

## **COSTS: INADEQUATE NUTRITION-PHYSICAL ACTIVITY-OBESITY**

Health care spending is expected to rise by 25% by 2030. Chronic diseases are responsible for 75% of health care costs (1) . If all physically inactive Americans became active, we would save \$77 billion in medical costs annually. According to U. S. Department of Agriculture, healthier diets could prevent at least \$71 billion per year in medical costs, lost productivity and lost lives (2).

### **Diabetes Costs**

Obesity related diseases which include diabetes associated with inadequate physical activity and nutrition increase medical costs for the federal Medicare and Medicaid programs, employers and American consumers. Data on the costs of related disorders associated with inadequate nutrition and physical activity appear below

- Employers pay an average of \$4,410 more per year for employee beneficiaries who have diabetes than for beneficiaries who do not have diabetes (3)
- Diet and inactivity related diseases increase costs to families ( i.e. they pay about \$2,000 per year in drug store expenses) (4)
- Diet – and inactivity-related diseases increase costs to businesses ( i.e. medical costs of employees increased from \$2225 to \$3753 per year with increasing BMI of employees) (5)

### **Health Care System Costs**

The costs to the medical health care delivery system as a result of inadequate physical activity and nutrition associated with obesity and other chronic health conditions is considerable A list of costs associated with the consequences of the disability risk factors associated with health care costs appears below.

- From 1979 to 1998 annual hospital costs for treating obesity-related diseases in children rose three-fold (6)
- Federal Medicare and Medicaid costs due to diabetes were \$14.5 billion in 2000 (7)
- Obesity increases inpatient and ambulatory health care costs by \$395 per person per year- more than smoking and problem drinking (8)
- The total U.S. healthcare costs due to obesity is \$94 billion (9) Half that costs, \$47 billion, is paid through Medicare and Medicaid
- The Center for Disease Control and Prevention estimates that if all Americans became physically active. We would save \$77 billion in annual medical costs.

### **Costs of Diet-and-Related-Inactivity Related Diseases (10)**

Cancer (11)	\$190 billion
Coronary Heart Disease (12)	\$142 billion
Obesity (13)	\$117 billion
Diabetes (14)	\$132 billion
Stroke (15)	\$57 billion
High Blood Pressure (16)	\$60 billion
Osteoporosis (17)	\$17 billion

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