



CMS 2025

Quality Conference

Make America Healthy: Improving Health
Outcomes Through Prevention, Quality, and Safety

Leading With Evidence

Behavior Change Interventions that Focus on
Chronic Disease Prevention



Speakers



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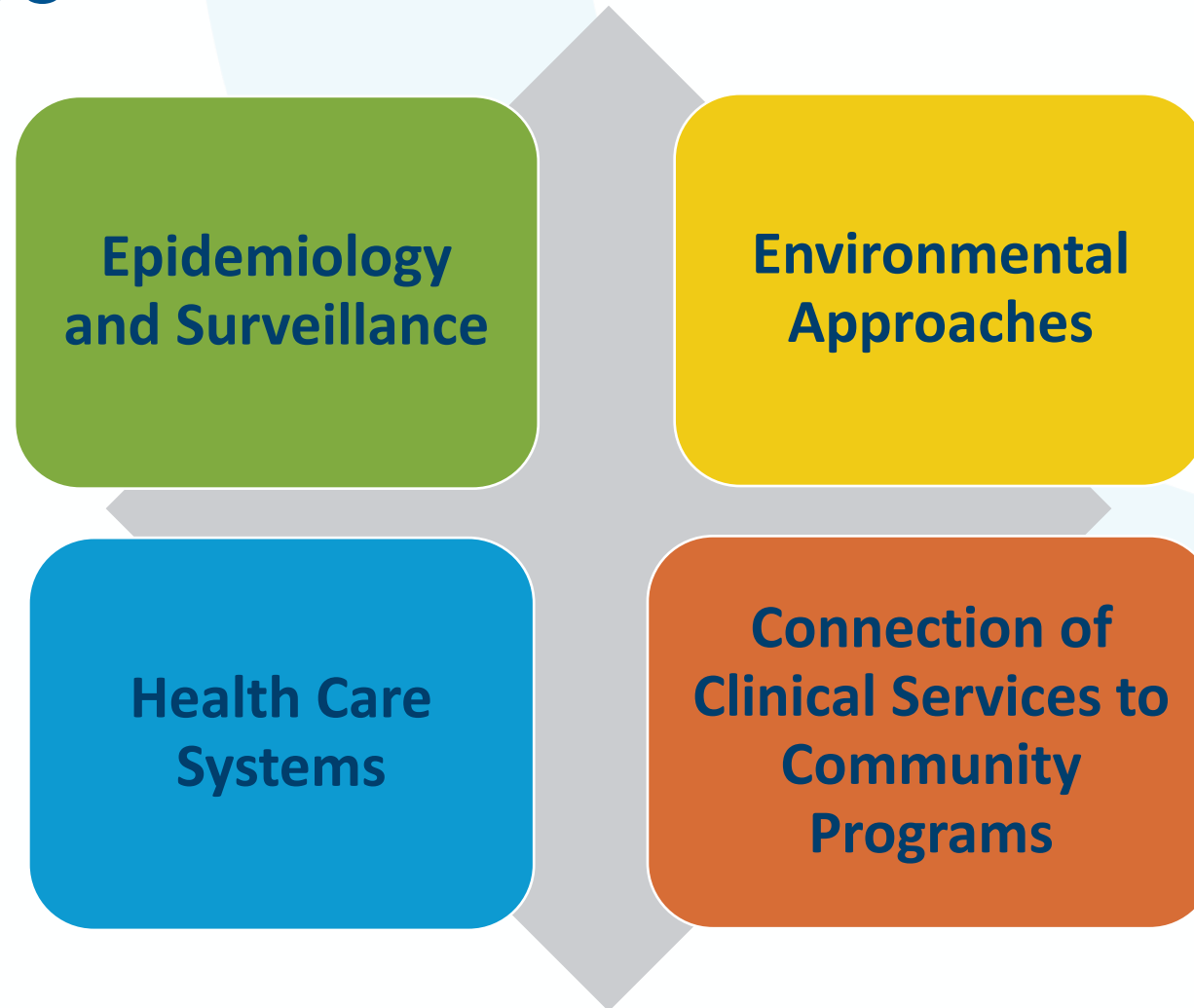
Family Medicine PA and
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Agenda

