Multiple Chronic Conditions in the United States

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Percentage of U.S. Adults with Chronic Conditions, by Number of Chronic Conditions (2014)

12% of U.S. adults had five or more chronic conditions

40% had no chronic conditions

42% had more than one chronic condition

18% had one chronic condition

60% had at least one chronic condition

NOTE: Percentages may not total 100 because of rounding.

SOURCE: Multiple Chronic Conditions in the United States, Christine Buttorff et al., RAND Corporation, TL-221-PFCD, 2017 (available at www.rand.org/t/TL221).
Prevalence of Multiple Chronic Conditions, by Age (2008–2014)

- **Overall**: 42% (2008–2014)
- **18–44 years**: 18% (2008–2014)
- **45–64 years**: 50% (2008–2014)
- **65 years and older**: 81% (2008–2014)

SOURCE: Multiple Chronic Conditions in the United States, Christine Buttorff et al., RAND Corporation, TL-221-PFCD, 2017 (available at www.rand.org/t/TL221).
Prevalence of Multiple Chronic Conditions by Age and Gender (2014)

**Gender gap**
Just over 100 million people have multiple chronic conditions, and 54 million of them are women.

<table>
<thead>
<tr>
<th>Category</th>
<th>MEN</th>
<th>WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>18–44 years</td>
<td>14%</td>
<td>22%</td>
</tr>
<tr>
<td>45–64 years</td>
<td>47%</td>
<td>54%</td>
</tr>
<tr>
<td>65 years and over</td>
<td>82%</td>
<td>81%</td>
</tr>
</tbody>
</table>

Percentage of U.S. Adults with One or More Chronic Conditions by Race/Ethnicity (2014)

The difference between racial/ethnic groups for those with one chronic condition varies from a high of 63 percent for non-Hispanic whites to a low of 49 percent for Hispanics.

NOTE: Estimates have been age-adjusted for the overall U.S. age distribution.

SOURCE: Multiple Chronic Conditions in the United States, Christine Buttorff et al., RAND Corporation, TL-221-PFCD, 2017 (available at www.rand.org/t/TL221).
Prevalence of Top Chronic Conditions, 2014

- Hypertension: 27.0%
- Lipid disorders (e.g., high cholesterol): 21.6%
- Mood disorders (e.g., depression, bipolar disorder): 11.9%
- Diabetes mellitus: 10.4%
- Anxiety disorders (e.g., anxiety, panic disorders, stress): 9.7%
- Other upper respiratory disorders (e.g., chronic laryngitis, chronic sinusitis): 7.4%
- Inflammatory joint disorders (other than arthritis): 7.4%
- Osteoarthritis: 6.5%
- Asthma: 6.3%
- Coronary atherosclerosis and other heart disease: 4.8%

Heavy on heart disease
One in four U.S. adults has hypertension, and about one in five has high cholesterol.

Most Common Chronic Conditions in 2008 and 2014, Women

**WOMEN**

- **Hypertension**
  - 2008: 26.5%
  - 2014: 26.5%

- **Lipid disorders (e.g., high cholesterol)**
  - 2008: 21.8%
  - 2014: 20.3%
  - * * * 20.3%

- **Mood disorders (e.g., depression, bipolar disorder)**
  - 2008: 12.9%
  - 2014: 15.1%
  - * * * 15.1%

- **Other upper respiratory disorders (e.g., chronic laryngitis, chronic sinusitis)**
  - 2008: 9.3%
  - 2014: 9.0%
  - * * * 9.0%

- **Diabetes mellitus**
  - 2008: 9.3%
  - 2014: 10.3%
  - * * * 10.3%

- **Anxiety disorders (e.g., anxiety, panic disorders, stress)**
  - 2008: 8.4%
  - 2014: 12.8%
  - * * * 12.8%

- **Osteoarthritis**
  - 2008: 8.2%
  - 2014: 8.7%

- **Inflammatory joint disorders (other than arthritis)**
  - 2008: 7.8%
  - 2014: 8.2%

- **Asthma**
  - 2008: 7.2%
  - 2014: 8.0%
  - * * * 8.0%

- **Other upper respiratory infections (e.g., specific types of chronic sinusitis)**
  - 2008: 7.2%
  - 2014: 6.7%

**4.4-percentage-point increase in anxiety disorders among women**

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* Differences are significant at the p < 0.05 level or below.

