



HEALTH NOTES



amen
Adventist Medical
Evangelism Network

AMEN's mission is to motivate, train, and equip Seventh-day Adventist health-care professionals to team with pastors and members, uniting the church to restore Christ's ministry of healing to the world, hastening His return.

To learn more about AMEN and get involved go to: amensda.org.

Principal contributor: Elvin Adams, MD

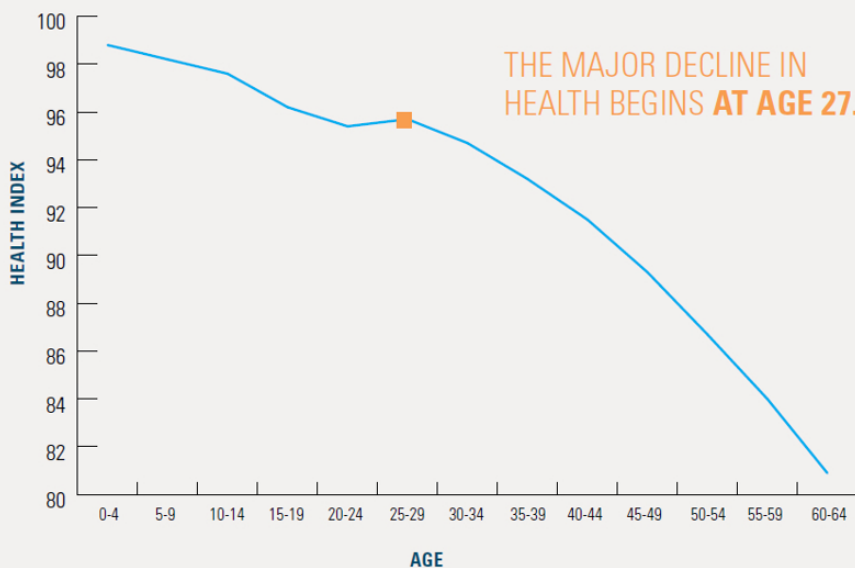
We Are Getting Sicker

Large health insurance companies such as Blue Cross Blue Shield (BCBS) and Medicare track the health of the populations they insure. Health status influences insurance rates as premiums need to cover expected health care expenses. BCBS recently published a report that indicates that society is getting sicker.¹

In this study BCBS compared the deteriorating health of Millennials born between 1981-1996 with the health of the previous generation of GenXers born between 1965-1980. There are 73 million millennials in the United States. They were 21-36 in 2017. This report focuses on the 55 million millennial Americans that are commercially insured.

The Blue Cross Health Index shows that the major decline in health on average begins at age 27.

EXHIBIT 1: BCBS HEALTH INDEX BY AGE (2017)





There are double digit increases for seven of the top ten conditions compared with the previous generation at the same age.

EXHIBIT 3: PREVALENCE RATE COMPARISON FOR TOP 10 CONDITIONS BETWEEN MILLENNIALS (AGE 34-36 IN 2017) AND GEN XERS AT THE SAME AGE (AGE 34-36 IN 2014)

CONDITION	GEN XERS (2014) (RATE PER 100)	MILLENNIALS (2017) (RATE PER 100)	DIFFERENCE IN PREVALENCE
Major depression	4.7	5.6	18%
Substance use disorder	1.6	1.8	12%
Alcohol use disorder	1.5	1.5	0%
Hypertension	12.5	13.7	10%
Hyperactivity	3.6	4.9	37%
Psychotic conditions	0.6	0.5	-3%
Crohn's disease/Ulcerative colitis	1.2	1.3	15%
High cholesterol	10.8	11.6	7%
Tobacco use disorder	6.5	7.2	11%
Type II diabetes	3.4	4.1	19%

The health status of millennials will certainly affect the nation over the next 20 years in sick days, a decrease in workplace productivity and healthcare costs.

Notice that psychological issues influence many of the conditions listed above. Jesus told us that this would be the health of the nation in the last days, "men's hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken."

—Luke 21:26 (NKJV)

ELLEN WHITE warned. "Crime and disease have increased with every succeeding generation... Against every transgression of the laws of life, nature will utter her protest. She bears abuse as long as she can; but finally the retribution comes, and it falls upon the **mental** as well as the **physical** powers. Nor does it end with the transgressor; the effects of his indulgence are seen in his offspring, and thus the **evil is passed down** from generation to generation."

—Christian Temperance and Bible Hygiene 44

¹"The Health of Millennials" BlueCross BlueShield The Health of America, Published April 24, 2019