- Introduction to chronic disease prevention through lifestyle change interventions
- Fireside chat with subject matter experts in the implementation of lifestyle change interventions

Disclaimer: The findings and conclusions in this presentation are those of the author(s) and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

National Center for Chronic Disease Prevention and Health Promotion, CDC¹



Chronic diseases are a tremendous burden in the United States.²⁻⁴

Chronic diseases:

Affect **6 in 10 Americans**



Constitute **8 of the top 10 causes of death**



Cause \$ 4 trillion per year **in healthcare costs**

Proven benefits of **lifestyle change interventions**⁵⁻⁶

IMPROVED



Physical activity and nutrition



Self-confidence to maintain healthy habits



Ability to manage existing chronic conditions



Blood pressure



Risk of stroke



Risk of developing diabetes



Arthritis pain



Risk of heart attacks



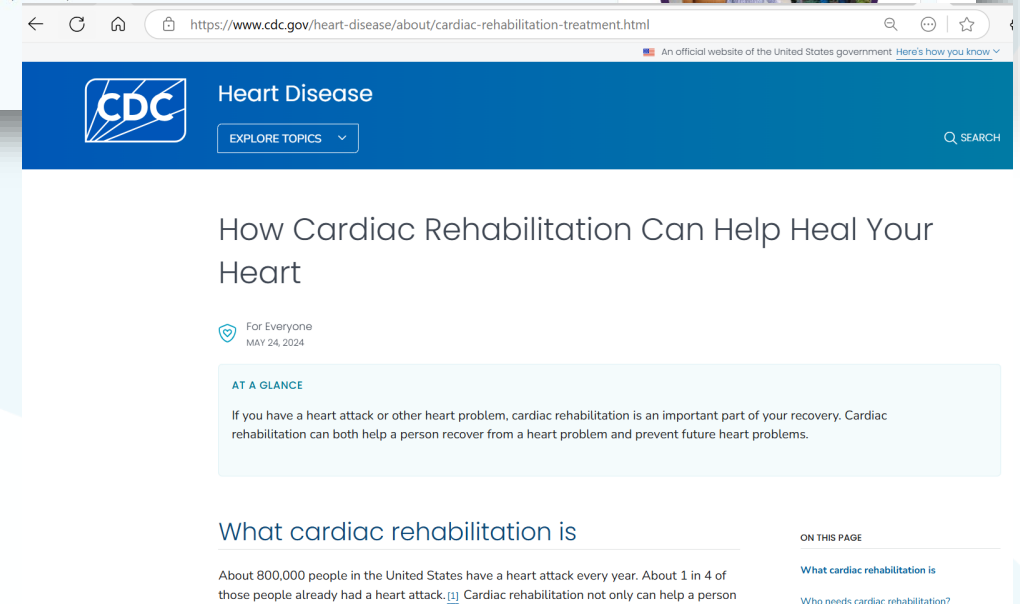
