

"I believe in the
power of sport to..."

Federal Election Campaign for Sport - 2008



I believe in the power of sport to... **positively affect our health care systems.**

FACT SHEET

Improving health through sport and other forms of physical activity would significantly reduce health-care costs.

- Recent research estimates that *direct* health care costs due to physical inactivity range between \$2.1 and \$5.3 billion per year, representing as much as 5% of annual health care spending (Katzmarzyk, 2004).
- Recent research estimates the direct cost of obesity to be \$1.6 billion per year, with indirect costs totaling an additional \$2.7 billion per year, for an annual total of \$4.3 billion (Katzmarzyk, 2004).
- The Conference Board of Canada has concluded that “increasing sport participation as a strategy for improving the health of Canadians could significantly reduce national health-care costs” (Conference Board, 2005).
- A 10% increase in physical activity would produce an immediate direct cost savings of \$150 million annually (Commission, 2002).
- 56% of Canadian adults aged 18 years and older are not active enough to benefit their health (Statistics Canada, 2002).
- In the next 20 years the number of people over the age of 60 will double. Sport and physical activity can help to reduce and postpone age-related disability (World Health Organization, 2003).
- Physical activity shortens the period of ill health and dependency and the need for institutional care in the latter stages of life (de Groot, 2004).
- An estimated 3 million adult Canadians are obese and a further 6 million are overweight. In 2004, 59% of Canadian adults and more than one-quarter of Canadian children aged 2-17 were overweight or obese (Statistics Canada, 2005). Obesity is associated with type 2 diabetes, cardiovascular disease, hypertension, stroke, gallbladder disease, some forms of cancer, osteoarthritis, and psychosocial problems (Le Petit, 2005).

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