The Number of People With Chronic Conditions Is Rapidly Increasing

- In 2000, 125 million Americans had one or more chronic conditions.
- This number is projected to increase by more than one percent each year through 2030.
- Between 2000 and 2030 the number of Americans with chronic conditions will increase by 37 percent, an increase of 46 million people.

Americans Are Living Longer

- By 2040, 20 percent of the population will be comprised of people age 65 and older.
- By 2050 an estimated 88.5 million persons will be 65 and older, essentially more than doubling the number in 2008 (38 million).
- The number of U.S. residents over 85 years is projected to grow by more than 300 percent over the next 40 years.

Hypertension Is the Most Common Chronic Condition

- Leading chronic conditions vary among age groups.
- The leading chronic conditions among people ages 65 and older are: hypertension (60%), cholesterol disorders (41%), arthritis (28%), heart disease (25%), and eye disorders (23%).
- The leading chronic conditions among people ages 18 to 64 are: hypertension (30%) cholesterol disorders (20%), respiratory diseases (19%), and diabetes (12%).

Percentage of Non-Institutionalized People With Specific Chronic Conditions

- Hypertension: 33.3%
- Disorders of lipid metabolism: 22.3%
- Other upper respiratory disease: 19.2%
- Non-traumatic joint disorders: 16.5%
- Diseases of the heart: 13.5%
- Diabetes mellitus: 12.6%
- Eye disorders: 11.2%
- Asthma: 10.1%
- Chronic respiratory infections: 10.0%

Source: Medical Expenditure Panel Survey, 2006
Respiratory Diseases and Asthma Are the Most Common Chronic Conditions in Children

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disorders of teeth and jaw</td>
<td>2.9%</td>
</tr>
<tr>
<td>Headache, including migraine</td>
<td>2.3%</td>
</tr>
<tr>
<td>Upper gastrointestinal disorders</td>
<td>4.3%</td>
</tr>
<tr>
<td>Other lower respiratory disease</td>
<td>4.4%</td>
</tr>
<tr>
<td>Eye disorders</td>
<td>6.5%</td>
</tr>
<tr>
<td>Asthma</td>
<td>30.4%</td>
</tr>
<tr>
<td>Other upper respiratory disease</td>
<td>36.0%</td>
</tr>
</tbody>
</table>

Percentage of Non-Institutionalized Children (Ages 0 to 17) With a Chronic Condition

Source: Medical Expenditure Panel Survey, 2006
Section 1 – Demographics and Prevalence

Over One in Four Americans Have Multiple Chronic Conditions

• In 2006, 28 percent of all Americans had two or more chronic conditions.

Percentage of All Americans

<table>
<thead>
<tr>
<th>Number of Chronic Conditions</th>
<th>Percentage of All Americans</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>22.3%</td>
</tr>
<tr>
<td>2</td>
<td>11.8%</td>
</tr>
<tr>
<td>3</td>
<td>7.1%</td>
</tr>
<tr>
<td>4</td>
<td>3.9%</td>
</tr>
<tr>
<td>5+</td>
<td>4.8%</td>
</tr>
</tbody>
</table>

Source: Medical Expenditure Panel Survey, 2006
Section 1 – Demographics and Prevalence

Women Are More Likely Than Men to Have Multiple Chronic Conditions

Percentage of People With Chronic Conditions

Source: Medical Expenditure Panel Survey, 2006
Older Adults Are More Likely to Have Multiple Chronic Conditions

- The prevalence of multiple chronic conditions increases with age.
- One in 15 children have multiple chronic conditions.
- Almost three out of four people ages 65 and older have multiple chronic conditions.

