



# Physical Inactivity Cost Calculator

## *physical activity* FACTS & FIGURES

- 43 percent of people with safe places to walk within ten minutes of home met recommended activity levels, while just 27 percent of those without safe places to walk were active enough<sup>1</sup>
- Physical inactivity contributes to numerous physical and mental health problems and is responsible for an estimated 200,000 deaths per year.<sup>2</sup>
- About 25 percent of all trips made in the United States are less than one mile in length, and 75 percent of those short trips are made by automobile.<sup>3</sup>
- A study of individuals aged 15 and older without physical limitations found that the average annual direct medical costs were \$1,019 for those who are regularly physically active and \$1,349 for those who reported being inactive.<sup>4</sup>
- The Centers for Disease Control and Prevention and the National Institutes of Health estimate direct and indirect costs associated with obesity at \$117 billion per year nationwide.<sup>5a,b</sup>
- Being overweight increases yearly per person health care costs by \$125, while obesity increases costs by \$395.<sup>6</sup>
- The incidence of overweight or obesity among adults increased steadily from 47 percent in 1976 to 56 percent in 1994, and 64 percent in 2000.<sup>7</sup>
- In 2000, 15.3 percent of children aged 6 to 11 years and 15.5 percent of adolescents aged 12 to 19 years in the United States were overweight, tripling the numbers from two decades ago.<sup>8</sup>
- Nearly 80 percent of obese adults have diabetes, high blood cholesterol levels, high blood pressure, coronary artery disease or other ailments.<sup>9</sup>

## footnotes

- <sup>1</sup> Powell, K.E., Martin, L., Chowdhury, P.P. (2003). Places to walk: convenience and regular physical activity. *American Journal of Public Health*, 93, 1519-1521.
- <sup>2</sup> U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. (1996). *Physical Activity and Health: A Report of the Surgeon General*. Washington, DC: Government Printing Office.
- <sup>3</sup> U.S. Department of Transportation, Federal Highway Administration. 1995 Nationwide Personal Transportation Survey. Oak Ridge National Laboratory, Oak Ridge, Tennessee. October 2001. <http://ntps.ornl.gov/npts/1995/Doc/databook95.shtml>.
- <sup>4</sup> Pratt, Michael, M.D., et al. "Higher Direct Medical Costs Associated With Physical Inactivity." *The Physician and Sportsmedicine* 28(10). Oct 2000.
- <sup>5a</sup> U.S. Department of Health and Human Services. *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*. [Rockville, MD]: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General; [2001]. Available from: US GPO, Washington. <http://www.surgeon-general.gov/topics/obesity/calltoaction/toc.htm>.
- <sup>5b</sup> Wolf, AM, Manson JE, Colditz GA. The Economic Impact of Overweight, Obesity and Weight Loss. In: Eckel R, ed. *Obesity: Mechanisms and Clinical Management*. Lippincott, Williams and Wilkins: 2002.
- <sup>6</sup> "Costs of Obesity, Drinking, Smoking and Growing Older." *Daily Policy Digest: Health Issues/Preventive Medicine* (National Center for Policy Analysis): 19 Apr 2002. <http://www.ncpa.org/iss/hea/2002/pd041902e.html>.
- <sup>7</sup> Centers for Disease Control and Prevention. "Defining overweight and obesity." 20 May 2004. <http://www.cdc.gov/nccdphp/dnpa/obesity/defining.htm>.
- <sup>8</sup> Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey, Hispanic Health and Nutrition Examination Survey (1982-84), and National Health Examination Survey (1963-65, 1966-70, 1971-74, 1976-80, 1988-94, 1999-2000). <http://www.cdc.gov/nchs/data/has/tables/2002/02hus071.pdf>.
- <sup>9</sup> K. Flegal, et al. "Overweight and Obesity in the United States: Prevalence and Trends, 1960-1994." *International Journal on Obesity and Related Metabolic Disorders* 22(1): 39-47, Jan 1998.

For more information on the cost calculator and physical activity programs and policies logon to [www.activelivingleadership.org](http://www.activelivingleadership.org).



Partners include: AARP, Active Living Network, American College of Sports Medicine, Centers for Disease Control and Prevention-Physical Activity and Health Branch, Center for Medicare and Medicaid Services, Funders Network for Smart Growth and Livability, Health Management Associates, International Council on Active Aging, Medical Fitness Association, National Association of City and County Health Officials, National Association for Health and Fitness, Partnership for Prevention, PE for Life, Prevention Institute-Strategic Alliance for Nutrition and Physical Activity, Rails to Trails Conservancy, Smart Growth America.

Active Living Leadership is a national project coordinated by San Diego State University and funded by the Robert Wood Johnson Foundation. Active Living Leadership is a partnership of the International City/County Management Association, Local Government Commission, National Association of Counties, National Conference of State Legislatures, National Governors Association Center for Best Practices and the United States Conference of Mayors.