for all adults (routinely measuring blood pressure and treating with medication to prevent cardiovascular disease)
- Influenza immunization (flu shots) every year for adults aged 50+
- Vaccination against bacterial pneumonia for adults 65 and older
- Problem drinking (alcohol) screening and brief counseling with follow up
- Vision screening for adults aged 65+ with the Snellen visual acuity chart
- Cervical cancer screening (Pap smear) for sexually active women or women aged 21+
- Cholesterol screening for men aged 35+ and women aged 45+, and treatment with drugs, to reduce the chances for cardiovascular disease
- Breast cancer screening with mammography and/or clinical breast examination
- Chlamydia screening for sexually active women under the age of 25
- Counsel adolescents and adult women to use calcium supplements to prevent fractures
- Vision screening for children less than 5 years old





Partnership for Prevention encourages everyone to find out more about these services. At your next check-up, ask your doctor which are best for you.

Prevention takes more than just a test. To stay healthy, make sure to follow your doctor's orders and take your medications the right way.

Prevention means a lot to your health. Studies show that if these services were given to all people in the U.S., we could save many lives. Our health system could save a lot of money. For example:

- If doctors discussed taking a daily aspirin with their male patients over 40, female patients over 50, and others at risk of heart disease, 80,000 lives could be saved each year.
- If all people older than 50 were screened for colorectal cancer every few years, 19,000 deaths could be avoided each year.
- Mammography prevents 12,000 deaths every year due to breast cancer, but 1 in 4 women over age 40 is not getting screened at the recommended time.
- High blood pressure and its complications result in \$100 billion each year in medical costs. Yet only 1 in 3 people with high blood pressure have their condition under control.
- If all adults were screened and counseled periodically to identify problem drinking, 5,600 deaths and 400,000 injuries would be prevented each year.
- If programs to quit smoking were offered to all smokers, the country would save \$3 billion each year in medical costs. Sixty-five percent of adult smokers have not received professional help to quit smoking.
- If all sexually active women under the age of 25 were screened regularly for Chlamydia (a sexually transmitted infection) we could prevent 60,000 cases of pelvic inflammatory disease, 8,000 cases of chronic pelvic pain and 7,500 cases of infertility each year.

Remember: At your next check-up, ask your doctor which tests are best for you, given your health history.

To stay healthy, make sure to follow your doctor's instructions and take your medications the right way.