Source: Medical Expenditure Panel Survey, 2006
Section 1 – Demographics and Prevalence

One-Fifth of Individuals With Chronic Illness Also Have Activity Limitations

Source: Medical Expenditure Panel Survey, 2006
People With Chronic Conditions Account for 84 Percent of All Health Care Spending

Health care spending for people without chronic conditions 16%

Health care spending for people with chronic conditions 84%

Source: Medical Expenditure Panel Survey, 2006
People With Chronic Conditions Are the Heaviest Users of Health Care Services

Percentage of Services Used by People With Chronic Conditions

- Home health care visits: 96.6%
- Prescriptions: 93.4%
- Physician visits: 79.0%
- Inpatient stays: 79.4%

Source: Medical Expenditure Panel Survey, 2006
Section 2 – The Impact of Chronic Conditions on Health Care Financing and Service Delivery

Percentage of Health Care Spending for Individuals With Chronic Conditions by Type of Insurance

<table>
<thead>
<tr>
<th>Insurance Type</th>
<th>Percentage of Enrollees With a Chronic Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uninsured</td>
<td>72.5%</td>
</tr>
<tr>
<td>Privately insured</td>
<td>77.5%</td>
</tr>
<tr>
<td>Medicaid beneficiaries</td>
<td>79.0%</td>
</tr>
<tr>
<td>Ages 65+ with Medicare &amp; supplemental insurance</td>
<td>98.2%</td>
</tr>
<tr>
<td>Ages 65+ with Medicare &amp; Medicaid</td>
<td>99.6%</td>
</tr>
<tr>
<td>Ages 65+ with Medicare only</td>
<td>96.6%</td>
</tr>
</tbody>
</table>

Source: Medical Expenditure Panel Survey, 2006
Health Care Spending Increases With the Number of Chronic Conditions

Compared to individuals with no chronic conditions:

- Spending is almost three times greater for someone with a chronic condition
- Spending is over seven times greater for someone with three chronic conditions
- Spending is almost 15 times greater for someone with five or more chronic conditions

Average Per Capita Health Care Spending

Source: Medical Expenditure Panel Survey, 2006
Section 2 – The Impact of Chronic Conditions on Health Care Financing and Service Delivery

More Than Three-Fifths of Health Care Spending Is on Behalf of People With Multiple Chronic Conditions

- Sixteen percent of spending is for 50 percent of the population that has no chronic conditions.
- Eighteen percent of spending is for the 22 percent of the population that has only one chronic condition.
- Seventeen percent of spending is for the 12 percent of the population that has two chronic conditions.
- Sixteen percent of spending is for the 7 percent of the population that has three chronic conditions.
- Twelve percent of spending is for the 4 percent of the population that has four chronic conditions.
- Twenty-one percent of spending is for the 5 percent of the population that has five or more chronic conditions.

Percentage of Health Care Total Spending by Number of Chronic Conditions

Source: Medical Expenditure Panel Survey, 2006
Two-Thirds of Medicare Spending Is for People With Five or More Chronic Conditions

- Ninety-nine percent of Medicare expenditures are for beneficiaries with at least one chronic condition.
- Ninety-eight percent of Medicare expenditures involve individuals with multiple chronic conditions.

Source: Medicare Standard Analytic File, 2007
People With Multiple Chronic Conditions Are Much More Likely to be Hospitalized

Source: Medical Expenditure Panel Survey, 2006
People With Multiple Chronic Conditions Fill More Prescriptions

Average Annual Number of Prescriptions (Average Annual Rx Cost Per Person)

- 0 Chronic Conditions: ($70), 1.4
- 1 Chronic Condition: ($546), 7.3
- 2 Chronic Conditions: ($1,152), 16.1
- 3 Chronic Conditions: ($1,867), 27.3
- 4 Chronic Conditions: ($3,153), 35.9
- 5+ Chronic Conditions: ($4,053), 57.4

Source: Medical Expenditure Panel Survey, 2006
Section 2 – The Impact of Chronic Conditions on Health Care Financing and Service Delivery

Physician and Home Health Care Visits Increase With the Number of Chronic Conditions

Average Annual Visits Per Person

Source: Medical Expenditure Panel Survey, 2006
Section 2 – The Impact of Chronic Conditions on Health Care Financing and Service Delivery

