



THE EFFECTS OF A PHYSICALLY INACTIVE AMERICAN CULTURE

THE CURRENT ISSUE AT HAND

“

Estimates are that some

300,000
deaths

each year in the U.S.
likely are the

results of
physical
inactivity

and poor eating
habits. These deaths
range across a
number of diseases,
from heart disease
and stroke to colon
cancer and diabetes.”

-CDC on Physical Inactivity, 2017

6 IN 10

Adults in the U.S. have a chronic disease.



4 IN 10

Have **TWO** or more...

A LEADING CAUSE OF CHRONIC DISEASE?

PHYSICAL INACTIVITY



90%

of America's

\$3.3 trillion

in annual healthcare
expenditures are for people
with chronic and mental
health conditions.



-CDC, 2019



Inactivity is worse for your health than smoking

-Cleveland Clinic, 2019

ECONOMIC & HEALTHCARE IMPACT OF INACTIVITY

Treating obesity-related illnesses has a dramatic economic impact on our country

- 8 out of the 10 most expensive chronic diseases are more frequent in an inactive population. This costs America **\$1.45 trillion** annually, in direct medical costs and loss productivity. *(Health Payer Intelligence, July 2017)*

Health expenditures to increase by **5.5%** annually through 2027

-Centers for Medicare & Medicaid Services, 2019

TOP 10 MOST EXPENSIVE MEDICAL CONDITIONS

1	\$317 billion	Cardiovascular Diseases
2	\$300 billion	Smoking-Related Health Issues*
3	\$264 billion	Obesity/Inactivity
4	\$249 billion	Alcohol-Related Health Issues
5	\$245 billion	Diabetes
6	\$236 billion	Alzheimer's
7	\$171 billion	Cancer
8	\$128 billion	Arthritis
9	\$56 billion	Asthma
10	\$33 billion	Stroke

*Fewer active people smoke

\$264 BILLION



Inadequate levels of physical activity are associated with **\$117 billion** in annual health care costs

In addition, the United States spends **\$147 billion** on healthcare related to obesity

(Health Payer Intelligence, July 2017)

THE SOLUTION

Improving health through increased activity

CHANGE IS NEEDED TO REINFORCE MORE ACTIVE LIFESTYLES

Cosponsor the PHIT Act (S. 680, H.R. 1679) to promote healthy behavior through **increased physical activity.**

Cardiovascular Disease and Obesity/Inactivity ALONE cost America \$581 BILLION PER YEAR.