

# The High Cost of Inactivity

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## Individual

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Inactivity is one of the leading indications a person may develop a chronic disease such as:

- **Coronary heart disease** – 13.5 million people have coronary heart disease.
- **Heart attack/stroke** – 1.5 million people suffer from a heart attack in a given year. <sup>1</sup>
- **High blood pressure** – 50 million people have high blood pressure. <sup>1</sup>
- **Diabetes** – diabetes affects nearly 24 million people in the US. <sup>1</sup>
- **Colon Cancer** – 95,000 people are newly diagnosed with colon cancer each year. <sup>1</sup>
- **Arthritis** – 46,000,000 (nearly 1 on 5) Americans have arthritis or chronic joint symptoms.
- **Bone loss** – the estimated national direct expenditures for osteoporosis and related fractures total \$14 billion each year.

## National

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In 2007, health care spending in the United States reached \$2.3 trillion, which translates to \$7600 per person or 16 percent of the nation's gross domestic product (GDP). It is projected to reach \$3 trillion by 2011 and \$4.2 trillion by 2016.

In 2007, employer health insurance premiums increased by 6.1 percent - two times the rate of inflation. The annual premium for an employer health plan covering a family of four averaged nearly \$12,100. The annual premium for single coverage averaged over \$4,400.

## Texas

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In 2007 nearly 66 percent of Texas adults were overweight or obese. If the current trends continue, 20 million (or 75 percent) of Texas adults might be overweight or obese by the year 2040. This would increase health care cost in Texas from \$10.5 billion today, to as much as \$39 billion by 2040.

Cardiovascular diseases are among the 10 most frequent causes of hospitalization of people 45 years and older in Texas.

More than 1.3 million Texans have diagnosed diabetes and an estimated 343,000 additional Texans with undiagnosed diabetes.

46.3% - almost a half - of Texas residents aged 55 to 64 reported chronic joint symptoms associated with arthritis.



## The Benefits of Action

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Physical activity can bring many health benefits. People who enjoy participating in moderate-intensity or vigorous-intensity physical activity on a regular basis benefit by lowering their risk of developing coronary heart disease, stroke, type 2 diabetes, high blood pressure, and colon cancer by 30–50%.

To gain maximum health benefits and reduce the risk of developing a chronic disease, experts recommend 20 to 30 minutes of aerobic activity three or more times a week and some type of muscle strengthening activity and stretching at least twice a week. However, people unable to perform this level of activity, can gain substantial health benefits by accumulating 30 minutes or more of moderate-intensity physical activity a day, at least five times a week.

Exercise can reduce stress, feelings of anxiety and depression. A 30-minute workout or brisk walk can help a person calm down and improve his or her

mental health. One study found that short workouts could help lower sadness, tension and anger along with improving resistance to disease in healthy people. Many people exercise to boost confidence along with reducing anxiety and stress, all of which contribute to psychological health and well-being!

Exercise is healthy for the workplace too. A physically fit person is generally more resistant to the current “bug going around,” thereby reducing absenteeism and health care expenditures. Fit people also have more energy, allowing them to stay focused on the task. Because they have proven to themselves that they can accomplish what it takes to obtain a level of physical fitness, they have high levels of self-confidence that empower them to challenge themselves and strive for higher levels of achievement in the workplace.

## Take Action!

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1. Take the Texercise challenge for you and your family.
2. Promote the benefits of physical and mental health by distributing Texercise handbooks and available resource information.
3. Support Texercise Teams in your area.
4. Establish and serve on a local mayor’s fitness council to engage community leaders in fitness-focused initiatives.

## Available Resources

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### Texercise

800-889-8595

[www.Texercise.com](http://www.Texercise.com)

### President’s Council on Physical Fitness and Sports

202-690-9000

[www.fitness.gov](http://www.fitness.gov)

### Centers for Disease Control and Prevention (CDC)

888-232-3228

[www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)