

IHRSA Compiled Physical Activity Stats

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CONTEXT AND CURRENT HEALTH STATUS

Only [1 in 5 adults](#) and [1 in 3 children](#) meet the 2008 Physical Activity Guidelines.

[2/3 of Medicare beneficiaries](#) have multiple chronic conditions.

A [University of North Dakota](#) study found that the U.S. ranked 47th out of 50th in children's activity levels.

Most American children drop out of youth sports by [age 13](#).

[40%](#) of a person's health is affected by behavior patterns, yet [less than 3%](#) of Americans lead healthy lifestyles.

[CDC](#): Roughly 28% of people 50 and over - 31 million people - are inactive.

The CDC estimates that [only 17%](#) of U.S. adults are in a state of optimal mental health.

HEALTH BENEFITS OF PHYSICAL ACTIVITY

Substantial evidence suggests that physical activity is linked to lower risk of colon cancer (24%), breast cancer (12%), and endometrial cancer (20%). [NCI](#).

Three-quarters (75%) of cardiovascular disease deaths could be prevented with adequate lifestyle changes, like physical activity. [World J Cardiol](#).

Physical inactivity is associated with a 20% increased stroke risk, and people who exercised four or more times a week had a lower risk for stroke or mini-stroke. [Univ of Ala Birmingham](#).

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Physical activity can lower high systolic blood pressure by 4-9 mmHg, and can prevent desirable blood pressure levels from rising. [Mayo Clinic](#).

Exercise, such as walking briskly, for 30 minutes a day can reduce the risk of diabetes by 30%. [Harvard School of Public Health](#).

Exercise can help prevent depression, and can be an effective treatment comparable to pharmacotherapy or psychotherapy. [ACSM Health Fit J](#).

Exercise can reduce the risk for developing both Alzheimer's and vascular dementia, likely by increasing blood and oxygen flow to the brain. [Alzheimer's Association](#).

Five of the top 10 causes of death in the U.S. can be prevented with physical activity and other lifestyle changes. [CDC](#).

The Diabetes Prevention Program, originally published in 2002, and subsequent follow ups over the next 15 years found that modest weight loss as a result of diet and exercise was as effective as or more effective than metformin in preventing or delaying diabetes progression. [NIDDK](#).

A 2013 analysis of 305 randomized controlled trials involving 339,274 people found no statistically detectable differences between exercise and drug interventions for preventing the progression of heart disease and prevention of diabetes. For stroke patients, exercise was more effective than drug treatment. [BMJ](#).

Physical activity boosts worker productivity, [job performance](#), well-being, [concentration](#), work relationships, engagement, resilience to stress, [creativity](#), and problem-solving ([more research](#)).

[Exercise therapy](#) can reduce pain and improve function for knee and hip osteoarthritis and, reduce lower back pain. For people with fibromyalgia, exercise can improve symptoms, physical functioning, and well-being

[Exercise](#) can help ease withdrawal symptoms, increase abstinence, and reduce anxiety and depression for people with substance use disorders.

[Exercise](#) can also play an important role in preventing and treating anxiety and depression.

Exercise may be linked to lower likelihood of drug use - in a long term survey of teens, adolescents who engaged in sports or exercise in the past year had lower odds of lifetime non-prescription opioid or heroin use. [Journal of the American Academy of Pediatrics](#).

In a [2014 study](#), the effects of exercise for mild and moderate depression may be comparable with antidepressant medication and psychotherapy.

Exercise may be a valuable complementary therapy to traditional therapy for [severe depression](#).

People who are more physically active are [happier](#), experience greater levels of [excitement and enthusiasm](#), are more satisfied with life, and have [higher self-esteem](#).

Physical activity may help those recovering from opioid addiction. In a [survey](#) of 187 intravenous drug users in outpatient therapy, the 45 individuals who engaged in exercise-related activities achieved longer periods of abstinence during treatment than individuals who did not exercise.

Additionally, a [review of 22 studies](#) found that exercise can improve abstinence, ease withdrawals, and reduce anxiety and depression among people addicted to alcohol, nicotine, or illicit drugs. Exercise had a greater impact on depression in alcohol and illicit drug users, and on abstinence in illicit drug users than others.

