

AN OUNCE
OF PREVENTION COULD
SAVE ONTARIO OVER
\$350,000,000
ANNUALLY.



ONTARIO NEEDS A CHRONIC DISEASE PREVENTION SYSTEM.

**CHRONIC DISEASE IS SYSTEMIC.
THAT'S WHY WE NEED A SYSTEM TO FIGHT IT.**

THE ISSUE AFFECTS US ALL.

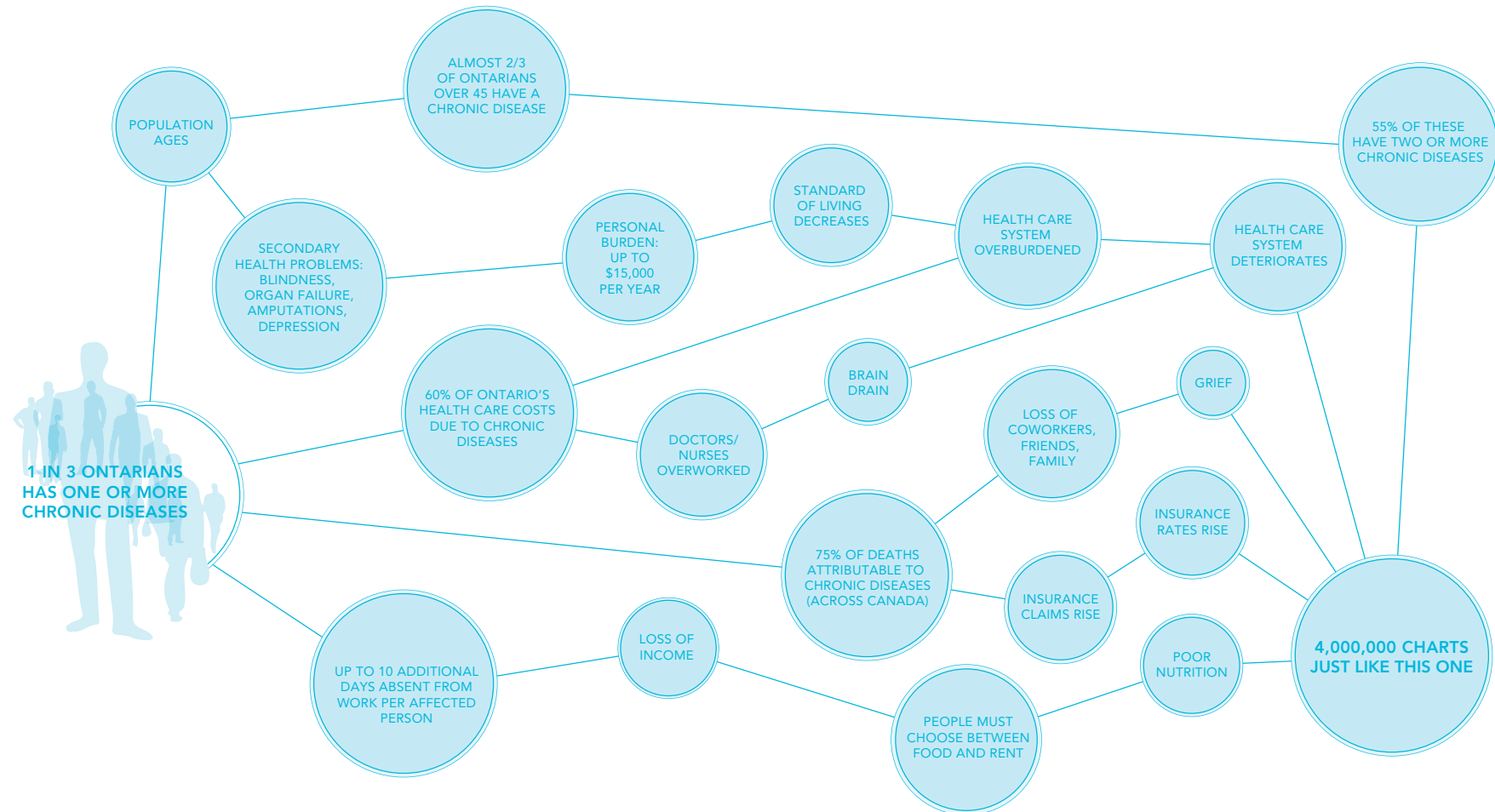
The Ontario Chronic Disease Prevention Alliance (OCDPA) is the province's collective voice on effective chronic disease prevention policy and programming. We represent over 30 member organizations that are at the forefront – and on the front lines – of research, monitoring and prevention of chronic diseases. Together, we work to keep Ontario healthy by building and promoting comprehensive chronic disease prevention and management policies and programs.

