

How Chronic Conditions Impact Health Care Spending

Chronic conditions aren't just medical issues; they're one of the most powerful forces shaping America's health care landscape.



Data from the Centers for Disease Control and Prevention (CDC) shows that a staggering **90% of the nation's \$4.9 trillion** in annual health care spending is directed toward people living with chronic and mental health conditions.



Three out of every four adults have at least one chronic condition.

CDC data shows how common chronic conditions impact health care spending:



Heart Disease & Stroke

These two conditions remain the most relentless health threats in the U.S., touching millions of families each year.

More than **843,000** Americans die of heart disease or stroke every year, representing over one-quarter of all U.S. deaths.

These conditions cost the U.S. health care system **\$233.3 billion** annually, plus **\$184.6 billion** in lost productivity at work.



Cancer

Cancer is widespread, affecting people of all ages and backgrounds. Its health and financial impact continue to grow as treatments advance and life expectancies increase.

Every year, **1.8 million** people are diagnosed, and more than 600,000 die, making cancer the second leading cause of death.

The cost of cancer care is expected to exceed **\$240 billion** by 2030.



Diabetes

Diabetes is one of the fastest growing chronic conditions, often developing quietly but carrying serious long term consequences.

More than **38 million** Americans have diabetes, and another 98 million have prediabetes, putting them at high risk.

The condition creates a **\$413 billion** burden in medical costs and lost productivity.



Obesity

Obesity is more than a weight issue; it's a risk multiplier, increasing the likelihood of numerous chronic illnesses and placing strain on the health system.

It affects **21% of children and 40% of adults** in the U.S.

Obesity related health issues cost nearly **\$173 billion** each year.



Alzheimer's Disease

Alzheimer's brings a uniquely heavy emotional and economic weight, often requiring years of care and support for both individuals and families.

Nearly **7 million** Americans are living with Alzheimer's, including 1 in 9 adults aged 65+, with women disproportionately affected.

Caring for people with Alzheimer's and other dementias costs **\$360 billion** today, projected to reach nearly **\$1 trillion** by 2050.



Arthritis

Arthritis quietly affects tens of millions of Americans, often limiting mobility, independence, and the ability to work or stay active.

It impacts **53.2 million** adults, or about **1 in 5**, making it one of the most common chronic conditions.

Arthritis is responsible for an estimated **\$304 billion** annually in medical costs and lost wages.

Other costly chronic diseases include:



Chronic kidney disease



Epilepsy



Tooth decay



Cigarette smoking



Physical inactivity



Excessive alcohol use

Chronic diseases are impacting Americans at a growing rate, creating health challenges, driving rising costs and putting strain on our health care system. Employers can play a key role by understanding the impact of these diseases, creating workplaces that support healthy habits and educating employees about disease prevention.



Source: CDC

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