

NCPPA Supports Solutions That...

- **Promote increased physical activity and improve health** for all people in the United States – from youth to older adults – through wide-ranging policies in transportation, environment, education, work site, and other areas.
- **Combat preventable chronic disease and obesity** through a focus on increased physical activity, recognizing activity's important role in energy balance.
- **Responsibly use tax policies and other financial measures/incentives to encourage changes in behavior** that can lead to increased levels of physical activity and reducing chronic diseases related to inactivity, with an emphasis on easing the financial burden of and barriers to participation.
- **Incorporate the promotion of physical activity in health care and education** reform measures.
- **Place a special focus on those with greatest risk for preventable chronic disease in part due to physical inactivity**, including certain racial and ethnic minorities, people with disabilities, and those living in urban, suburban, and rural communities adversely affected by socio-economic issues.
- **Pursue emerging/innovative opportunities to meaningfully promote physical activity** and healthy lifestyles through policy.

NCPPA Leadership Level Members

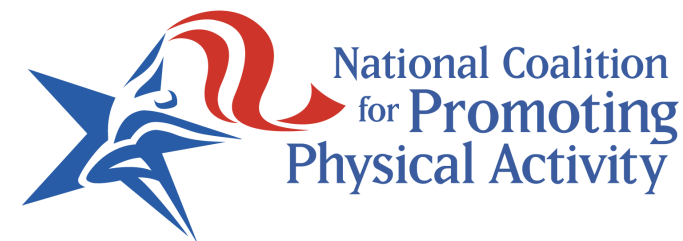
American Alliance for Health, Physical Education, Recreation & Dance
American Cancer Society
American College of Sports Medicine
American Council on Exercise
American Heart Association
Athletic Republic
International Health, Racquet & Sportsclub Association
McNeil Nutritionals, a Johnson and Johnson Company
National Athletic Trainer's Association
National Recreation and Park Association
Pharmaceutical Research and Manufacturers of America
Shaping America's Health/American Diabetes Association
SnowSports Industries America
Sporting Good Manufacturers Association
United States Tennis Association
YMCA of the USA

NCPPA National Strategic Partner Members

Action for Healthy Kids
AARP
American Physical Therapy Association
California Park and Recreation Society
The Cooper Institute for Aerobics Research
National Collegiate Athletic Association
PE4Life
Pop Warner Youth Football
Trust for America's Health
United States Masters Swimming
University of SC, Department of Exercise Science
Western Du Page Special Recreation Association
Women's Sports Foundation

National Coalition for Promoting Physical Activity, Inc. (NCPPA)

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NCPPA supports efforts to encourage physical activity policies and programs as a means to prevent expensive chronic conditions...

- The CDC includes physical inactivity as one of the three key risk areas that need to be eliminated in order to prevent:
 - 80% of heart disease and stroke;
 - 80% of type 2 diabetes
 - 40% of cancer
- If 10% of adults began a regular walking program, \$5.6 billion in heart disease costs could be saved.
- Health care costs for people with a chronic condition average \$6,032 annually - five times higher than for those without such a condition.
- If the prevalence of obesity was the same today as 1987, health care spending in the US would be 10 percent lower per person—about \$200 billion less
- The percent of children and youth who are overweight has tripled since 1980
- 96 percent of Medicare dollars and 83 percent of Medicaid dollars are spent on people with chronic conditions.

National Coalition for Promoting Physical Activity

NCPPA does not believe that it is feasible to legislate or regulate individual behavior change. We do believe that implementing policy changes to make communities more conducive to physical activity is a more sustainable choice and one that requires decisions by policymakers at the local, state, and national level.

Some possible ideas include...

- Expand community based preventive interventions in throughout all communities.
- Consolidate and coordinate efforts of federal, state and local governments in disease prevention, physical activity promotion and health promotion.
- Urge insurers to cover preventive services that utilize and expand upon disease management programs to educate and reimburse for physical activity
- Improve the health and well-being of our nation through a regular physical activity prescription from doctors and other healthcare providers as specified in the Exercise is Medicine™ (EIM) initiative.
- Include physical activity as a global topic when crafting the nation's programs such as the National Surface Transportation Act; the National Energy Policy and the Elementary and Secondary Education Act.
- Ensure opportunities for all citizens to be adequately informed and educated about the effectiveness and benefits of lifelong physical activity through school-based and community-based programs;
- Including prevention, wellness and physical activity promotion in Health Care Reform
- Provide economic incentives including tax incentives to enable American's and their families to reduce the cost of being physically active.

The time for action is NOW more than ever...each day, week, month and year that goes by sees the cost of the nations' health, particularly that associated with chronic disease and obesity rise to new precedents.

The Trust For America's Health, in its report, Prevention for a Healthier America: Investments in Disease Prevention Yield Significant Savings, Stronger Communities, concluded that ***an investment of \$10 per person*** per year in proven community-based programs to increase physical activity, improve nutrition, and prevent smoking and other tobacco use could ***save the country more than \$16 billion annually*** within five years.

Policy makers must act now to change the paradigm of health in the United States— from paying for illness to supporting prevention and wellness.

The ***most cost effective way to do this is to increase support for physical activity at all levels***, as well as for nutrition improvement and ensure that all Americans are equipped with knowledge and opportunities to become healthier, more productive citizens.

The time is now for this type of change... policy makers are in a position to lead the nation to a healthier lifestyle by providing access to physical activity opportunities for all Americans, young, old and disabled that will allow us to reduce the actual cost of healthcare.