Our work is more important than ever, because today, chronic disease either directly or indirectly affects the life of every single Ontarian.

In Ontario, common risk factors, including tobacco and alcohol use, nutrition, physical activity, mental health and obesity, combined with socioeconomic and cultural conditions that affect health, all impact chronic disease rates. The social, economic and personal costs of chronic disease are huge, and increasing as the population ages. Today, one in three Ontarians has one or more chronic diseases. Almost two-thirds of Ontarians over 45 have a chronic disease; of those, 55% have two or more. At least 60% of our health care costs are due to chronic disease.

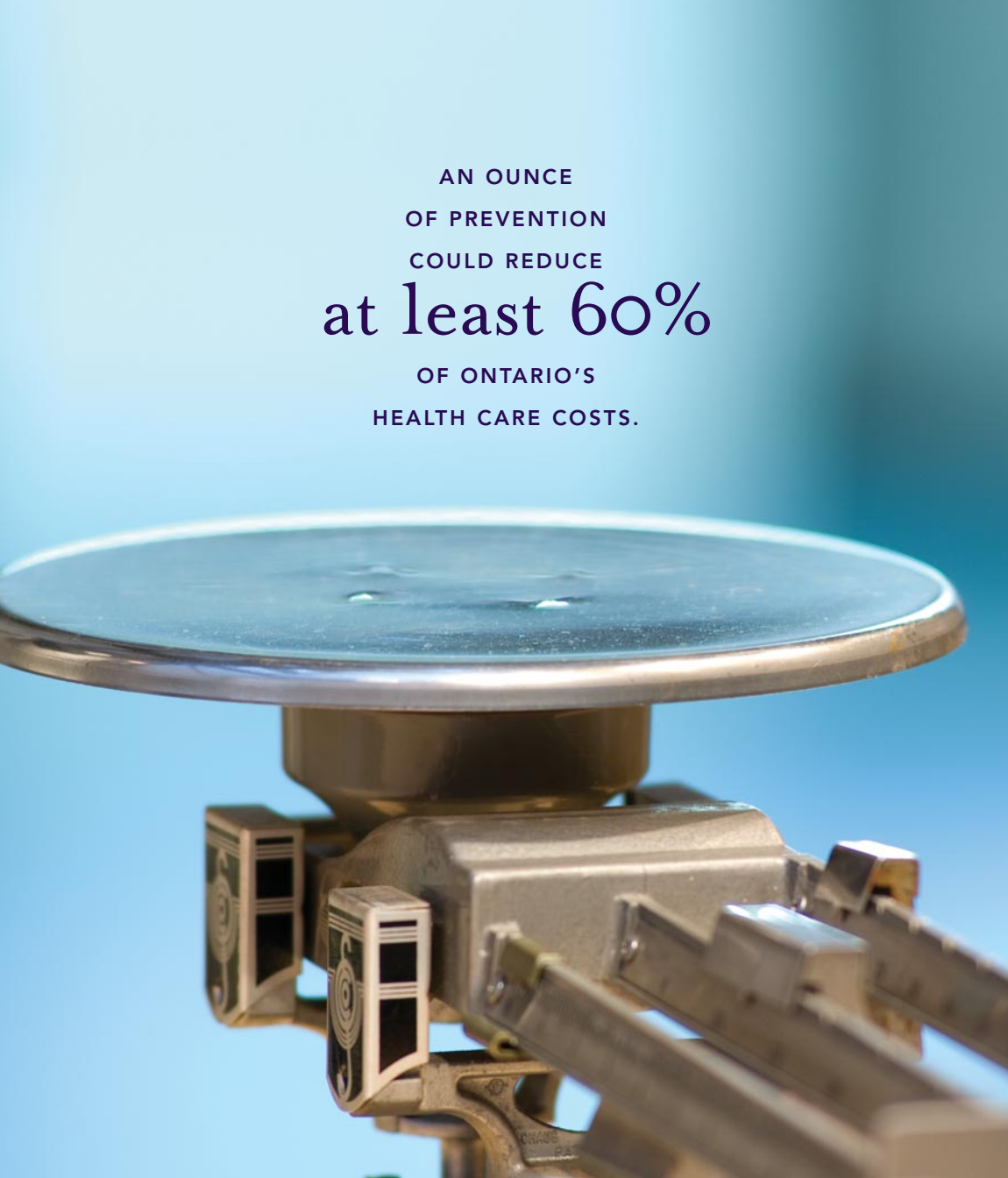
The problem is clear. Thankfully, so is the solution: a coordinated, province-wide chronic disease prevention system.

