According to the CDC (Centers for Disease Control and Prevention), chronic diseases are now the number one threat to public health, far surpassing infectious diseases in the U.S. 

- 75% of our healthcare costs go toward treating chronic diseases¹
- Prolonged sitting is the #1 contributor to chronic diseases²
- 85% of America's workforce is paid to sit at a desk all day²
- 1 hour of sitting is as unhealthy as smoking 2 cigarettes³

**WHAT HAPPENS WHEN YOU GET UP AND MOVE EVERY HOUR!**

- **21%** Reduction in the treat for Breast Cancer, the most common cancer in women no matter race or ethnicity.
- **25%** Reduction in the threat for Colon Cancer, the 3rd most commonly diagnosed cancer and 2nd leading cancer killer in both men & women.
- **27%** Reduction in the threat for Stroke, the leading cause of death in the U.S., killing nearly 130,000 Americans each year.
- **30%** Reduction in the threat for Type 2 Diabetes, which affects nearly 26 million Americans, 7 million whom may be undiagnosed.
- **50%** Reduction in the threat for Hypertension, which costs the U.S. over $47 billion annually in direct medical expenses.

The average annual cost to employers per 1,000 employees for the same 5 diseases

**ACTIVE VS. SEDENTARY**

- **$311,808.17** to treat breast cancer, colon cancer, stroke, diabetes, and hypertension for a sedentary employee base
- **$201,988.00** to treat breast cancer, colon cancer, stroke, diabetes, and hypertension for an active employee base

**Questions?** Please contact wellness@uc.edu
uc.edu/hr/bewelluc