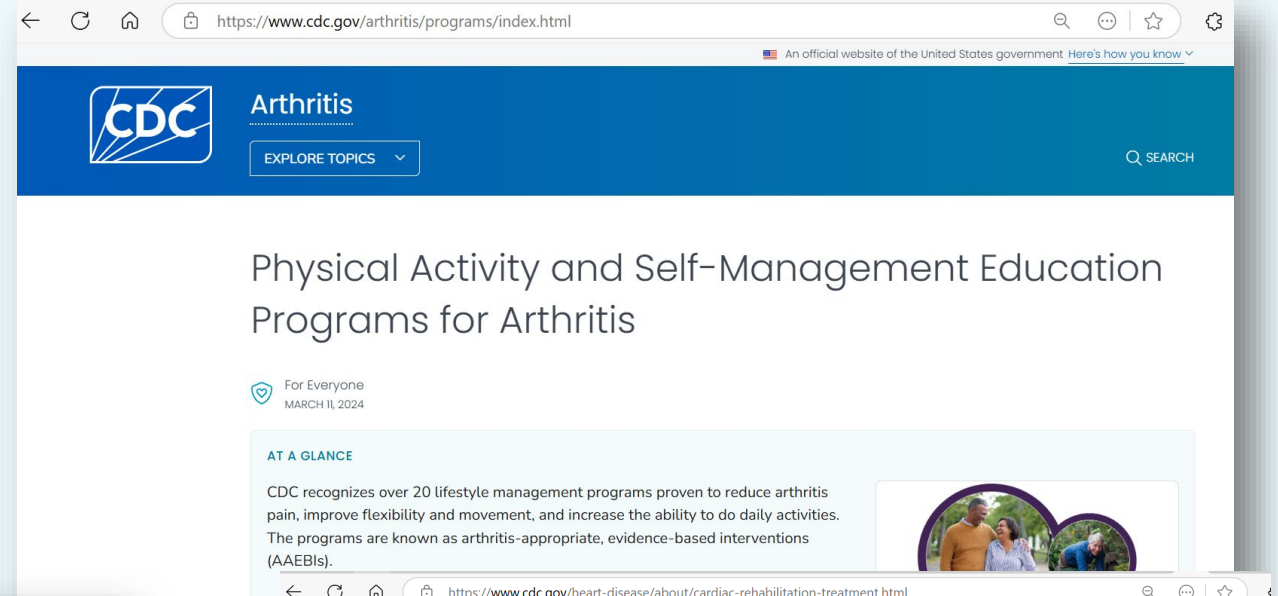
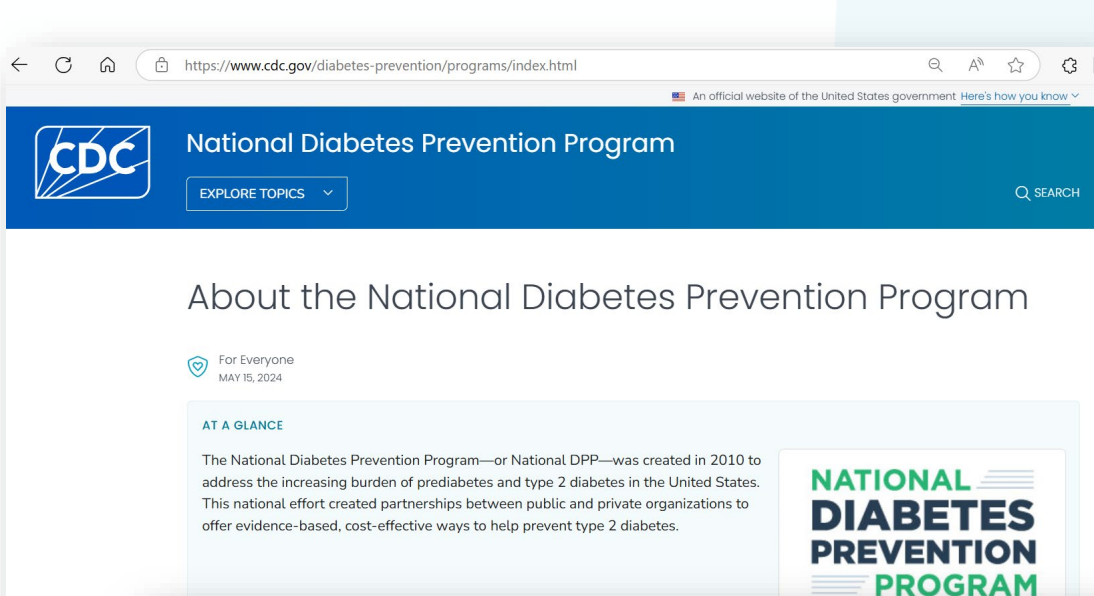
Weight

REDUCED



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What are lifestyle change interventions?



Focus on **physical activity and/or nutrition**



Are delivered by a **trained instructor or coach**



Use an **evidence-based curriculum**



Build skills such as **cooking, grocery shopping, or healthy movement**



Help adults and children **improve wellness and prevent or manage chronic disease**



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How do lifestyle change interventions work?

FOLLOW A PROGRAM PLAN

MORE SESSIONS
COMPLETED WITHIN A
SPECIFIC PROGRAM=
IMPROVED CHANCE OF
ACHIEVING HEALTH GOALS

OFTEN IN COMMUNITY OR
NON-CLINICAL SETTINGS

ADAPTABLE

GROUP OR INDIVIDUAL

PERSONAL CHOICE

ADDRESS A VARIETY OF
CHRONIC CONDITIONS

Lifestyle change interventions can **Make America Healthy Again,** but only if they reach more people.