PREVENTION AND MANAGEMENT OF JUST DIABETES, ASTHMA, CONGESTIVE HEART FAILURE AND DEPRESSION COULD SAVE \$200-\$350 MILLION ANNUALLY.




CHRONIC DISEASES INCLUDE CARDIOVASCULAR DISEASE, CANCERS, CHRONIC OBSTRUCTIVE LUNG DISEASES, DIABETES, HYPERTENSION AND RENAL DISEASE.





AN OUNCE
OF PREVENTION
COULD REDUCE
at least 60%
OF ONTARIO'S
HEALTH CARE COSTS.



AN OUNCE
OF PREVENTION
COULD HELP
4,000,000
ONTARIANS.

THE SOLUTION IS COOPERATION.

Working together, the Government of Ontario and the OCDPA can build a healthier and more prosperous province.

Currently, only 1.5% of Ontario's health care budget supports health promotion and prevention, with a fraction of this amount going toward chronic disease prevention. Through planning and coordination, advocacy and knowledge exchange, the OCDPA is providing collaborative leadership to ensure sufficient, focused investment to support a comprehensive chronic disease prevention system for Ontario.

We are committed to:

1. CAPACITY DEVELOPMENT:

We need to make sure we have the people, programs and funds to prevent chronic disease.

2. BEST PRACTICES IDENTIFICATION:

We need to learn from the best and apply what we learn to strengthen chronic disease prevention in Ontario.

3. RESEARCH AND KNOWLEDGE EXCHANGE:

We need to stay at the forefront of chronic disease prevention knowledge, and share and apply success across our membership.

4. SURVEILLANCE AND MONITORING:

We need to know what we're up against, what the risks are, and to whom.

5. EVALUATION:

We need to know what works to prevent chronic disease.

6. POLICY AND PROGRAMS IMPLEMENTATION:

We need to act.

ANNUALLY, 75% OF DEATHS ACROSS CANADA
ARE ATTRIBUTABLE TO CHRONIC DISEASES.



THE TIME TO ACT IS NOW.

This is a call to action.

The Government of Ontario – and the people of Ontario – need a comprehensive strategy to deal with the reality of chronic disease. Adopting and realizing such a strategy will involve a huge leap forward in collaboration, communications, synergies, learning and coordination. It will be a challenge for all of the participants, and will represent an unprecedented culture change.

But given the tide of chronic disease our province is facing, there is no time to delay. We need to start thinking – and acting – like a system.