Spending for Inpatient Hospital Care Increases With the Number of Chronic Conditions

Average Annual Per Person Spending

- **Inpatient physician spending**
- **Total inpatient care spending**

Source: Medical Expenditure Panel Survey, 2006
Health Care Spending Often Doubles for People With Chronic Illnesses and Activity Limitations

Average Annual Health Care Expense Per Person

- No limitations
- With limitations

Source: Medical Expenditure Panel Survey, 2006
People With Chronic Illnesses and Activity Limitations Have More Physician Visits

Average Annual Number of Physician Visits Per Person

Source: Medical Expenditure Panel Survey, 2006
Section 2 – The Impact of Chronic Conditions on Health Care Financing and Service Delivery

Individuals With Chronic Illnesses and Activity Limitations Have More Home Health Care Visits

Average Annual Number of Home Health Care Visits Per Person

Source: Medical Expenditure Panel Survey, 2006
Section 2 – The Impact of Chronic Conditions on Health Care Financing and Service Delivery

People With Chronic Illnesses and Activity Limitations Are More Likely to Have Inpatient Stays

Percentage of People With Inpatient Stays

<table>
<thead>
<tr>
<th>Number of Chronic Conditions</th>
<th>No limitations</th>
<th>With limitations</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>3%</td>
<td>8%</td>
</tr>
<tr>
<td>1</td>
<td>5%</td>
<td>13%</td>
</tr>
<tr>
<td>2</td>
<td>7%</td>
<td>17%</td>
</tr>
<tr>
<td>3</td>
<td>10%</td>
<td>23%</td>
</tr>
<tr>
<td>4</td>
<td>13%</td>
<td>26%</td>
</tr>
<tr>
<td>5+</td>
<td>18%</td>
<td>31%</td>
</tr>
</tbody>
</table>

Source: Medical Expenditure Panel Survey, 2006
Section 2 – The Impact of Chronic Conditions on Health Care Financing and Service Delivery

People With Chronic Illnesses and Activity Limitations Are More Likely to Fill Prescriptions

Percentage of People Filling Prescriptions

- **No limitations**
- **With limitations**

Source: Medical Expenditure Panel Survey, 2006
Most People With Chronic Conditions Have Private Coverage

Source: Medical Expenditure Panel Survey, 2006
People With Medicare Are Most Likely to Have Chronic Conditions

Percentage of Enrollees With a Chronic Condition

- Private insurance: 48%
- Uninsured: 33%
- Medicaid: 40%
- Ages 65+ Medicare and supplemental: 92%
- Ages 65+ Medicare: 88%
- Ages 65+ Medicare and Medicaid: 91%
- Of all Americans: 50%

Source: Medical Expenditure Panel Survey, 2006
People With Both Medicare and Medicaid Coverage Have High Rates of Activity Limitations

Percentage With Activity Limitations

- Private insurance: 8%
- Uninsured: 11%
- Medicaid: 19%
- Ages 65+ Medicare and supplemental: 37%
- Ages 65+ Medicare: 47%
- Ages 65+ Medicare and Medicaid: 62%
- Of all Americans: 15%

Source: Medical Expenditure Panel Survey, 2006
Section 2 – The Impact of Chronic Conditions on Health Care Financing and Service Delivery

Most People With Activity Limitations Have Medicare Coverage

- Private insurance: 29%
- Ages 65+ Medicare only: 15%
- Medicaid only: 16%
- Ages 65+ Medicare and Medicaid: 5%
- Ages 65+ Medicare & supplemental insurance: 16%
- Unknown: 2%
- Other government insurance: 8%
- Uninsured: 9%

Source: Medical Expenditure Panel Survey, 2006
Higher Number of Chronic Conditions Leads to Unnecessary Hospitalizations

- Ambulatory care sensitive conditions (ACSCs) are conditions for which timely and effective outpatient care may help to reduce the risk of hospitalization.
- Inappropriate hospitalizations increase as the number of chronic conditions increase.
- People with multiple chronic conditions use medical goods and services at higher rates than others and they often receive duplicate testing, conflicting treatment advice and prescriptions that are contra-indicated.
- These factors may play a role in the correlation between increasing numbers of chronic conditions and increasing numbers of inappropriate hospitalizations.

