

# Preventing and managing chronic disease for a thriving Minnesota

## Chronic disease is impacting more and more Minnesotans

**6 in 10 adults** (2.6 million Minnesotans) have a chronic condition.<sup>1</sup>



Cancer, heart disease and stroke, Alzheimer's, and diabetes are the leading causes of illness, death, and disability in Minnesota. Chronic disease impacts people of color, American Indians, and people living in rural areas more than others.

## MDH prevents and reduces the impacts of chronic disease

Chronic diseases can be managed or prevented with the right tools. MDH supports programs and policies throughout the state that make it easier for Minnesotans to have a good quality of life.

Increasing **healthy foods** and **active living options** (e.g. farmers markets, parks)

Supporting community partners through outgoing **grants** dedicated to preventing and managing chronic disease

Increasing use of **technology** (e.g. telehealth, online educational programs)

Increasing access to evidence-based and practice-informed **programs** (e.g. classes to prevent falls, diabetes prevention program)

Increasing access to and use of **screening** and **early detection** (e.g. blood pressure monitoring, cancer screening like mammograms and pap tests)

Increasing access to and use of **data** to identify patterns of chronic diseases and gaps of care

Reducing commercial **tobacco use**

Increasing access to **health resources** by connecting clinics and community organizations (e.g. community health workers)

For every **\$1** invested, prevention saves **up to \$5.60** in reduced health care costs and increased productivity.<sup>2</sup>



Investment in chronic disease prevention and management saves lives, supports a healthy workforce, improves quality of life, and saves health care dollars.

# Chronic disease prevention and management in action

Hundreds of partnerships, thousands of projects. To read more stories in action, visit [health.state.mn.us/about/org/hpcd](https://health.state.mn.us/about/org/hpcd).



## PREVENT HARMS

**Statewide Health Improvement Partnership (SHIP)** supports local efforts to improve health

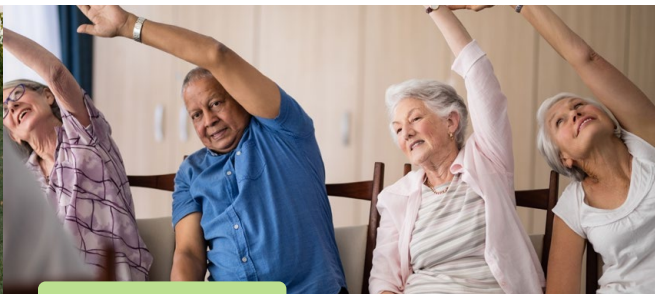
**CHALLENGE:** Chronic disease prevention is not one size fits all. Communities face unique challenges and need solutions that will work for them.

**ACTIONS:** SHIP partners with communities to implement strategies of their choosing: healthy foods in schools and farmers markets, accessible walking and biking, and breastfeeding support at work, and more.

**RESULTS:** In 2025, 41 SHIP grantees implemented 912 projects collaborated with 1,621 community partners dedicated to making healthy options more available.

**912**  
projects

Studies show every \$1 invested in prevention can save up to \$5.60 in health care costs and increased productivity.<sup>2</sup> SHIP **reduces chronic disease risks, strengthens local economies, and improves quality of life.**



## PROMOTE HEALTH

**Helping Minnesotans move more** to manage chronic conditions

**CHALLENGE:** 1.6 million adults in Minnesota are at higher risk of developing other chronic conditions, lost productivity, opioid use, disability, and falls.<sup>1</sup>

**ACTIONS:** The Arthritis Program partners with community organizations and clinics to refer and connect more arthritis patients to appropriate physical activity and other evidence based programs.

**RESULTS:** Patients who participate in programs to increase their physical activity have reported improved mobility, reduced pain, and improved quality of life.

**20%**  
fewer falls

MDH partners with organizations to offer classes that help Minnesotans **build strength and reduce falls**. One grantee, Trellis, found participants reported up to 20% fewer falls.<sup>3</sup>



## SAVE LIVES

**Ensuring responsive stroke care** for all Minnesotans

**CHALLENGE:** Stroke is a leading cause of death and disability in Minnesota. When minutes matter for stroke treatment and recovery, access to stroke care is critical.

**ACTIONS:** The Stroke Program improves stroke care in hospitals by providing continuous education and guidance on process improvements and protocols so they are equipped and prepared to treat stroke quickly.

**RESULTS:** As of 2025, MDH has designated 121 stroke hospitals. 94% of Minnesotans now live within a 30-minute drive of a designated Stroke System hospital.

**121**  
stroke hospitals

A study found that patients receiving clot-busting meds **saved \$4,084 over their lifetime** and increasing the treatment rate from 3% to 20% could lead to \$16 million in savings over five years.<sup>4</sup>

**SOURCES** 1 Minnesota Department of Health, Center for Health Promotion Analyses, Minnesota Behavioral Risk Factor Surveillance System.  
2 Trust for America's Health, The Prevention for a Healthier America.

3 Juniper, Cost Savings Associated with Preventing Falls in Older Minnesotans.  
4 American Health & Drug Benefits, Optimizing the Economic Impact of rtPA Use in a Stroke Belt State: the Case of Southern Carolina.