

THE CARE GAP

Today in the U.S. 69% of adults are obese or overweight, and 50 million people suffer from arthritis. Many also suffer additional health conditions such as heart disease and diabetes. Among these, women and minorities are much more likely to suffer.

SITUATION CRITICAL

61% of arthritis sufferers are women

Latinos **50%** more likely to have difficulty walking than whites

African Americans and Latinos **2x more likely** to have severe joint pain compared to whites

African Americans **40%** more likely to be obese than whites

African Americans **60%** more likely to be diabetic than whites

Heart disease is **#1 killer** of African Americans and Latinos

Latinos **50%** more likely to die from diabetes than whites

1 in 3 women are obese and half of African American women are obese

THE COST OF IMMOBILITY

The cost of immobility and its related health conditions is staggering—in terms of personal and national economy as well as human life.

\$4,879: annual cost of being obese for a woman (compared to \$2,646 for a man)

112,000 preventable deaths each year attributed to obesity

\$2,600 average yearly out-of-pocket expenses for arthritis sufferer

\$128 billion annual cost of arthritis (medical care + lost wages)

Specific choices have a long-term positive effects on obesity, arthritis, heart disease and diabetes. Through movement, education, and awareness, we can reduce disparities in care and improve the health of our nation.

