



# MULTIPLE MORBIDITIES

## AND THE GROWING RISE OF COMPLEX, COSTLY CARE

In the United States, the prevalence of multiple morbidities is increasing and expected to become further dire in the near future. Multiple morbidities are 2 or more medical or psychiatric chronic conditions that last for a year or more and which exist in the same patient. Such shift in the epidemiology of multiple morbidities stems from the rise in aging adults, increases in survivorship and life expectancy due to

public health and medical interventions, and ongoing lifestyle risk factors that contribute to the diagnosis of chronic conditions. For pharmaceutical and biotechnology manufacturers, this urgent challenge presents a pivotal opportunity to address the care and cost complexities that emerge from patients who have multiple morbidities.

### WHAT ARE THE KEY MULTIPLE MORBIDITY TRENDS IN THE UNITED STATES?

EPIDEMIOLOGY

**CHRONIC CONDITIONS ARE THE LEADING CAUSE OF DEATH AND DISABILITY**

**MULTIPLE MORBIDITIES ARE MORE PREVALENT AMONG OLDER ADULTS**

**WOMEN ARE MORE LIKELY THAN MEN TO HAVE MULTIPLE MORBIDITIES**

4  
in  
10

**AMERICANS HAVE 2 OR MORE MORBIDITIES**

3  
in  
4

**AMERICANS AGED 65+ HAVE MULTIPLE MORBIDITIES**

12%

**OF AMERICANS HAVE 5 OR MORE MORBIDITIES**

COMMON CHRONIC CONDITIONS CONDUCTIVE TO MULTIPLE MORBIDITIES

Heart Disease

Cancer

Chronic Lung Disease

Stroke

Alzheimer's Disease

Diabetes

Chronic Kidney Disease

KEY EXAMPLES: CARDIO-ONCOLOGY MORBIDITIES, CARDIO-METABOLIC CONDITIONS, PSORIATIC ARTHRITIS/CARDIOVASCULAR DISEASE, SCHIZOPHRENIA/DIABETES, NASH/DIABETES

EXPENDITURE

\$3.3  
TRILLION

**COST OF CHRONIC CONDITIONS TO THE NATION EVERY YEAR**

71%

**OF ALL HEALTH CARE SPENDING IS TOWARD AMERICANS WITH MULTIPLE MORBIDITIES**

93  
CENTS

**PER MEDICARE DOLLAR ARE SPENT ON TREATING MULTIPLE MORBIDITIES**

ANNUAL AVERAGE OUT-OF-POCKET (OOP) COSTS AND NUMBER OF PRESCRIPTIONS INCREASE SUBSTANTIALLY FOR PATIENTS WITH MULTIPLE MORBIDITIES

NO

**MULTIPLE MORBIDITIES**  
\$215 OOP TOWARD  
3.5 PRESCRIPTIONS

3

**MULTIPLE MORBIDITIES**  
\$1035 OOP TOWARD  
23 PRESCRIPTIONS







5

**MULTIPLE MORBIDITIES**  
\$1620 OOP TOWARD  
50 PRESCRIPTIONS








**WHAT IS THE IMPACT OF MULTIPLE MORBIDITIES TO KEY HEALTH CARE STAKEHOLDERS?**







**IMPLICATIONS FOR PAYERS, HEALTH SYSTEMS, AND PROVIDERS**

-  High cost care and wastage, especially if therapy management is not well-coordinated
-  Unestablished pathways to patient identification and risk assessment
-  Limited evidence base on treating patients with multiple morbidities
-  Involved care coordination across multiple therapeutic disciplines
-  Complex medication management and polypharmacy
-  Onerous access and reimbursement hurdles

**IMPLICATIONS FOR PATIENTS**

-  Fluctuating day-to-day functioning and diminished quality of life
-  Greater risk of treatment complications, adverse outcomes, hospitalizations, and death
-  Conflicting, confusing, and complex care communication from multiple providers
-  Increased burden of health care spend
-  Persistent need for caregiver and ancillary support

**WHAT ROLE CAN MANUFACTURERS PLAY TO ADDRESS MULTIPLE MORBIDITIES?**

-  **Design data-generating programs** that evaluate the clinical and economic impact of multiple morbidities (eg, clinical trials, real-world evidence) and subsequently demonstrate how the brand can bring value
-  **Invest in value-based initiatives** for health system customers that support population health management and care coordination needs
-  **Partner with professional organizations** to assess, enhance, or develop guidelines and standards of care that involve multiple morbidities
-  **Demonstrate value and outcomes** from multiple morbidity management programs on total cost of care to health system and payer customers
-  **Create patient solutions and services** that expressly address the complexities of multiple morbidities (eg, adherence management, access support, caregiver resources)
-  **Generate support resources for office staff** on managing patients with multiple morbidities (eg, reimbursement tools, communication protocols, policy education)

**MANUFACTURERS HAVE AN IMPORTANT AND TIMELY OPPORTUNITY TO DEMONSTRATE LEADERSHIP BY PROVIDING SOLUTIONS ACROSS THERAPEUTIC AREAS WITHIN THEIR PORTFOLIOS THAT ARE COMMONLY SUBJECT TO MULTIPLE MORBIDITIES.**