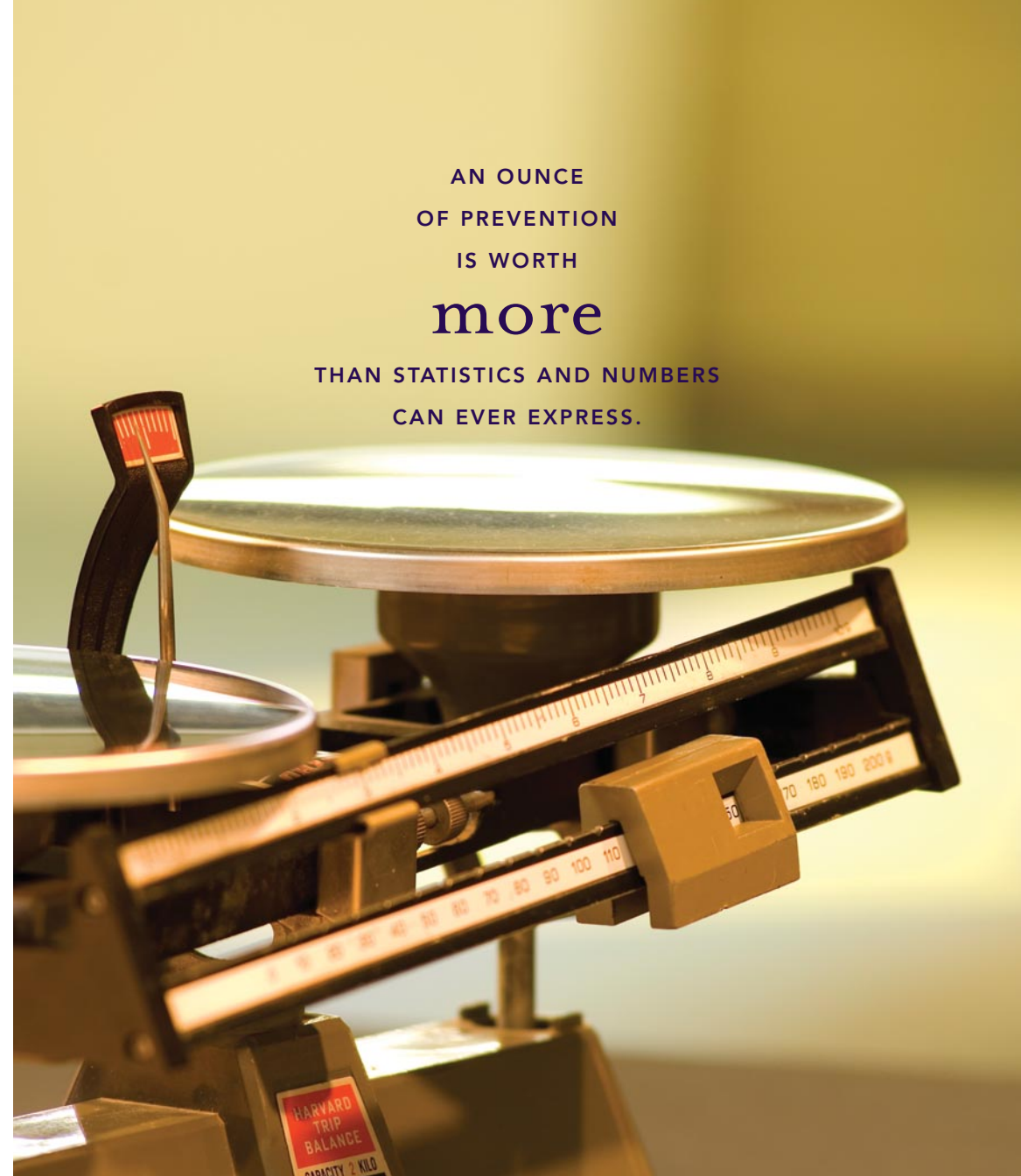
Because what we do to prevent chronic disease today is worth more than statistics and numbers can ever express. It is worth more than can ever be weighed or quantified. For the next generation of Ontarians, and for our province's future, prevention is worth everything.

ONTARIO'S GOVERNMENTAL, PUBLIC HEALTH AND NGO ASSETS
MAKE IT IDEAL FOR A CHRONIC DISEASE PREVENTION PROGRAM.



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OF PREVENTION
IS WORTH
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PREVENTION TODAY. A HEALTHIER,
MORE PROSPEROUS TOMORROW.



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