

and employer engagement a centerpiece of my agenda if confirmed. . . . Our health starts in the communities where we live, learn, work, play, and go to school.”

Dr. Adams has said his first Surgeon General’s Report will focus on health and the economy.

It makes sense for that to be his focus, because there is a remarkable consensus that wellness—lifestyle changes like eating healthier and quitting smoking—can prevent serious illness and reduce health care costs.

This is important because the United States spends about \$2.6 trillion treating chronic diseases. This accounts for more than 84 percent of our health care costs.

\$2.6 trillion treating chronic diseases, 84 percent of our health care costs.

Today, Dr. Adams will talk to us about what local communities, businesses and other organizations can do to encourage people to live healthier lives, which will help reduce health care spending on chronic diseases.

The Cleveland Clinic has said if you achieve at least four “normal” measures of good health, such as a healthy body mass index and blood pressure, and you see a primary care physician regularly and keep immunizations up to date, you will avoid chronic disease about 80 percent of the time.

At a hearing we held last month on wellness I said that it is hard to think of a better way to make a bigger impact on the health of millions of Americans than to connect the consensus about wellness to the health insurance that 178 million people get on the job.

One of our witnesses last month, Steve Burd, talked about an employee wellness program he implemented while CEO of Safeway that has reduced the biological age of employees by four years.

He said: “Given that 70 percent of health care spending is driven by behaviors, employers can have a powerful impact on both employee health and healthcare costs. . . . healthcare costs continued to decline by 9 percent per year [at Safeway] with no material changes to plan design. Safeway’s health actuaries reported this continued cost reduction was due predominately to improved health status.”

Many employers have developed similar wellness programs to incentivize people to make healthier choices.

These programs may reward behaviors such as exercising, eating better or quitting smoking, or offer employees a percentage off their insurance premiums for doing things like maintaining a healthy weight or keeping their cholesterol levels in check.

Last month we heard that that while both employees and employers benefit from lower health care costs, both also can benefit in other ways when people live healthier lives.

Michael Roizen the Chief Wellness Officer at the Cleveland Clinic, told us, “The culture of wellness at the Cleveland Clinic has generated remarkable results that have led to shared benefits—healthier, happier employees, as well as lower costs for their self-funded insurance program, and lower costs for our employees and for the communities and patients we serve.”

In other words, a healthier workplace translates to the greater community being healthier.

In recent years, a growing number of organizations and communities have developed innovative programs to incentivize individuals to engage in healthy behaviors.

For example, BlueCross BlueShield of Tennessee partnered with local, state, and private organizations to fund community level initiatives across the state, such as “Fitness Zones” in Chattanooga, programs in rural counties to promote healthy habits, and an

interactive elementary school program to keep kids moving.

An overall healthy community is more economically productive—there are fewer workplace accidents, less absenteeism, and a higher rate of engagement.

At his confirmation hearing, Dr. Adams also said not all national problems should have a response from Washington, D.C.

I agree—we don’t get any smarter flying to Washington once a week.

Dr. Adam’s motto as Surgeon General is “better health through better partnerships,” and I hope this committee can be one partner going forward.

I look forward to hearing how community level partnerships and engagement can lead to healthier individuals, higher quality health care, and lower health care costs.

## ADDITIONAL STATEMENTS

### TRIBUTE TO DAVE DILLY

• Mr. BROWN. Mr. President, today I wish to honor a great Ohioan, Dave Dilly.

Dave is here in Washington this week to fight for the pensions he and thousands of Ohioans earned over a lifetime of hard work. You may have even seen him and his union brothers and sisters donning the camouflage t-shirts that have become the trademark of their cause. Dave is a member of the United Mine Workers of America. He has served as the president of his own UMWA Local 1188 in Coshocton County and for several years has represented his fellow miners from all over our State and Nation to lobby for permanent healthcare and retirement security for our miners.

That is how I came to know Dave well, through his many trips here to stand up for these workers. This May, the Senate passed a bill to finally give our miners permanent healthcare. No doubt, Dave and his fellow miners were responsible for that victory. If we have the same success this year in securing their pensions, we will owe it once again to Dave and hundreds of workers from around the country.

Dave’s service on behalf of our miners would be enough to earn him all of our respect and gratitude, but that is not why I rise to honor him today. His UMWA shirt is not the first time he has worn camo attire. Like many of our miners, Dave is also a veteran. This past weekend, Dave was inducted into the Ohio Veterans Hall of Fame.

If you know Dave, it comes as no surprise to learn that service runs deep in his family. It is just who they are. Dave had four older brothers who served in the Korean war and inspired him to serve.

Dave signed up for the Air Force, where he was a weapons mechanic and systems specialist from 1965 to 1968. He served in Thailand and South Vietnam. For part of Dave’s service, he was in Da Nang, known as Rocket City, for the number of times it was attacked during the war.

Dave received many military honors and carried on his service by working

on behalf of his fellow veterans in so many ways. He served as a veterans service officer for Coshocton County. He is active in local veterans organizations, including the Veterans of Foreign Wars and the Disabled American Veterans.

Every Memorial Day since 2000, Dave has helped lay flags on the graves of veterans. Right now, he is the vice president of the Coshocton County Veterans Service Commission. Dave has helped organize and chaperone Honor Flight trips to Washington, DC, so other veterans can see the memorials built in their honor.

There seems to be no limit to what Dave will do for his fellow veterans, fellow workers, and fellow Ohioans.

Dave, thank you for your service to our country, to your fellow veterans, and to our State. So many of us are proud of you and honored to call you a friend. Congratulations, Dave, on your induction to the Ohio Veterans Hall of Fame.●

### TRIBUTE TO LINDA SAUNDERS PAQUETTE

• Ms. HASSAN. Mr. President, this month, I am proud to recognize Linda Saunders Paquette, of Contoocook, as our Granite Stater of the Month in recognition of her years of leadership and steadfast commitment to combating the fentanyl, heroin, and opioid crisis in New Hampshire, which remains our most pressing public health challenge and threatens the health and safety of our fellow Granite Staters.

Through her decades of service to the people of New Hampshire, including at the New Hampshire Department of Health and Human Services and starting in 2010 as executive director of New Futures—a nonpartisan, nonprofit organization advocating, educating, and collaborating in the fight against substance misuse—Linda has made an enormous difference in the lives of countless people and families affected by this crisis.

During my time as Governor and now as Senator, Linda has been a tremendous partner and relentless advocate. Thanks in part to Linda’s advocacy, we were able to increase funding for critical prevention, treatment, and recovery services in New Hampshire, extend substance use disorder coverage to the Medicaid Program, and pass and reauthorize Medicaid expansion—providing quality, affordable health coverage to more than 50,000 Granite Staters. As the State legislature debated whether to reauthorize Medicaid expansion, Linda fought for the program at every step along the way, calling it “the most important tool New Hampshire has in its fight against the opioid epidemic and more broadly the substance misuse crisis we are facing in our state.”

Linda has also strongly spoken out in defense of the Essential Health Benefits that require insurers to cover substance misuse and mental health treatment, she has stood up against cuts to