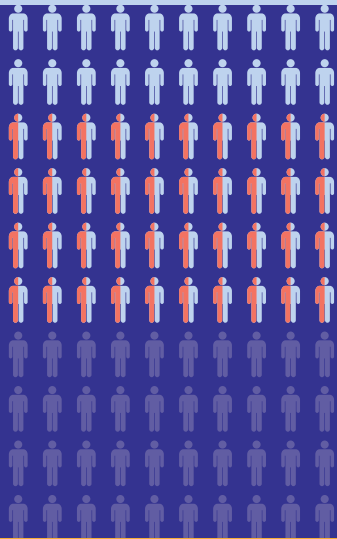




REPORT: THE BURDEN of CHRONIC DISEASE IN DELAWARE 2024 AT A GLANCE

Chronic diseases are long-lasting health conditions that require ongoing monitoring and treatment. They can often be controlled but not cured.



THE LEADING CAUSE OF DEATH, DISABILITY, AND HEALTH CARE COSTS

60% of U.S. adults have at least one chronic disease.¹

40% have two or more.¹



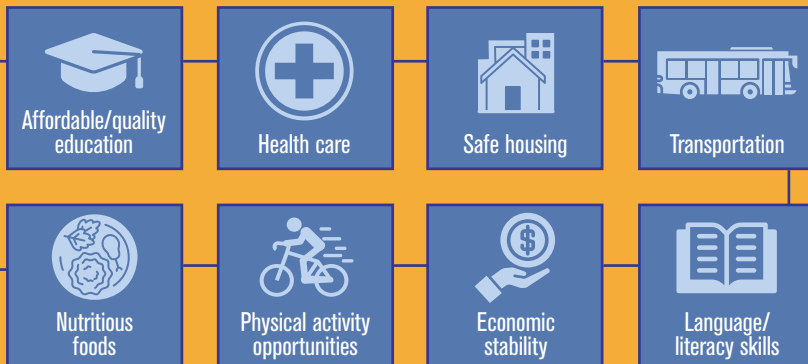
WHO EXPERIENCES THE MOST CHRONIC DISEASE IN DELAWARE?

- » People of color
- » People with lower incomes
- » People living in rural or underserved communities



THE CONNECTION TO SOCIAL DETERMINANTS OF HEALTH

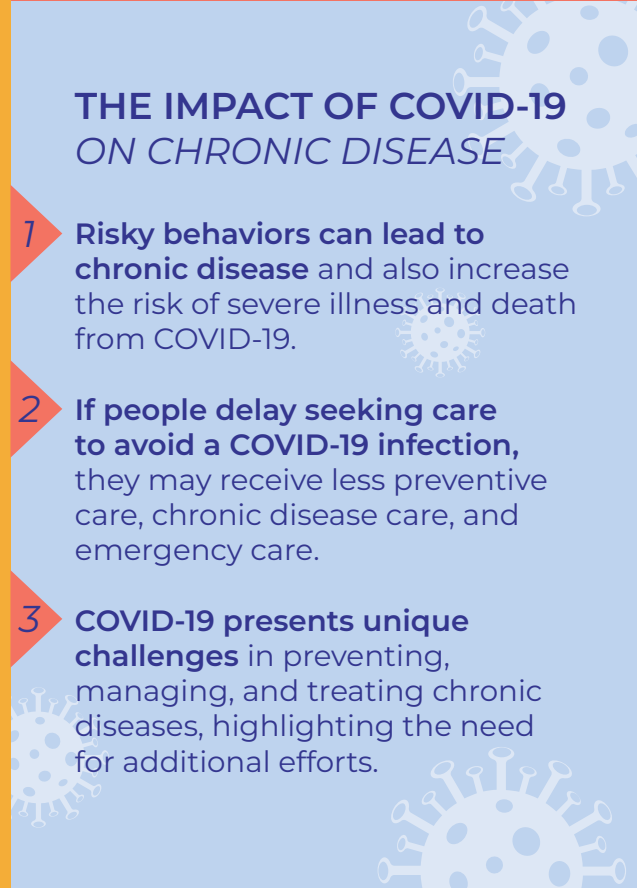
What else do these communities experience? Lack of access to:



Plus, the ongoing impact of structural racism, discrimination, residential segregation, and/or violence.

THE IMPACT OF COVID-19 ON CHRONIC DISEASE

- 1 Risky behaviors can lead to **chronic disease** and also increase the risk of severe illness and death from COVID-19.
- 2 If people delay seeking care to avoid a COVID-19 infection, they may receive less preventive care, chronic disease care, and emergency care.
- 3 COVID-19 presents unique **challenges** in preventing, managing, and treating chronic diseases, highlighting the need for additional efforts.



REPORT FINDINGS FOR DELAWARE

\$1,000,000,000+

Annual health care costs of Delaware's chronic diseases.²



Chronic diseases accounted for **7 OF THE 10 LEADING CAUSES OF DEATH** in Delaware in 2020.³



Prevalence: The proportion of a population that has a specific characteristic in a given time period.

Mortality: The number of deaths in a specific group of people in a given time period.

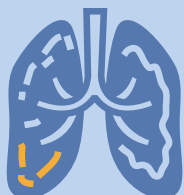
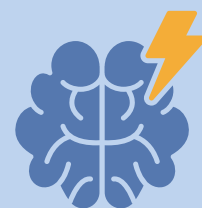


HEART DISEASE^{4,5}

- Prevalence stable since 2011.
- Mortality decreased from 2016 to 2020.

STROKE^{4,5}

- Prevalence stable since 2011.
- Mortality increased from 2016 to 2020.

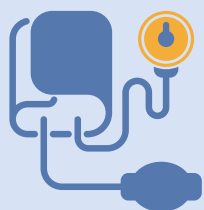
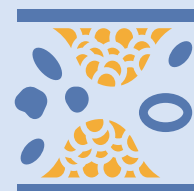


LOWER RESPIRATORY DISEASE⁴

- Mortality increased from 2016 to 2020.

VASCULAR DISEASE⁴

- Mortality stable from 2016 to 2020, decreased nationally.



HYPERTENSION^{4,5}

- Prevalence stable since 2011.
- Mortality stable from 2016 to 2020, lower than national rate.

DIABETES^{4,5}

- Prevalence increased from 2011 to 2022.
- Delaware's mortality rate is lower than national rate.
- Non-Hispanic Black Delaware adults had higher prevalence and mortality than non-Hispanic White Delaware adults.



ACHIEVEMENTS IN CHRONIC DISEASE RISK FACTORS⁵



Smoking:

21.8% → **12.9%**
(2011) (2022)



Heavy drinking:

Stable
SINCE 2011



Binge drinking:

20.3% → **14%**
(2011) (2022)

To view *The Burden of Chronic Disease in Delaware 2024*, visit degov.link/chronicdiseasereport.

¹National Center for Chronic Disease Prevention and Health Promotion

²Partnership to Fight Chronic Disease

³Delaware Health Statistics Center

⁴National Vital Statistics System

⁵Centers for Disease Control and Prevention Behavioral Risk Factor Surveillance Survey