Opportunities to improve reach:



**Increase healthcare
provider referrals**



**Make it easier for more delivery
organizations to offer lifestyle
change interventions**

Opportunities to help people enroll:



Offer a variety of lifestyle change
interventions with convenient
locations and schedules

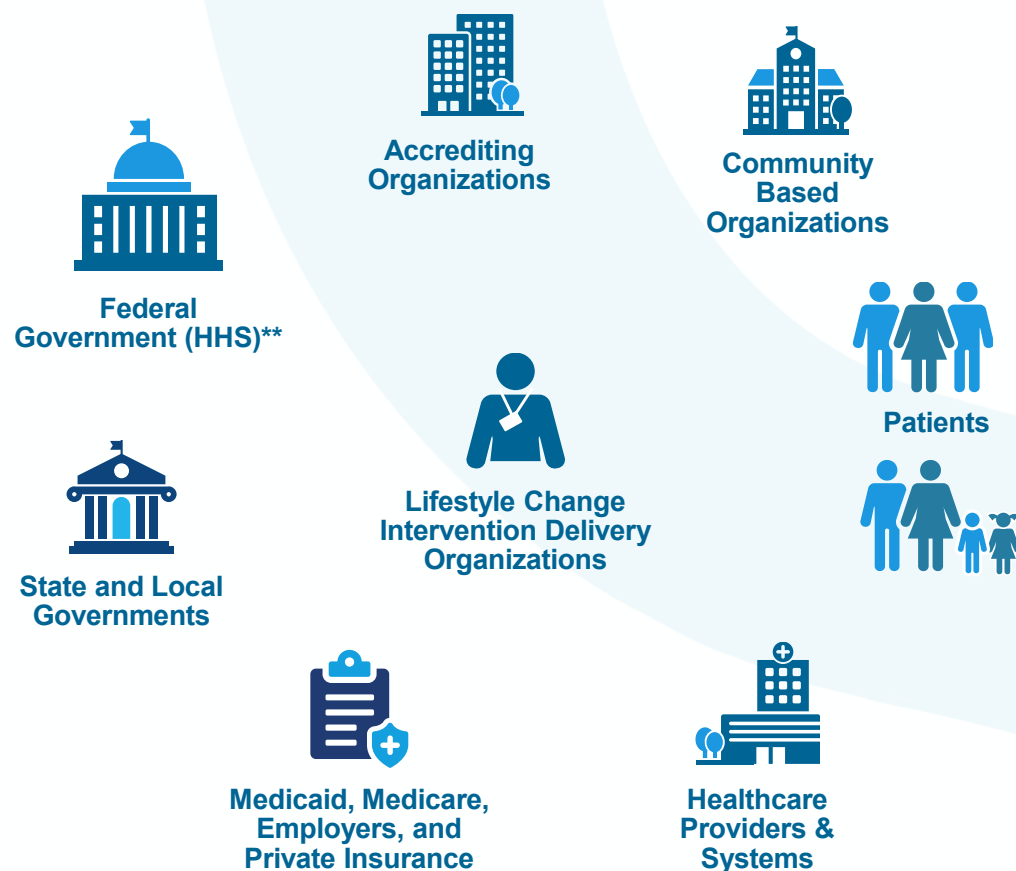


Improve awareness of
lifestyle change
interventions

