**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.

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**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.

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**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**.

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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

<table>
<thead>
<tr>
<th>Condition</th>
<th>Average Allowed Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>$6,144</td>
</tr>
<tr>
<td>Chronic Musculoskeletal</td>
<td>$4,493</td>
</tr>
<tr>
<td>Gastrointestinal Disorders</td>
<td>$3,820</td>
</tr>
<tr>
<td>Hypertension</td>
<td>$3,317</td>
</tr>
<tr>
<td>Asthma</td>
<td>$3,153</td>
</tr>
<tr>
<td>Non-Chronic</td>
<td>$1,415</td>
</tr>
</tbody>
</table>

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**Virginia Health Information**

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