**Key Messages from the Ontario Chronic Disease Prevention Alliance**

**February 21, 2023 Lobby Day**

**The economic burden of chronic diseases in Ontario is unsustainable.**

* Cancers, cardiovascular diseases, chronic lower respiratory diseases, and diabetes cause about two thirds of all deaths in Ontario and cost Ontario $10.5 billion in direct healthcare costs.1
* The total annual economic burden of chronic disease risk factors in Ontario is estimated to be $7.0 billion for tobacco smoking, $4.5 billion for alcohol consumption, $2.6 billion for physical inactivity and $5.6 billion for unhealthy eating, including $1.8 billion for inadequate vegetable and fruit consumption.1

**Chronic disease prevention is a pivotal pillar in ensuring a sustainable health care system for all Ontarians.**

* Ontario has a high prevalence of tobacco smoking, alcohol consumption, physical inactivity and unhealthy eating, which are the main modifiable risk factors for chronic diseases; only 13 percent of adults in Ontario report having none of these risk factors.1
* These four modifiable behaviours accounted for 32% of hospital bed use (2001 to 2012 inclusive).2
* Given the current demands on, and challenges with Ontario’s health care system, preventing chronic disease can reduce the overall burden it has on this system.
* Effective community-based chronic disease prevention initiatives can yield a return on investment of $6 for every dollar invested. 3

**There is a system of chronic disease prevention partners who are interested in working with the Government of Ontario to help prevent chronic diseases.**

* Ontario has a comprehensive but underutilized chronic disease prevention system already in place consisting of community health, public health, not-for-profit, education, and non-governmental organizations that work across the lifespan to prevent chronic diseases.
* The expertise and networks of these organizations can be leveraged to support chronic disease prevention in Ontario.
* The Ontario Chronic Disease Prevention Alliance can be a one-stop shop for the Government of Ontario providing quick and easy access to the province’s chronic disease prevention partners

**The chronic disease prevention system needs sustained investment and support to help the Government of Ontario make significant gains in ensuring that our health care system is sustainable and that our communities are vibrant.**

* The Government of Ontario needs to maintain the current investment in chronic disease prevention in community and public health sectors and should consider increasing investments in community-based chronic disease prevention.
* The Government of Ontario should declare February 21st Chronic Disease Prevention Day in Ontario to bring much needed attention to the impact that prevention can have.

References:

1. CCO and Ontario Agency for Health Protection and Promotion (Public Health Ontario). The burden of chronic diseases in Ontario: key estimates to support efforts in prevention. Toronto: Queen’s Printer for Ontario; 2019.
2. Manuel DG, Perez R, Bennett C, Rosella L, Choi B. 900,000 days in hospital: The annual impact of smoking, alcohol, diet and physical activity on hospital use in Ontario. Toronto: Institute for Clinical Evaluation Sciences; 2014.
3. Levi J, Segal LM, Juliano C. Prevention for a healthier America: Investments in disease prevention yield significant savings, stronger communities. Washington, DC: Trust for America’s Health; 2009.