Patients with multiple chronic conditions (MCC) have two or more chronic illnesses at the same time. Chronic conditions include both physical and behavioral health conditions that last a year or more, and require ongoing medical care and/or limit physical abilities.

The prevalence of MCC increases with age, however this problem affects a large number of working aged Americans, not just the elderly.

The problem is growing and will continue to grow as the population ages.

The importance of investing in care for people with multiple chronic conditions

71¢ of every dollar of US healthcare spending goes to treating people with MCC.

93¢ of every dollar of Medicare expenditure goes to treating people with MCC.
Out of pocket healthcare spending increases for patients with a greater number of chronic conditions.

0 MCC = $215
3 MCC = $1,035
5 MCC = $1,620

AVERAGE ANNUAL OUT OF POCKET EXPENDITURES

IMPACT OF MCC ON PATIENTS & FAMILIES

45% of people living with MCC have activity limitations such as...

- Trouble Getting Dressed
- Trouble Bathing
- Trouble Grocery Shopping

The burden of treatment is high and ongoing for patients with MCC and their families.

- 0 chronic conditions = 3.5 prescriptions
- 3 chronic conditions = 23 prescriptions
- 5 chronic conditions = 50 prescriptions

AVERAGE NUMBER OF PRESCRIPTIONS PER YEAR (new + refilled)

To address the growing problem of MCC, the US healthcare system must transform from a disease-specific model to a patient-centered one.

The Agency for Healthcare Research and Quality is investing in MCC initiatives, but everyone’s help is needed!

TO LEARN MORE ABOUT WORK ADDRESSING MCC, PLEASE VISIT:

- AHRQ Multiple Chronic Conditions Research Network
  - General Information: http://www.ahrq.gov/research/mccrn.htm
  - Data Archive: http://www.icpsr.umich.edu/AHRQMCC/
- HHS Initiative on Multiple Chronic Conditions
  http://www.hhs.gov/ash/initiatives/mcc/

SOURCES

2010 Census Data, U.S. Census.