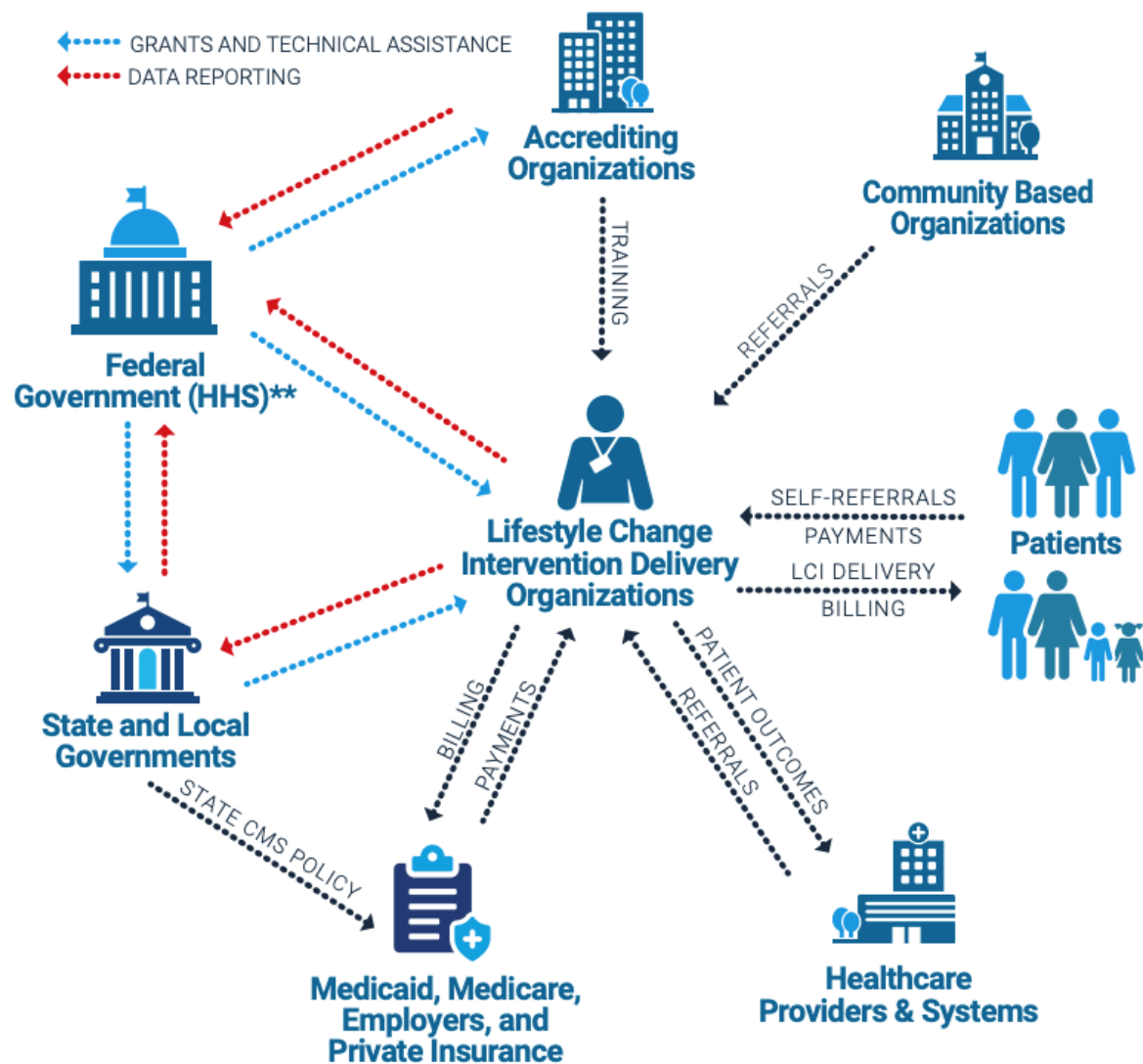


Decrease out of pocket
costs for individuals
and families

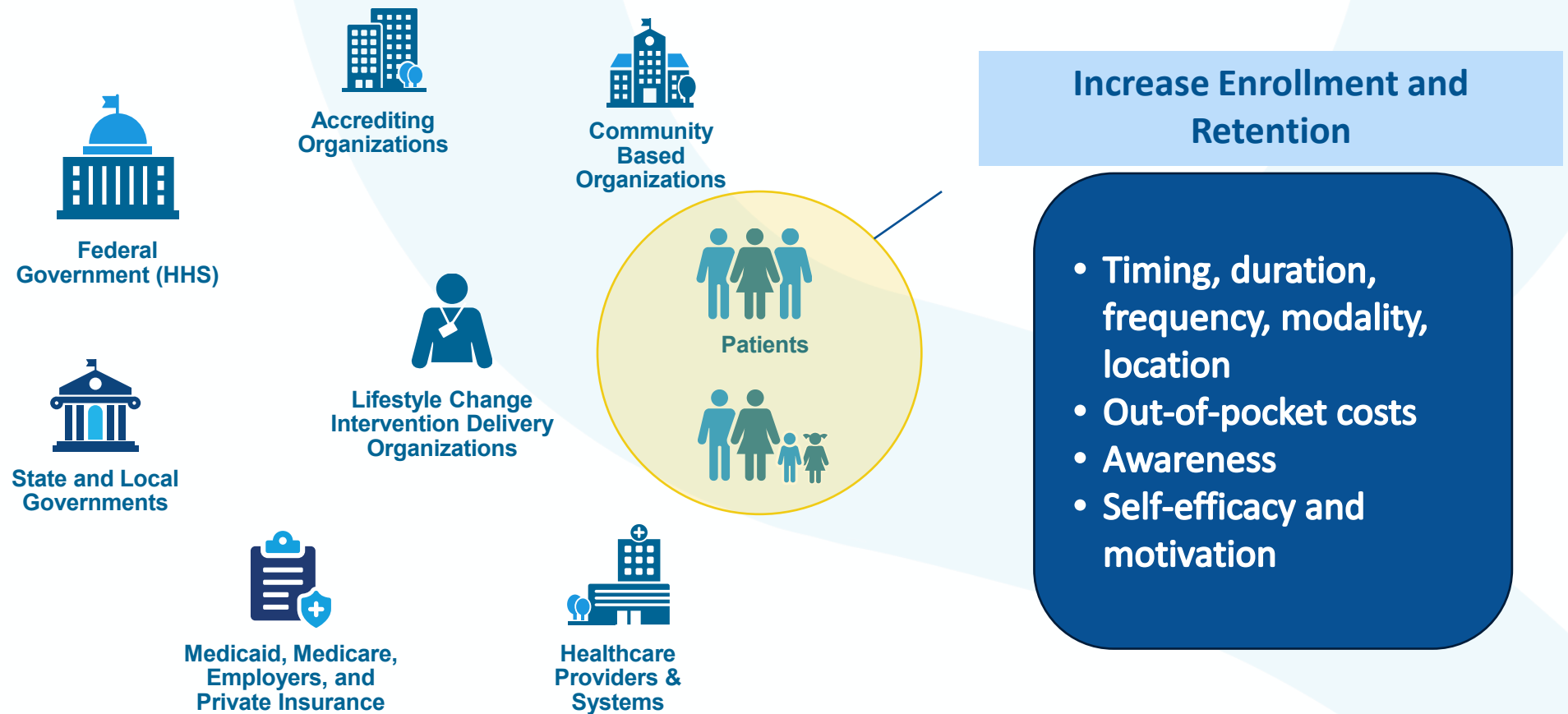
The ecosystem of lifestyle change interventions



