February 11, 2020

The PHIT Act: All You Need to Know

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Senior Vice President of Government & Public Affairs  
*SFIA*

**Webinar Host:**
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Coordinator, Communications & Marketing  
*SFIA*

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SFIA™
NATIONAL HEALTH THROUGH FITNESS DAY
March 11, 2020
CHRONIC DISEASES IN AMERICA

6 IN 10 Adults in the US have a chronic disease

4 IN 10 Adults in the US have two or more chronic diseases

THE LEADING CAUSES OF DEATH AND DISABILITY and Leading Drivers of the Nation’s $3.3 Trillion in Annual Health Care Costs

THE KEY LIFESTYLE RISKS FOR CHRONIC DISEASE

- TOBACCO USE
- POOR NUTRITION
- LACK OF PHYSICAL ACTIVITY
- EXCESSIVE ALCOHOL USE
The PHT Act

H.R. 1679 & S. 680

The Personal Health Investment Today (PHIT) Act

PHIT is prevention to avoid medical treatment

Allow use of funds in pre-tax accounts to pay for activity-related expenses
The PHIT Act

Covered Activity Expenses

- Pay-to-Play Charges in Schools
- Youth Activity Camps & Clinics
- Sport League & Tournament Registrations
- Equipment Used Exclusively for Sports or Fitness Activities
- Health & Fitness Club Memberships
- Fitness Competition & Race Entry Fees
- Yoga & Fitness Classes and Instruction
- Activity-Based Outdoor Recreation
Inactivity Rates

1 in 4 (821 million) Americans were inactive in 2018

Active kids are 6 times more likely to become healthy active adults

18% of kids aged 6-17 were totally inactive in 2018
Inactivity is a Deadly & Costly Problem

Fast Facts

“SITTING IS THE NEW SMOKING”

More people die from inactivity (5.3 million) each year in American than from smoking (5.0 million)

- Dr. Jordan Metzl (2016)

Inactivity- Increased Healthcare Expenditures

Physical inactivity accounts for $264 billion a year in U.S. Healthcare expenditures

- National Center for Biotechnology Information (2018)

Young as Sedentary as Seniors

19-year-olds are as sedentary as 60-year-olds

- Preventative Medicine (2017)
Youth Sports Are Not Free

<table>
<thead>
<tr>
<th>SPORT</th>
<th>TOTAL COSTS</th>
<th>REGISTRATION</th>
<th>EQUIPMENT</th>
<th>TRAVEL</th>
<th>LESSONS</th>
<th>CAMPS</th>
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<td>Baseball</td>
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<td>Skiing/Snowboarding</td>
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<td>$170</td>
<td>$53</td>
<td>$54</td>
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<td>Wrestling</td>
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<td>$102</td>
<td>$59</td>
<td>$172</td>
<td>$62</td>
<td>$54</td>
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<td><strong>All Sports</strong></td>
<td><strong>$693</strong></td>
<td><strong>$125</strong></td>
<td><strong>$144</strong></td>
<td><strong>$196</strong></td>
<td><strong>$134</strong></td>
<td><strong>$81</strong></td>
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Note: Additional expenses calculated as "Other" were also counted but are not shown on this graphic.
Source: Aspen Institute/Utah State University 2019 National Youth Sport Survey (1,032 youth sports parents)
Activity is No Longer Free

Parents spend on average, $693
Per child, per season for a youth sport each year

Inactivity Rates by Household Income

- Under $25K: 45.6%
- $25K - $49,999: 32.6%
- $50K - $74,999: 24.3%
- $75K - $99,999: 18.9%

Source: 2019 SFIA Topline Participation Report
HSA Accounts Important to Americans

Average Household income of HSA/FSA Account Holder = $57,000

Total HSA Assets

✓ 80 million Americans put money into pre-tax medical accounts
   - Aite Group, 2019

Source: Devenir Research
Americans Want PHT
Demographic Breakdowns

- **Families with Children**: 78%
- **Millennials**: 77%
- **Gen Xers**: 68%
- **Hispanics**: 74%
- **African-Americans**: 66%
- **Whites**: 61%

Across all Ethnicities:

Are in favor of the pre-tax spending on activity

Source: A Park Pulse Poll Conducted by the National Recreation and Park Association (NRPA) – March 2017
PHIT Act Road to Victory

From 2007-2012, PHIT introduced, but doesn't move as health care reform, mired in partisan Repeal & Replace (ObamaCare)