Annual Service Utilization by Number of Chronic Conditions (2014)

**Emergency Department Visits**
- 7% with 0 conditions
- 14% with 1-2 conditions
- 20% with 3-4 conditions
- 32% with 5+ conditions

**Inpatient Stays**
- 3% with 0 conditions
- 6% with 1-2 conditions
- 10% with 3-4 conditions
- 24% with 5+ conditions

**Prescriptions**
- Average number of prescriptions filled:
  - 1 with 0 conditions
  - 9 with 1-2 conditions
  - 24 with 3-4 conditions
  - 51 with 5+ conditions

**Outpatient Visits**
- Average number of visits:
  - 2 with 0 conditions
  - 6 with 1-2 conditions
  - 12 with 3-4 conditions
  - 20 with 5+ conditions

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**NOTES:** Average utilization is presented; not everyone uses a particular service in a given year, especially inpatient stays and ED visits. The number of prescriptions represents the total number of fills, including refills, not necessarily unique active ingredients, such as acetaminophen or ibuprofen.

**SOURCE:** Multiple Chronic Conditions in the United States, Christine Buttorff et al., RAND Corporation, TL-221-PFCD, 2017 (available at www.rand.org/t/TL221).
Prevalence and Spending by Number of Chronic Conditions (2014)

SOURCE: Multiple Chronic Conditions in the United States, Christine Buttorff et al., RAND Corporation, TL-221-PFCD, 2017 (available at www.rand.org/t/TL221).
14 times more spending

On average, Americans with five or more chronic conditions spend 14 times more on health services than people with no chronic conditions.

NOTE: Total health care spending is defined as the amount spent on health care services across all payers, including patient out-of-pocket payments.

Average utilization is presented; not everyone uses a particular service in a given year, especially inpatient stays and ED visits.
Average Annual Health Care Expenditures, by Number of Chronic Conditions and Insurance Type

- **Medicare**:
  - 5+ chronic conditions: $17,640
  - 3–4 chronic conditions: $8,867
  - 1–2 chronic conditions: $5,272
  - 0 chronic conditions: $1,973

- **Other public**:
  - 5+ chronic conditions: $20,763
  - 3–4 chronic conditions: $9,864
  - 1–2 chronic conditions: $4,107
  - 0 chronic conditions: $1,397

- **Private**:
  - 5+ chronic conditions: $18,351
  - 3–4 chronic conditions: $8,349
  - 1–2 chronic conditions: $4,241
  - 0 chronic conditions: $1,533

**Source:** Multiple Chronic Conditions in the United States, Christine Buttorff et al., RAND Corporation, TL-221-PFCD, 2017 (available at www.rand.org/t/TL221).
Out-of-Pocket Spending by Number of Chronic Conditions and Insurance Type

Functional, Physical, Social, and Cognitive Limitations, by Number of Chronic Conditions (2014)

NOTES: ADL include such basic functions as being able to bathe, dress, eat, go to the bathroom, or do light activity—for example, walking up a flight of stairs. Instrumental ADL include light housework, preparing meals, paying bills, and shopping. We used the composite variables constructed in MEPS for the ADL and IADL, which indicate whether a person reported needing supervision to complete at least one ADL or instrumental ADL activity. A work/school/home limitation is defined as an impairment or a physical or mental health problem that limits a person’s ability to work at a job, do housework, or go to school. A physical limitation is defined as having difficulties walking, climbing stairs, grasping objects, bending, or standing for long periods of time. MEPS defines social limitations as whether a person has trouble participating in social or family activities because of a physical or cognitive impairment. A cognitive limitation exists if the person has trouble with memory, is easily confused, has trouble making decisions, or needs to be supervised for his or her own safety.

SOURCE: Multiple Chronic Conditions in the United States, Christine Buttorff et al., RAND Corporation, TL-221-PFCD, 2017 (available at www.rand.org/t/TL221).
ADL, Instrumental ADL, and Cognitive Limitations by Age and Number of Chronic Conditions (2014)

25 percent of adults under age 65 with five or more chronic conditions have cognitive limitations.

SOURCE: Multiple Chronic Conditions in the United States, Christine Buttorff et al., RAND Corporation, TL-221-PFCD, 2017 (available at www.rand.org/t/TL221).