

**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

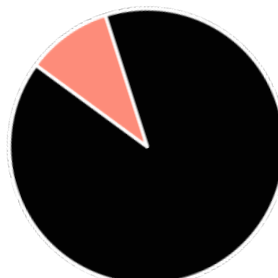


90%

of America's

\$3.3 trillion

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



-CDC, 2019

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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



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.