

Economic Summary

Excess Health Care Costs

A study by the Health Enhancement Research Organization (HERO) examined the association between health risks and health care spending. This and other studies have identified that people with the following health risks (and the combined risk of multiple cardiovascular risk factors) have higher medical expenses than those without these risks.

Excess Health Care Costs by Risk Factor

Health Risk	Number with Risk 2006	Excess Health Care Spending for Risk	Total Excess Health Care Spending 2006	Total Excess Health Care Spending 2005	Total Excess Health Care Spending Change*
Allergies	247			N/A	N/A
Arthritis	98			N/A	N/A
Asthma	69	\$663	\$45,747	N/A	N/A
Back pain	279			N/A	N/A
Blood pressure	43	\$709	\$30,487	\$77,990	(\$35,450)
Blood sugar	31	\$1,580	\$48,980	\$82,160	(\$14,220)
Body weight	247	\$1,301	\$321,347	\$509,992	(\$63,749)
Cholesterol	197	\$495	\$97,515	\$165,825	(\$30,195)
Depression	59	\$2,630	\$155,170	\$60,490	N/A
Exercise	133	\$773	\$102,809	\$221,078	(\$78,073)
Migraines	84			N/A	N/A
Multiple CVDz risks	70	\$4,609	\$322,630	\$608,388	(\$161,315)
Stress	114	\$1,235	\$140,790	\$230,945	(\$35,815)
Tobacco	197	\$777	\$153,069	\$240,093	(\$27,195)
Total Excess Costs			\$1,193,194	\$1,752,925	(\$315,817)

Multiple CVDz Risk includes those with at least three of the following risks: tobacco, blood pressure, cholesterol, exercise, blood sugar, body weight, and stress. To avoid counting individuals twice, excess health care costs for an individual risk (i.e., blood pressure) in those with multiple CVDz risks are not included in the total excess costs. The sum of the individual risk line items is therefore not equal to the total excess cost line.

*Adjusted to account for the difference in number of screenings between 2005 and 2006

