

plug
into healthier lifestyles

unplug
ILLINOIS

> ILLINOIS RESIDENTS FACE THESE ISSUES:

Inactivity

The American Academy of Pediatrics recently found that children spend more than 7 hours per day in front of a screen (TV, computer, videogames, etc.).

Nearly 40% of Americans do not engage in any leisure-time physical activity (U.S. National Institute of Health).

Obesity

Nearly one-third of Americans are clinically obese and this number has nearly doubled since 1980 (U.S. Center for Disease Control).

Obese employees lost 184 days of work per 100 staff compared to 14 days per 100 staff for people with normal Body Mass Index.

Chronic Disease

U.S. Center for Disease Control data indicates Americans spend nearly 90% of their health care dollars on treating chronic diseases.

The total costs of heart disease and stroke in 2010 were estimated to be \$315.4 billion.

The total estimated cost of diagnosed diabetes in 2012 was \$245 billion.

Increasing Health Care Costs

Productivity losses related to personal and family health problems cost U.S. Employers \$1,685 per employee per year, or \$225.8 billion annually.



TRANSFORMS YOUR COMMUNITY THROUGH UNLIMITED PARK AND RECREATION OUTLETS THAT LEAD TO HEALTHIER LIFESTYLES:

Young adults are two or three times more physically active when parks or recreation facilities are accessible compared with young adults that do not have the same opportunity (letsmove.gov).

In children with attention disorders and in teens with behavioral disorders, contact with nature has resulted in significant improvement (University of Illinois Landscape & Human Health Lab).

Visit our many options to exercise and recreate:

The U.S. Chamber of Commerce found that individuals who recreate and/or exercise to maintain a healthy weight save over \$1,500 in health care costs per year.

The U.S. Center for Disease Control and Prevention has found that recreation and access to nature have positive effects on PTSD, diabetes, heart disease, ADHD and depression.



PROVIDES YOU OPPORTUNITY TO GET ACTIVE, CONNECT WITH NATURE AND LOWER YOUR HEALTH CARE COSTS.

what's your outlet?