

CDC Report: Genomics ready to help prevent disease

[B]oth zip and genetic codes are important for our health.

Genetic factors are known to play a role in nine of the 10 leading causes of death in the United States, most notably chronic diseases such as cancer and heart disease. Most human disease results from the interaction of our genetic susceptibility with environmental and behavioral risk factors, such as diet, physical activity, infectious agents and the physical environment.

[...]

While promises of genomic technologies to improve health may have been hyped and oversold in the past, we are now seeing the leading edge for applications of whole genome sequencing in health practice both for the detection and control of infectious disease outbreaks and for the diagnosis of people with rare diseases. Although much of the field will be a work in progress for quite some time, an increasing number of applications can actually be used now to improve health and prevent disease in the U.S. and worldwide.

[...]

Genomics will increasingly provide targeted or stratified approaches to improving health and preventing disease that can inform and supplement population strategies such as policy changes. Ideally, improving health should rely on complementary efforts using all forms of evidence based interventions to reduce the burden of disease and premature death.

Read the full, original story here: [Geography, genetics and leading causes of death](#)