A 2013 review demonstrates the usefulness of exercise as a complementary strategy (in addition to drug treatment therapy) for psychoactive drug dependence, helping users achieve or maintain abstinence and reducing cravings or withdrawal symptoms. Researchers noted that these types of interventions were widely accepted among drug users. [Addiciones](#).

Exercise may also aid recovery from alcohol addiction. One [study](#) found that alcoholics who did 30 minutes of light exercise during recovery saw an 18.6% drop in alcohol cravings, and a three-fold increase in endorphins. In another [study](#), adhering to exercise – whether as part of a group program or on advice – facilitated adherence to alcohol recovery, with more pronounced benefits in those who participated in a group program versus exercising alone.

Regular exercise [nurtures children physically, mentally, and emotionally](#), reducing their risk of chronic disease; boosting confidence, self-esteem, well-being, and academic performance; and contributing to emotional development and happiness

Regular exercise helps our [firefighters](#), [police](#), and [emergency medical workers](#) stay fit, which is essential for keeping our nation safe, especially in times of emergency.

Maintaining a healthy weight and exercising regularly can cut the risk of diabetes by [at least 25%](#).

For those already [with type 2 diabetes](#), exercise and a proper diet (along with medication) can help keep blood glucose, blood pressure, and cholesterol under control, thereby reducing the risk of cardiovascular complications.

Exercise can help [prevent/mitigate](#) certain cancers and other chronic diseases.

Exercise may help us against [cognitive decline](#) as we age.

HEALTH COSTS OF CHRONIC DISEASE/PHYSICAL INACTIVITY

There has been an unprecedented increase of military injuries that have resulted from (in part) poor nutrition and [lack of physical exercise](#). There were [72% more](#) medical evacuations from Afghanistan and Iraq to Germany for stress fractures, serious sprains and other similar injuries than for combat wounds.

There are [more than 29 million](#) Americans with type 2 diabetes. The uptick of type 2 diabetes [tracks closely](#) with similar increases in sedentary lifestyles and obesity.

The risk of dying from heart disease is [2-4 times higher](#) for people with diabetes than those without it, and about [2/3](#) of people who die with diabetes die as a result of cardiovascular issues.

People with diabetes are at a [greater risk of depression](#).

As many as [one third of U.S. adults](#) with arthritis also suffer from anxiety and/or depression.

Depression poses [just as great a risk](#) in men for cardiovascular disease as high cholesterol and obesity do.

[More than 5 million](#) Americans are already living with Alzheimer's.

[Research](#) suggests that older adults who get little or no exercise are at 50% greater risk of developing dementia than their peers of who get 50% greater risk.

At least [80%](#) of all heart disease, stroke and type 2 diabetes, along with more than 40% of cancers could be prevented if we eliminated four key risk factors known to fuel chronic disease: physical inactivity, an unhealthy diet, tobacco use, and too much alcohol.

[Between 30 and 50%](#) of all cases of cancer are preventable. Physical inactivity is the principal cause of burden for [21 to 25 percent](#) of breast and colon cancers, alone.

8 of 10 Most Expensive Medical Conditions more common in Inactive Population ([WHO 2015](#))

ECONOMIC COSTS OF PHYSICAL INACTIVITY/CHRONIC DISEASE

Injuries occur [25 to 68%](#) more often among overweight and obese people.

Obesity costs companies [\\$4.3 billion](#) in absenteeism, about [\\$506 per obese worker](#) in lower productivity each year.

Nearly [a third](#) of Americans 17 to 24 cannot qualify for military service because they are obese.

[86%](#) of healthcare spending is for people with one or more chronic condition.

Regular exercise has been shown to be effective at preventing the incidence of chronic diseases, which are projected to cost the U.S. [\\$2 trillion](#) between 2016 and 2030.

Chronic diseases cost [\\$794 billion](#) in lost employee productivity each year, according to projections from the Partnership to Fight Chronic Disease

Inadequate levels of physical activity account for [\\$117 billion](#) in annual health care expenditures.

Chronic mental illness threatens to cost states up to [\\$3.5 billion](#) by 2030 if not addressed.

