

Our Impact on Chronic Diseases and Risk Behaviors

NCCDPHP works with states, territories, cities, and tribes to prevent common chronic diseases and promote health across the life span. These efforts have led to improvements in leading health indicators like high blood pressure control, physical activity, and teen pregnancy.



From 2012 to 2018, 16.4 million smokers attempted to quit and 1 million successfully quit because of the *Tips*® campaign.

48% of adults met the aerobic physical activity guidelines during leisure time in 2022.

The Million Hearts® initiative prevented an estimated 135,000 cardiac events from 2012 to 2016, averting \$5.6 billion in medical costs.

Teen birth rates fell 67% from 2007 to 2022—an all-time low.

Use of dental sealants among children from low-income households increased from 22% in 1999–2004 to 39% in 2011–2016.

Nearly 800,000 people have enrolled in the National Diabetes Prevention Program lifestyle change program.

Since 1991, the National Breast and Cervical Cancer Early Detection Program has served more than 6.2 million women and found 77,968 invasive breast cancers, 5,220 invasive cervical cancers, and 242,261 precancerous cervical lesions.

Since 2012, over 300,000 adults have been reached with arthritis-appropriate evidence-based interventions that can improve arthritis management and quality of life.

Nearly 2 million middle and high school students are served by CDC's What Works in Schools program, which improves students' mental health and reduces substance use, sexual risk behavior, and experiences of violence.

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