Source: Medicare Standard Analytic File, 2007
Section 3 – The Impact of Chronic Conditions on Individuals and Their Caregivers

People With Chronic Conditions Report Not Receiving Adequate Information

Percentage of Population With Chronic Conditions Reporting Problems

- Received different diagnoses from different providers: 14%
- Received information about drug interactions upon filling prescription: 16%
- Received conflicting information from providers: 17%
- Had duplicate tests or procedures: 18%

Source: Chronic Illness and Caregiving, a survey conducted by Harris Interactive, Inc., 2000.
Section 3 – The Impact of Chronic Conditions on Individuals and Their Caregivers

More Than Half the People With Serious Chronic Conditions Use Three or More Different Physicians

- Eighty-one percent of people with serious chronic conditions see two or more different physicians.

Number of Different Physicians Seen by People With Serious Chronic Conditions

- No doctors: 3%
- 1 Physician: 16%
- 2 Physicians: 26%
- 3 Physicians: 23%
- 4 Physicians: 15%
- 5 Physicians: 6%
- 6+ Physicians: 11%

Source: Gallup Serious Chronic Illness Survey, 2002.
People With Serious Chronic Conditions Believe They Do Not Receive Needed Treatment

- The uninsured are more likely to report that they go without needed medical care, although insured people with serious chronic conditions also report high levels of unmet service needs.
- Hispanic and non-White persons with serious chronic conditions report high levels of unmet service needs.

Source: Serious Chronic Illness Survey conducted by the Gallup Organization, 2002.
People With Serious Chronic Conditions Have Trouble Accessing Specific Services

Percentage of People With Serious Chronic Conditions Reporting That They Did Not Get Needed Service

<table>
<thead>
<tr>
<th>Types of Service Needed</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health services</td>
<td>13%</td>
</tr>
<tr>
<td>In-home health care</td>
<td>14%</td>
</tr>
<tr>
<td>Physical, occupational, or speech therapy</td>
<td>15%</td>
</tr>
<tr>
<td>Advice on nutrition or diet</td>
<td>18%</td>
</tr>
<tr>
<td>Professional help finding needed services</td>
<td>24%</td>
</tr>
<tr>
<td>Medical specialists</td>
<td>29%</td>
</tr>
</tbody>
</table>

Source: Serious Chronic Illness Survey conducted by the Gallup Organization, 2002.
Quality of Care for People With Serious Chronic Conditions Varies by Race

- Quality-of-care problems may be exacerbated by lack of insurance, language barriers, and geographic proximity to providers.

Source: Serious Chronic Illness Survey conducted by the Gallup Organization, 2002.
Americans Believe That Access to Care and Coverage Is a Problem for People With Chronic Conditions

- Approximately three out of four individuals believe that access to medical services is difficult for people who have a chronic condition.

Source: *Chronic Illness and Caregiving*, a survey conducted by Harris Interactive, Inc., 2000.
Physicians report that they are less satisfied providing care to people with chronic conditions than to all patients in general.

Lower physician satisfaction may result from difficulty coordinating with other providers, inadequate health insurance, inadequate clinical training in the area of chronic care, and reimbursement systems that do not adequately recognize the additional time necessary to care for people with complex or multiple chronic conditions.

