Chronic diseases such as heart disease, cancer, diabetes and asthma are leading causes of death and disability in the U.S. They are also a growing health problem in low-income countries around the world.

These diseases disproportionately affect communities of color and low-income populations, and are responsible for close to 75 percent of all U.S. health care costs.
## Our Approach

| Advocating for policies that increase access to healthy foods, promote physical activity and curb tobacco use | Develop multisectoral partnerships to expand prevention efforts | Build the capacity of local leaders and organizations to become effective change agents in building healthier communities | Research what populations are most at risk and why, to inform better prevention strategies | Promote healthy behaviors through media and education campaigns | Test new technologies to improve chronic disease management |

## Our Priority

<table>
<thead>
<tr>
<th>Building Health Equity</th>
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<tbody>
<tr>
<td>Policy change can quickly impact large-scale inequities. In California, PHI co-sponsored a state-wide initiative that will double the value of SNAP benefits (food stamps) when recipients purchase California-grown fruits and vegetables.</td>
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## Our Work

### Addressing NCDs through Public-Private Partnerships
Through its partnership with Medtronic Philanthropy, associates from PHI’s Global Health Leaders initiative work on expanding access to care and management of non-communicable diseases (NCDs) such as heart disease and diabetes in South Africa, India, Brazil, and the U.S.

### Increasing Access to Chronic Disease Self-Management
Focusing on isolated and rural counties, CA4Health trained lay leaders to deliver evidence-based chronic disease self-management education and support. Over 3 years, CA4Health increased the number of community members with access to these services by 263,272.

### Building Cultural Resilience and Health
Cultiva La Salud helps existing food vendors in Fresno’s food deserts provide healthier foods for the Latino community — including outfitting vendors with new bicycle carts. The initiative garnered them a win in the state’s Let’s Get Healthy California Innovation Challenge.

### Breathing Easier through Policy Change
PHI’s Regional Asthma Management and Prevention program helped pass California diesel emissions regulations that are projected to prevent 150,000 cases of asthma, 12,000 cases of acute bronchitis and 9,400 premature deaths over 15 years.

For more examples of our work, visit phi.org.

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Successful prevention strategies begin with recognizing the complex interplay of social factors that drive chronic disease, including poverty, education, access to care and local community environments. At PHI, we oversee a diverse portfolio of cutting-edge chronic disease prevention programs that collectively work to address these social determinants of health, with an emphasis on policy and systems change to have the broadest impact.

Nearly **1 in 3** asthma cases in California could be prevented if environmental hazards were reduced to their lowest levels, saving **$208 million** each year.

—PHI’s California Environmental Health Tracking Program study