THE EFFECTS OF A PHYSICALLY INACTIVE AMERICAN CULTURE

THE CURRENT ISSUE AT HAND

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.

“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

-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)

TOP 10 MOST EXPENSIVE MEDICAL CONDITIONS

<table>
<thead>
<tr>
<th>Rank</th>
<th>Cost</th>
<th>Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$317 billion</td>
<td>Cardiovascular Diseases</td>
</tr>
<tr>
<td>2</td>
<td>$300 billion</td>
<td>Smoking-Related Health Issues*</td>
</tr>
<tr>
<td>3</td>
<td>$264 billion</td>
<td>Obesity/Inactivity</td>
</tr>
<tr>
<td>4</td>
<td>$249 billion</td>
<td>Alcohol-Related Health Issues</td>
</tr>
<tr>
<td>5</td>
<td>$245 billion</td>
<td>Diabetes</td>
</tr>
<tr>
<td>6</td>
<td>$236 billion</td>
<td>Alzheimer's</td>
</tr>
<tr>
<td>7</td>
<td>$171 billion</td>
<td>Cancer</td>
</tr>
<tr>
<td>8</td>
<td>$128 billion</td>
<td>Arthritis</td>
</tr>
<tr>
<td>9</td>
<td>$56 billion</td>
<td>Asthma</td>
</tr>
<tr>
<td>10</td>
<td>$33 billion</td>
<td>Stroke</td>
</tr>
</tbody>
</table>

*Fewer active people smoke

Health expenditures to increase by 5.5% annually through 2027
- Centers for Medicare & Medicaid Services, 2019

$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.