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
- 18% had one chronic condition
- 13% had two chronic conditions
- 9% had three chronic conditions
- 7% had four chronic conditions
- 42% had more than 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)

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>Age Group</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>
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</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.

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.

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).
Most Common Chronic Conditions in 2008 and 2014, Men

- Hypertension: 24.9% (2008), 27.4% (2014)
- Lipid disorders (e.g., high cholesterol): 22.3% (2008), 23.0% (2014)
- Diabetes mellitus: 9.2% (2008), 10.5% (2014)
- Mood disorders (e.g., depression, bipolar disorder): 6.6% (2008), 8.6% (2014)
- Coronary atherosclerosis and other heart disease: 6.4% (2008), 5.8% (2014)
- Inflammatory joint disorders (other than arthritis): 6.1% (2008), 6.6% (2014)
- Other upper respiratory disorders (e.g., chronic laryngitis, chronic sinusitis): 5.9% (2008), 5.8% (2014)
- Anxiety disorders (e.g., anxiety, panic disorders, stress): 4.4% (2008), 6.3% (2014)
- Asthma: 4.3% (2008), 4.5% (2014)
- Other upper respiratory infections (e.g., specific types of chronic sinusitis): 3.8% (2008), 3.9% (2014)

2.5-percentage-point increase in hypertension among men

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

Most Common Chronic Conditions in 2008 and 2014, Women

4.4-percentage-point increase in anxiety disorders among women

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

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).
Annual Service Utilization by Number of Chronic Conditions (2014)

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

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

- **Prescriptions**
  - 0 conditions: 1
  - 1-2 conditions: 9
  - 3-4 conditions: 24
  - 5+ conditions: 51

- **Outpatient Visits**
  - 0 conditions: 2
  - 1-2 conditions: 6
  - 3-4 conditions: 12
  - 5+ conditions: 20

**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)

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

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).
Health Care Spending by Number of Chronic Conditions (2014)

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

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

- Private
  - 5+ conditions: $18,351
  - 3-4 conditions: $8,349
  - 1-2 conditions: $4,241
  - 0 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.
