BY THE NUMBERS

More than 2/3 of American adults are overweight or obese.

67%


By 2030, Americans will be almost half as active as they were in 1965.

50%


112,000

There are an estimated 112,000 deaths related to obesity in the U.S. each year.

Missouri Council for Activity and Nutrition
MOCAN
A HEALTHY WORKFORCE FOR A HEALTHY ECONOMY

The estimated costs related to obesity in 2008 were $147 billion.

State and Federal agencies spent $413.9 billion on Medicaid in 2011.

The estimated cost for U.S. employers from health-related productivity losses is $260 billion.

The cost of reduced productivity per worker with asthma, high blood pressure, smoking or obesity is $200-$400 annually.

The potential increase in U.S. GDP with modest improvements in workers’ health statuses by 2030 is estimated to be $905 billion.

During lunch or snack times, unhealthy food choices are often cheaper and more convenient than healthier alternatives.

Missouri Council for Activity and Nutrition
Take Action:

PROMOTING A HEALTHY WORKFORCE

SUPPORT:

- Evidence-based wellness programs in public institutions.
- Wellness programs for teachers and other school staff. Research shows the adult participants benefit AND promote more physical activity and better nutrition in their students.
- Education for small businesses about the benefits of wellness programs.
- Financial incentives for small businesses that offer wellness programs.
- Collaboration between community-based organizations, hospitals, health care providers and small businesses to offer health screenings and physical activity programs.
- Fitness programs.
- Development of community designs that encourage healthy behaviors and physical activity.


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