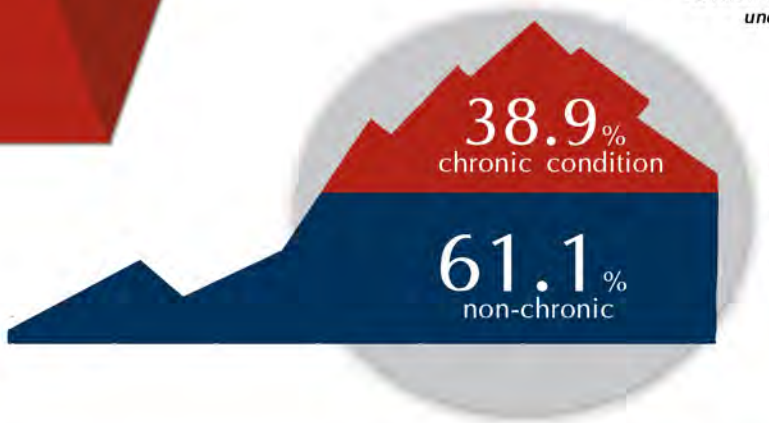
Chronic Conditions in Virginia

Chronic conditions - such as heart disease, cancer, stroke and type 2 diabetes - are common, costly and oftentimes preventable. According to the Centers for Disease Control and Prevention (CDC), chronic conditions are responsible for 7 of 10 deaths among Americans each year and account for 86% of the nation's healthcare costs.

**Overall analysis of chronic conditions for 2015 among commercially insured Virginia residents under the age of 65; all data provided by the Virginia All Payers Claim Database (APCD)*



Among the roughly **3 million** Virginians with commercial claims in the Virginia APCD, **38.9%** had paid health insurance claims indicating the enrollee had a **chronic condition**.

Of Virginia's five Health Planning Regions, **Eastern Virginia** had the **highest** percentage of individuals with a chronic condition.

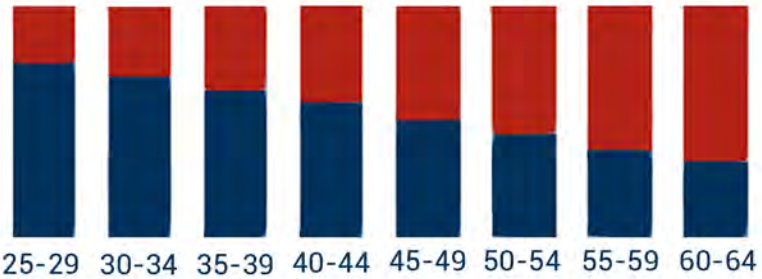
Alternatively, **Northern Virginia** had the **lowest** percentage of individuals with a chronic condition.

Top Chronic Conditions in 2015*

1. Hypertension
2. Asthma
3. Diabetes w/o CAD
4. Chronic Musculoskeletal Disorders
5. Gastrointestinal Disorders

*Accounted for over 50% of individuals with a chronic condition.

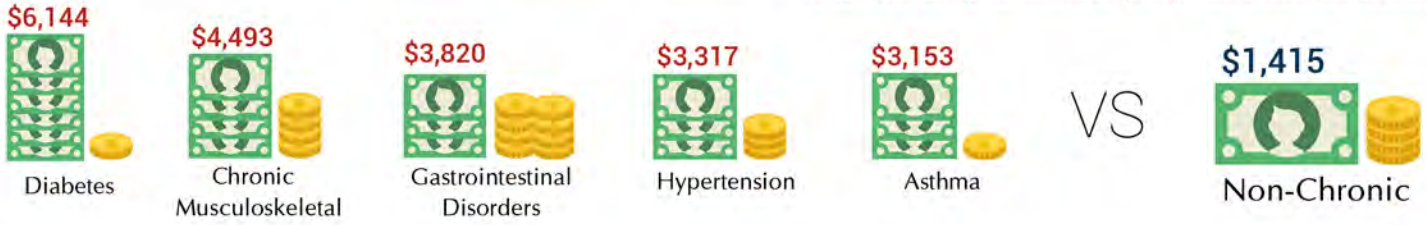
Although chronic conditions affect people of all ages, the risk of chronic illness **increases with age**.



About half of the population had at least **one** chronic condition **by the age of 45**.

The average allowed amount*, or **dollars spent to directly pay for care**, for individuals who had a chronic condition was roughly **four times** the average allowed for individuals identified as non-chronic.

**displayed using standardized proxy reimbursement amount*



VIRGINIA HEALTH INFORMATION

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