

**THE COUNCIL OF STATE GOVERNMENTS  
RESOLUTION ON CHRONIC OBSTRUCTIVE PULMONARY DISEASE**

**Resolution Summary**

Chronic obstructive pulmonary disease, (COPD), which includes both chronic bronchitis and emphysema, is one of the most common adult respiratory diseases. It is the fourth leading cause of death in the United States, and occurs more frequently in women than men. It poses an enormous burden to society, both in terms of direct costs to healthcare services and indirect costs through loss of productivity. COPD is responsible for a significant portion of physician visits, emergency department visits and hospitalizations. According to the National Institutes of Health, the annual cost of COPD exceeds \$32 billion annually.

Despite the enormous costs and high prevalence of the disease, there has been little attention given to the disease by the health care community and government officials. This lack of attention is largely due to the belief that COPD is a self-inflicted disease with few effective treatments, and it mainly affects the elderly who are less vocal about their ailments.

Although COPD has been estimated to impact as many as 24 million Americans, less than half of these have been physician-diagnosed. A diagnosis of COPD is often not made until the disease is fairly advanced and there is considerable functional impairment. There is a diagnostic test available to diagnose and monitor this disease, known as Spirometry. Spirometry is a quick, non-invasive and painless test that can greatly improve the diagnosis and assessment of this disease.

COPD is chronic, progressive and sometimes fatal, but it can be controlled and slowed if appropriately managed. Disease management has been shown to reduce the costs of care and increase quality of life for individuals with chronic diseases. Such programs are common for the management of asthma, congestive heart failure and diabetes mellitus. The use of disease management for individuals with COPD presents a great opportunity to improve care for the COPD population and to control costs.

This resolution seeks to encourage states and the federal government to include COPD in their disease management initiatives to reduce the cost burden of this disease, and to improve quality of life for individuals suffering from COPD.

**Additional Resource Information**

- National Institutes of Health, Heart Lung and Blood Institute: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
- Cedars-Sinai Medical Center: [www.cedars-sinai.edu/5996.html](http://www.cedars-sinai.edu/5996.html)
- Mayo Clinic: [www.mayoclinic.com/health/emphysema](http://www.mayoclinic.com/health/emphysema)
- American Thoracic Society: [www.thoracic.org](http://www.thoracic.org)

- National Jewish Medical and Research Center: [www.njc.org/disease-info/tests/spirometry.aspx](http://www.njc.org/disease-info/tests/spirometry.aspx)
- American Lung Association: [www.lungusa.org](http://www.lungusa.org)

### **Chronic Obstructive Pulmonary Disease Management Directives**

- ◇ **Management Directive #1:** Create a sense of urgency regarding the inclusion of COPD in chronic disease programs.
- ◇ **Management Directive #2:** Initiate measures, if necessary, to educate health practitioners and policymakers about the benefits of using Spirometry to allow early diagnosis of COPD.
- ◇ **Management Directive #3:** CSG staff will post approved resolution on CSG's web site and make available through its regular communication venues at the state and local level to ensure its distribution to the state government and policy community.

**THE COUNCIL OF STATE GOVERNMENTS**  
**Resolution on Chronic Obstructive Pulmonary Disease**

**WHEREAS**, chronic obstructive pulmonary disease (COPD), also known as chronic bronchitis and emphysema, is the fourth leading cause of death in the United States and the only one of the top five causes of death whose prevalence and death rate are rising;

**WHEREAS**, COPD is a chronic progressive disease which has been estimated to impact as many as 24 million Americans;

**WHEREAS**, smoking and exposure to second-hand smoke are major causes of COPD;

**WHEREAS**, over 60 percent of those diagnosed with COPD are under the age of 65 and the incidence of COPD in females has surpassed the incidence in males;

**WHEREAS**, many patients suffering with COPD are not diagnosed until they have reached an advanced stage of COPD which often includes a disabling degree of lung dysfunction;

**WHEREAS**, a diagnostic test for COPD, known as Spirometry, is available for office use, allowing early diagnosis of COPD;

**WHEREAS**, the annual cost to the nation for COPD in 2004 was estimated to be approximately \$37 billion;

**WHEREAS**, early diagnosis and management of COPD can effectively reduce the overall financial burden of the illness within public programs such as Medicaid;


**WHEREAS**, disease management has been demonstrated to reduce overall costs of care and increase quality of life for patients with chronic diseases, especially when targeted to appropriate conditions and patients;

**WHEREAS**, COPD has often been overlooked as one of those chronic diseases suitable for inclusion in disease management programs even though studies have demonstrated that COPD patients benefit from these programs;

**BE IT THEREFORE RESOLVED**, that The Council of State Governments encourages states and the federal government to support disease management initiatives as tools to assist patients suffering with chronic diseases while reducing the cost burden of chronic diseases in Medicaid and other publicly funded programs;

**BE IT FURTHER RESOLVED,** that The Council of State Governments urges state legislatures and state health officials to include COPD in their chronic disease initiatives, including but not limited to screening with Spirometry, smoking cessation programs and disease management of COPD with the goal of reducing total health care costs associated with COPD while increasing quality of care for those suffering with this chronic disease.

Adopted this 3<sup>rd</sup> Day of December, 2006 at the CSG Annual 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