2006

H.R. 245 PHIT Introduced in House of Representatives (11 cosponsors 6R-5D)

2012

Health care reform shows life, PHIT Act support doubles from 25 to 50 cosponsors

2013

Repeal & Replace fades and PHIT support doubles for the second consecutive Congress from 50 to 100 cosponsors

2016

July 24, 2018 – PHIT Passed by House of Representatives 277-142

2018

Fall 2018 - Senate considering the PHIT Act/HSA reform after the elections

2019

PHIT is reintroduced in the Senate on March 6, 2019 and in the House on March 12, 2019

December 2019 - Senate GOP gives PHIT a “thumbs up”

June 2019: Treasury directed to explore ways to expand HSA for prevention

2020

PHIT currently has 102 congressional cosponsors
PHIT Act: Exponential Growth in Congressional Support

Number of Congressional Cosponsors

- Democrat
- Republican

<table>
<thead>
<tr>
<th>Year</th>
<th>Cosponsors (Democrats)</th>
<th>Cosponsors (Republicans)</th>
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<tr>
<td>2006 (Intro)</td>
<td>4</td>
<td>7</td>
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<tr>
<td>2007-2008</td>
<td>10</td>
<td>16</td>
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<tr>
<td>2009-2010</td>
<td>12</td>
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<td>2015-2016</td>
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<td>2017-2018</td>
<td>79</td>
<td>74</td>
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<tr>
<td>2019-2020</td>
<td>50</td>
<td>53</td>
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</table>
What happens during National Health Through Fitness Day?
What is National Health Through Fitness Day?

SFIA’s NHTF Day, a 20-year advocacy event, that brings together the sports & fitness industry to promote physical activity.

NHTF Day is the **NUMBER 1 REASON** the PHIT Act passed the House.

and is **THE REASON** PHIT will pass in the 2019-2020 term.
<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Cosponsored PHIT</th>
<th>Twitter</th>
<th>Room</th>
<th>Meeting Type</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>10:00 AM</td>
<td>John Booty</td>
<td>Physical Activity Demo</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>11:00 AM</td>
<td>Rehmann, M. (R-AR)</td>
<td>Cosponsored PHIT</td>
<td>2015-2018</td>
<td>209 Cannon HOB</td>
<td>Member</td>
<td>Emily Nance</td>
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<tr>
<td>12:00 PM</td>
<td>Veasey, M. (D-TX)</td>
<td>Cosponsored PHIT</td>
<td>2015-2018</td>
<td>2346 Rayburn HOB</td>
<td>Member</td>
<td>Nicole Varner</td>
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<tr>
<td>1:00 PM</td>
<td>Panetta, J. (D-CA) &amp; Davis, R. (R-IL)</td>
<td>Cosponsored PHIT</td>
<td>See Hosting Tweet @RepJimmyPanetta &amp; @RodneyDavis</td>
<td>212 Cannon HOB</td>
<td>Member</td>
<td>John Assani</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Fleischmann, C. (R-TN)</td>
<td>Cosponsored PHIT</td>
<td>2017-2018</td>
<td>2410 Rayburn HOB</td>
<td>Member</td>
<td>Robert Kerr</td>
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</tbody>
</table>

Twitter Users
Use the hashtag #PASPHIT or #PHITDAY19 to tweet about National Health Through Fitness Day.
Flip page for additional meetings
➢ ‘Meeting Briefs’: Key background and information on congressman/congresswoman or senator.
Steve Garvey, World Series Champion, helps Representative Kevin McCarthy with his batting stance during a congressional meeting.

Sam Perkins, former NBA player, and Congresswoman Cheri Bustos bond over their love of basketball, during their meeting.
Natalie Coughlin, Olympic swimmer, shares her Olympic gold medal (1 of 3...) with Congressman Mike Thompson while PHIT Herschel Walker, Heisman Trophy winner, and lead PHIT cosponsor Sen. John Thune in a congressional meeting
2019 Athlete Roster

John Booty
Eric Byrnes
Andrew Ference
Kyle Harrison
Ken Harvey
Santana Moss
Kylie Ohlmiller
Herschel Walker
Paul Rabil
Help Spread the Word!

@THESFIA

@thesfia

The Sports & Fitness Industry Association

#PHITDay20  #PassPHIT
Questions
Expert Panelist:
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SFIA
Coordinator, Communications & Marketing

Thank you to all of our participants!

Have any questions?
Additional questions or contact information can be submitted to webinars@sfia.org