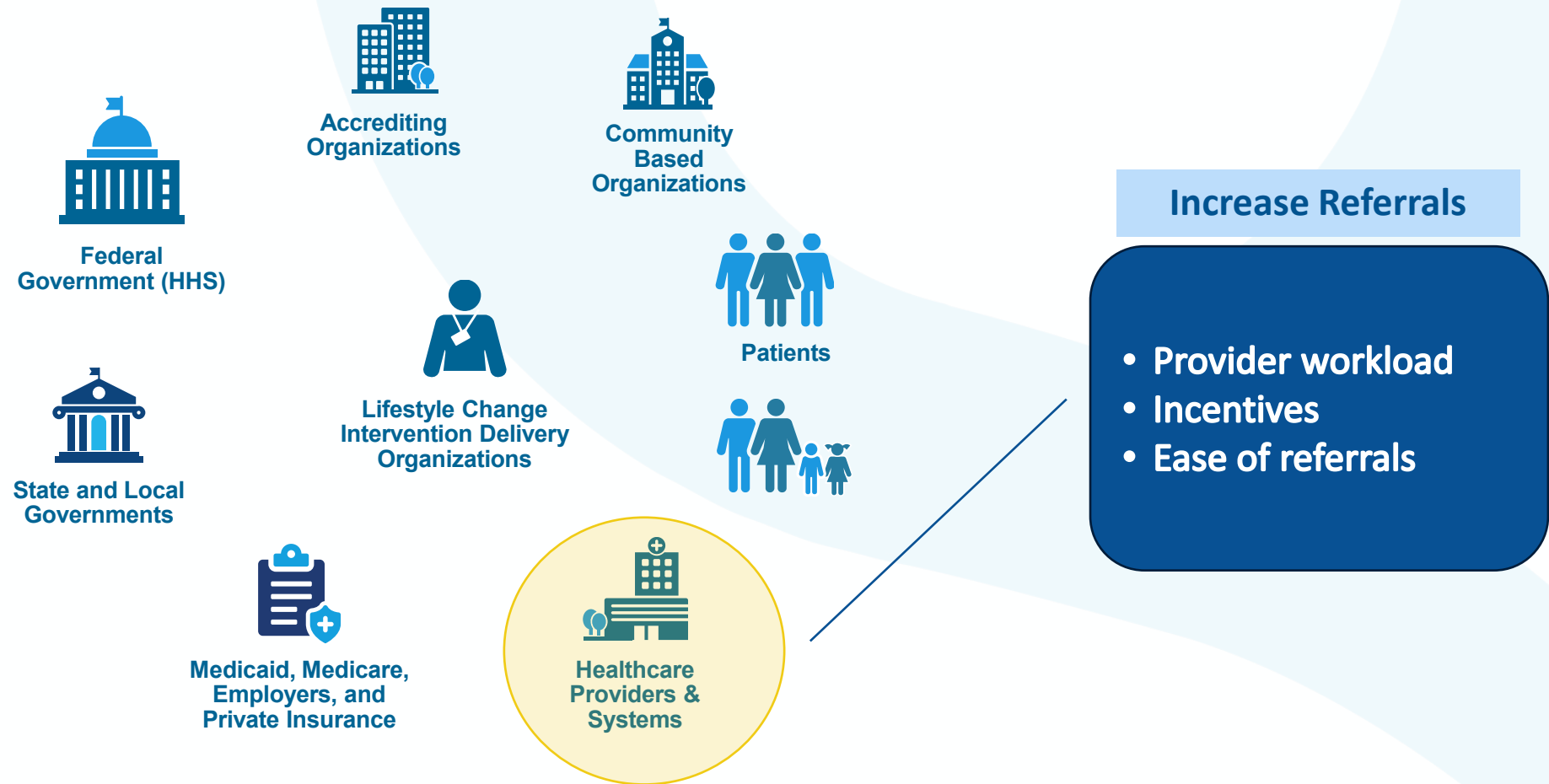
The ecosystem of lifestyle change interventions with support....



