

**THE COUNCIL OF STATE GOVERNMENTS  
RESOLUTION ON ADULT PREVENTIVE HEALTH CARE SERVICES**

**Resolution Summary**

State spending on medical care services continues to grow at a rapid and unsustainable pace; and the portion of the national gross domestic product for health expenditures is expected to more than double between 1980 and 2010. In addition, states are supporting a growing burden for Medicaid spending, which is projected to double from current levels by 2014. Even for those individuals with health insurance coverage, the costs to consumers are burdensome due to increasing out-of-pocket costs and cost sharing for insurance premiums.

Since states and businesses cannot continue to fund the expected growth in health care expenditures in both state and private health insurance plans, actions to control cost increases are warranted. Disease prevention services can be used to avoid health care costs, and are not universally used by the health care system that is based on treating illness rather than preventing disease.

A growing body of scientific evidence exists to compare how well prevention services avoid disease and disability and their cost effectiveness. The [Partnership for Prevention](#) recently reviewed the most current research available and ranked 25 proven prevention services, based on their cost effectiveness and ability to improve quality of life, indicating which ones are underused.

State policymakers can use legislative, budgetary and executive authority to implement proven strategies to prevent diseases and their risk factors. For several recommended services, community-based outreach and education is effective when paired with mass media. Several states have supported or implemented broad initiatives to promote good health. State legislators have a critical role in using science based approaches to support chronic disease prevention both through broad based and targeted initiatives. Among the approaches they can consider are to provide leadership, create partnerships with the private sector and health insurers to evaluate benefits of adopting prevention services, work with the executive branch and federal government to maximize options under publicly funded health programs, involve the state health department to create a statewide strategic plan for adopting strategies, and consider legislation to foster participation by businesses, state and local agencies, and communities to promote disease prevention services and their use by individuals.

**Additional Resource Information**

Partnership for Prevention: Rankings of Clinical Preventive Services  
<http://prevent.org/content/view/49/99>

CSG Healthy States State Official's Guide to Wellness  
<http://www.healthystates.csg.org/NR/rdonlyres/D48FC4CD-1F7A-4CB6-A5B5-8DBF4ED500CC/0/WellnessSOG2006.pdf>

CSG Healthy States TrendsAlert: Costs of Chronic Diseases; What are States Facing?

[http://www.healthystates.csg.org/NR/rdonlyres/E42141D1-4D47-4119-BFF4-A2E7FE81C698/0/Trends\\_Alert.pdf](http://www.healthystates.csg.org/NR/rdonlyres/E42141D1-4D47-4119-BFF4-A2E7FE81C698/0/Trends_Alert.pdf)

### **Management Directives**

**Management Directive #1.** Post approved resolution on the CSG and the Healthy States Web sites and make available through regular communications at the state and local level to assure distribution to the state policy communities.

**Management Directive #2.** Seek resources to develop further materials to support adoption of cost effective prevention services for adults in state supported and private sector benefit plans.

**Management Directive #3.** Disseminate information on state exemplars in the use and promotion of adult prevention and wellness services to the CSG membership.

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**WHEREAS**, spending on medical care services continues to grow at a rapid and unsustainable pace; and the portion of the national gross domestic product for health expenditures is expected to more than double between 1980 and 2010;

**WHEREAS**, states must bear a growing burden for Medicaid spending, which is projected to double from current levels by 2014;

**WHEREAS**, current scientific evidence can identify preventive health care services that avoid illness, disability and medical care costs;

**WHEREAS**, some of these proven cost effective services are being given to less than half of the eligible populations nationally,

**BE IT THEREFORE RESOLVED**, that states support use and insurance coverage for the following seven preventive services that are among the most cost effective and highest benefit in quality of life, and which are also underused:

1. Encourage daily aspirin use by adult men 40+ and women 50+ to prevent cardiovascular diseases.
2. Screen all adults for smoking, provide smoking cessation advice, medication support, and telephone counseling to prolong life and avoid medical costs.
3. Screen all adults over 50 routinely for colorectal cancer and refer for treatment where needed.
4. Provide pneumococcal immunization once for all adults 65 and over to avoid hospitalization and death.
5. Screen all adults for problem binge drinking and provide brief counseling to avoid medical complications and injuries.
6. Screen all adults 65 and over for visual acuity to avoid falls and improve quality of life.
7. Screen all sexually active young adult women (under 25) for chlamydia, which if left untreated can cause infertility.

**BE IT FURTHER RESOLVED**, that state officials support these services through legislative, budgetary or executive authority policy options including but not limited to:

- Provide leadership and become a champion in the arena of disease prevention policy and wellness.
- Create partnerships with the private sector and health insurers to evaluate benefits of adopting these preventive services for adults.

- Work with the executive branch and federal government to maximize health insurance coverage for these services under publicly funded health programs.
- Engage the state health department and create a statewide plan for adopting these adult prevention services and promoting their use by consumers.
- Consider legislation to foster participation by health care providers, businesses, state and local agencies, and communities to promote wellness by using these services to prevent diseases in adults.
- Encourage the use of advanced directives in end-of-life care.

Adopted this 3<sup>rd</sup> Day of December, 2006 at the CSG Annual State Trends and Leadership Forum in Phoenix, Arizona.



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Governor Jim Douglas  
2006 CSG President



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Senate President Earl Ray Tomblin  
2006 CSG Chair