Physicians Report Difficulty Coordinating Care

Percentage of Physicians Identifying Problems Coordinating Care With Different Providers and Entities

- Schools or employers: 38%
- Non-hospital institutions: 31%
- Social services: 19%
- Other physicians: 17%
- Other health care professionals: 13%
- Family members: 13%

Physicians Believe That Poor Care Coordination Produces Bad Outcomes

Percentage of Physicians Who Believe That Adverse Outcomes Result From Poor Care Coordination

- Receipt of contradictory information: 54%
- Emotional problems unattended: 49%
- Adverse drug interactions: 44%
- Unnecessary hospitalizations: 36%
- Patients not functioning to potential: 34%
- Experience of unnecessary pain: 34%
- Unnecessary nursing home placement: 24%

Section 3 – The Impact of Chronic Conditions on Individuals and Their Caregivers

Physicians Believe That People With Chronic Conditions Have Unmet Needs

Section 3 – The Impact of Chronic Conditions on Individuals and Their Caregivers

Doctors Believe That Their Patients Worry About the Impact of Chronic Conditions

When asked directly, Americans report that their top concerns about having a chronic condition are: inability to pay for care, losing independence, and being a burden to family and friends.¹

Percentage of Doctors Responding Affirmatively

- Fear of death: 32%
- Large medical expenses: 35%
- Poor quality of life: 40%
- Fear of disease progression: 48%

¹ From Chronic Illness and Caregiving, a survey conducted by Harris Interactive Inc., 2000.

• The average annual out-of-pocket spending on health care for people with one or more chronic conditions is $1,057.

• The highest average out-of-pocket expense for people with chronic conditions is prescription drugs, while people without chronic conditions spend the most out-of-pocket on dental care.

• One reason out-of-pocket spending is high for people with chronic conditions is that they often pay for items and services that may not be covered by insurance, such as supportive services that people with chronic conditions often need.

Source: Medical Expenditure Panel Survey, 2006
Section 3 – The Impact of Chronic Conditions on Individuals and Their Caregivers

Out-of-Pocket Spending Is Highest for People With Medicare

Average Annual Out-of-Pocket Expenditures Per Person

Out-of-Pocket Spending by Type of Insurance

- Medicare: $1,343
- Other government insurance: $759
- Private: $638
- Uninsured: $488
- Medicaid: $216

Source: Medical Expenditure Panel Survey, 2006
Section 3 – The Impact of Chronic Conditions on Individuals and Their Caregivers

People With Serious Chronic Conditions Have Difficulty Paying for Their Health Care

Percentage of People With Serious Chronic Conditions Using This Method to Finance Health Care

- Declared bankruptcy: 8%
- Sold assets: 11%
- Took from child’s education fund: 11%
- Took from retirement fund: 16%
- Borrowed/given money from family/friend: 27%
- Applied for government aid: 36%
- Took from savings/mutual funds/other assets: 38%
- Made gradual payments over time: 45%

Source: Serious Chronic Illness Survey conducted by the Gallup Organization, 2002.
The Estimated Monetary Value of Family Caregiving Greatly Exceeds Spending on Formal Long-Term Care Services

- Family caregiving includes all unpaid services provided by family and friends.
- Because of gaps in the health care system and individual family preferences, much of the care for people with chronic conditions is provided by family and friends.
- One of people’s greatest concerns is that they will become a burden to family and friends when they have a chronic condition.

Informal Caregiving Is a Multigenerational Task

- Forty-three percent of those providing care are 50 years of age or older.
- Sixty-one percent of family caregivers are women (not shown).

Family Caregivers by Gender

Male 39%
Female 61%

Caregivers who provide 40 hours or more per week (17%) tend to be:

- In fair or poor health (29% vs. 16% excellent health, 15% very good health);
- 65 or older (28% vs. 11% 18–34, 15% 35–49);
- Caring for someone with Alzheimer’s or dementia (24% vs. 16%);
- Lower income (23% of those earning less than $30,000 vs. 16% $30,000–$49,000, 15% $50,000–$99,000, 12% $100,000); and
- Less well educated (21% of those with a high school education or less vs. 12% college graduate).

Competing Demands Influence the Weekly Hours of Family Caregiving

- Half of family caregivers are employed.
- Forty percent of family caregivers are employed full-time.
- Almost 20 percent of family caregivers work and care for children in addition to caregiving responsibilities.

*Children in the household may include children with long-term illnesses or disabilities.