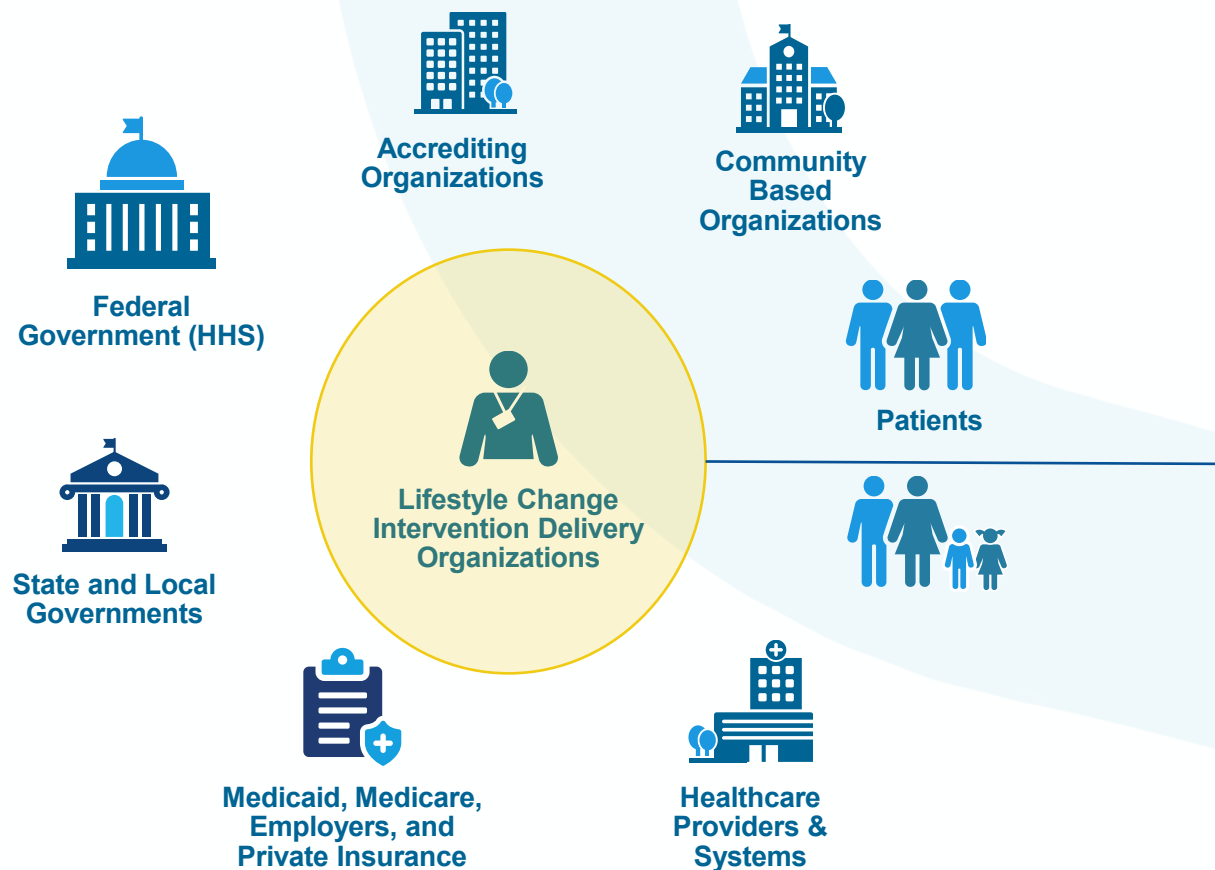
Key levers to improve lifestyle change interventions¹¹



Key levers to improve lifestyle change interventions.¹¹



Key levers to improving lifestyle change interventions...¹¹

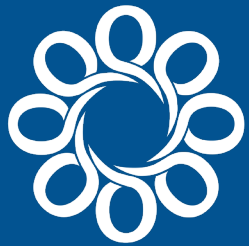


Increase Availability

- Incentives and disincentives for organizations to offer programs

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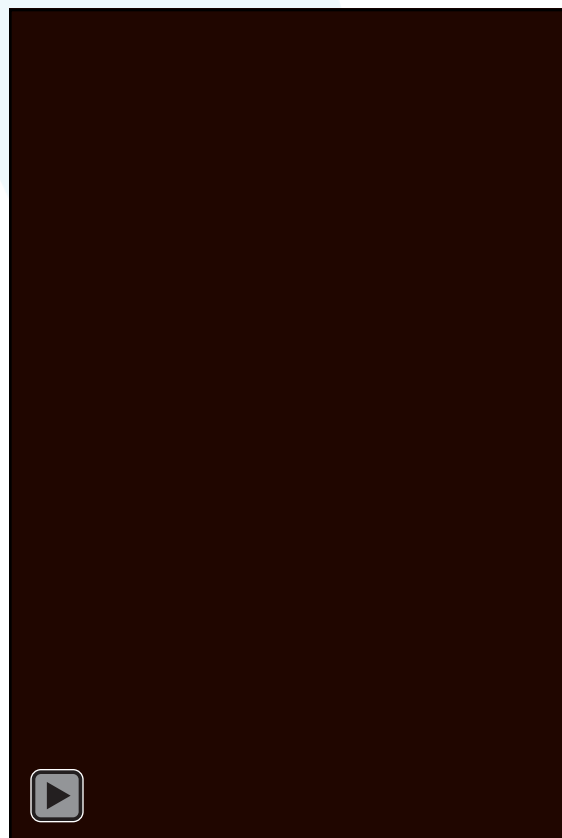
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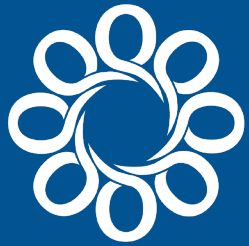
Fireside Chat Discussion

With Subject Matter Experts in the Implementation
of Lifestyle Change Interventions



The Patient Voice.....





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THANK YOU!

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