Alzheimer's costs Americans [\\$277 billion](#) annually.

A family of four now pays [\\$10,000](#) in yearly medical expenses, 19% of its yearly income
[59%](#) of all Americans—or 190 million people—have one or more chronic health condition.

Someone diagnosed with a chronic illness can expect a [12% drop](#) in earnings at the time of onset. Over time, this increased to an 18% loss in earnings.

Accordingly, for a middle-income wage earner making \$50,000 a year, the onset of a chronic illness would lower annual income by \$6,000 during the year of onset and by \$9,000 a year, longer term. Reducing working hours rather than leaving the job market altogether were found to be the primary driver of lost income, raising additional questions about the impact on hourly versus salaried workers. [Health Affairs Blog](#).

We could save [\\$116 billion](#) a year by assuming modest changes in healthy behavior and health care delivery, including increased physical activity, reduced smoking and obesity, and improved treatment rates.

86% of the \$2.7 trillion the U.S. spends in healthcare costs go toward diagnosing and treating chronic disease. [CDC](#).

Chronic diseases are estimated to cost the U.S. up to \$42 trillion between 2016 and 2030. If current trends continue, chronic disease would cost \$8,600 per person in medical and productivity costs in 2030. [PFCD](#).

8 in 10 Most Expensive Medical Conditions more common in Inactive Population. [WHO](#).

Healthcare coverage costs for people with 1-2 chronic conditions averaged \$4,107 - \$5,272, compared to \$1,397 - \$1,973 for those without. [PFCD](#).

A person with 1-2 chronic conditions using private insurance spends nearly twice as much in out-of-pocket expenses as someone without. [PFCD](#).

Inactive people incur an additional \$1,437 in medical costs per year. [CDC](#).

Americans spend \$3 trillion treating existing health issues, yet only \$60 billion, 0.2%, on preventative health care measures like physical activity and lifestyle behaviors.

Chronic diseases cost \$794 billion in lost employee productivity each year, according to projections from the Partnership to Fight Chronic Disease. [PFCD](#).

Physical inactivity costs \$117 billion in healthcare spending each year. [CDC](#), [Sciencedirect](#).

Over the lifetime, an obese child who continues to remain obese in adulthood incurs lifetime medical costs \$19,000 higher than a non-obese child who maintains a healthy weight through adulthood. [Pediatrics](#).

Between 1962 and 2002, 1 billion gallons of extra gasoline per year could be attributed to weight gain of passengers. [Business Insider](#).

There is an estimated \$2.8 Trillion Economic Impact of Inactivity over a Lifetime ([Johns Hopkins 2017](#))

\$1,437 Additional Medical Cost Annually for Inactive Americans ([CDC 2015](#))

ECONOMIC BENEFITS OF PHYSICAL ACTIVITY

Every \$1 spent on evidence-based programs that increase physical activity, improve nutrition and prevent tobacco use saves \$5.60 in health spending within five years and up to \$6.20 within 10 years. [TFAH](#).

People with heart disease who met weekly exercise recommendations saved on average \$2,500 a year in out-of-pocket medical costs. [J Am Heart Assoc](#).

Every year, \$116 billion could be saved if modest change in lifestyle and care delivery were implemented. [PFCD](#).

Increasing the percentage of elementary school children in the United States who participate in 25 minutes of physical activity three times a week from 32 percent to 50 percent would avoid \$21.9 billion in medical costs and lost wages over the course of their lifetimes. If 100% of kids aged 8-11 were that active, \$60 billion in lifetime medical costs and lost wages could be saved. [Johns Hopkins School of Public Health](#).

High-fit participants showed 40% lower average annual healthcare costs compared to low-fit participants based on Medicare charges after age 65. This savings comes out to an average of \$5,242 less for men's annual healthcare costs and an average of \$3,964 less for women's annual costs. [Journal of the American College of Cardiology](#).

Mid-Life Activity Reduces Late in Life Health Costs ([Cooper Institute 2015](#))

Economic Benefits of Youth Activity - if 50 percent of children active to healthy level would save \$21.9B in medical expenses and lost productivity annually. ([Health Affairs](#))