

Because sport matters... Parce que le sport est important...

BECAUSE SPORT MATTERS TO OUR HEALTH CARE SYSTEM 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).

Sport Matters Group – Le Groupe le Sport est important

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