

SITTING IS THE NEW SMOKING

#1

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

21%

Reduction in the threat for **Breast Cancer**, the most common cancer in women no matter race or ethnicity.

HAPPENS

25%

Reduction in the threat for **Colon Cancer**, the 3rd most commonly diagnosed cancer and 2nd leading cancer killer in both men & women.

WHEN YOU

27%

Reduction in the threat for **Stroke**, the leading cause of death in the U.S., killing nearly 130,000 Americans each year.

GET UP AND

MOVE EVERY

30%

Reduction in the threat for **Type 2 Diabetes**, which affects nearly 26 million Americans, 7 million whom may be undiagnosed.

HOUR!

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

1.CDC 2. US News; Gallup 3. NY Times Well Blog

Questions?

Please contact wellness@uc.edu
uc.edu/hr/bewelluc