

# Community Transformation Grants (CTGs):

## PROMOTING PROVEN STRATEGIES TO FIGHT CHRONIC DISEASES

**C**ommunity Transformation Grants, one major initiative funded under the Prevention and Public Health Fund, are targeted at addressing the leading causes of chronic diseases to improve the health of Americans and reduce health care costs over the long term. The investments being made are critical to make sure people can take personal responsibility for their health care, outside of the doctor's office, and allow individual communities to address their greatest health needs. CTGs will benefit more than one in three Americans, approximately 145 million people.

### Why are CTGs Needed:

- Chronic diseases are responsible for 7 of 10 deaths among Americans each year, and treatment for people with chronic conditions account for more than 75 percent of the more than \$2 trillion spent on annual U.S. medical care costs.
- Unhealthy Americans cost communities, taxpayers, and businesses in health care costs and productivity loss, and lower academic achievement for kids and young adults.
- While individuals must take personal responsibility for their health, they must have the support of their communities so that they do not face obstacles to healthy living.

### What CTGs do:

- CTGs allow communities to design specific interventions that meet the most pressing needs of their populations.
- CTGs invest in proven, effective community-based interventions, and focus on addressing the leading causes of chronic disease, such as tobacco use, obesity, poor nutrition and health disparities.
- Within five years, CTG grantees are required to meet strict performance measures, including reducing death and disability due to tobacco use by five percent, the rate of obesity by five percent through nutrition and physical activity interventions, and death and disability due to heart disease and stroke by five percent.

### Why CTGs Work:

- CTGs are required to base their efforts on proven, evidence-based approaches and must meet measurable, achievable outcomes to continue receiving federal dollars.
- CTGs are developed and administered by community members working together at the local level, not Washington bureaucrats who may not understand the specific community needs.