

### **THE HEALTH OF ILLINOISANS IS AT RISK**

- 62.2% of adults are overweight<sup>1</sup> and 27.6 % are obese. Within the obese category, 39% of African Americans, 26.8% of Hispanic/Latino, and 26.6% of Non-Hispanic White adults are obese.<sup>2</sup>
- Nearly 1 in 3 children are overweight or obese.<sup>3</sup>
- Obesity is a leading risk factor for heart disease<sup>4</sup> and diabetes.
- Over 25% of deaths are caused by heart disease, with African Americans having the highest heart disease mortality rates.<sup>5</sup>
- Nearly 1 in 12 Illinoisans have been diagnosed with diabetes<sup>6</sup> and approximately 1 in 2 Hispanic children born after 2000 is predicted to get diabetes in their lives.<sup>7</sup> Diabetes is twice as common among Mexican-Americans and Puerto Rican Americans than among Caucasian Americans.<sup>8</sup>

### **THE PROSPERITY OF ILLINOIS IS AT RISK**

- Illinois' healthcare system spends \$6.3 billion per year to treat obesity-related health issues
- \$1.09 billion of the obesity-related healthcare costs are paid by the Illinois Medicaid program.<sup>9</sup>
- A 2012 report estimated that Illinois could save more than \$9 billion in 10 years and \$28 billion in 20 years if we reduce obesity rates by just 5%.<sup>10</sup>

### **SUGARY DRINKS ARE THE #1 SOURCE OF ADDED SUGAR IN OUR DIET AND ARE STRONGLY LINKED TO CHRONIC DISEASE AND OBESITY**

- Obesity has many causes, but there is strong scientific evidence that sugary drink consumption is linked to obesity.<sup>11</sup>
- One study found that just one sugary drink per day increases a child's odds of becoming obese by 60%.<sup>12</sup>
- Adults who drink 1-2 servings/day are 26% more likely to develop type 2 diabetes than those who drink 0-1 per month.<sup>13</sup>
- Sugary drinks are the #1 source of added sugar (51%) in the American diet.<sup>14</sup>

### **THE HEAL ACT PROVIDES COMMUNITIES WITH THE TOOLS TO LIVE HEALTHIER LIVES. ADDITIONALLY, THE HEAL ACT'S PENNY-PER-OUNCE EXCISE TAX ON SUGARY DRINKS COULD RESULT IN:**

- 23.5% reduction in sugary drink consumption.
- 9.3% reduction in obese youth (ages 2-17) and 5.2% reduction in obese adults (ages 18+).
- 3,442 fewer Illinoisans with diabetes and \$20.7 million decrease in health care costs for diabetes.
- The tax could produce a \$150.8 million decrease in obesity-related healthcare costs.<sup>15</sup>
- \$600 million to invest in prevention.<sup>16</sup>

### **THE HEAL ACT IS ESTIMATED TO PRODUCE OVER \$600 MILLION IN NEW REVENUE IN THE 1<sup>ST</sup> YEAR, AND HELP TO ENSURE THE PROSPERITY OF ALL ILLINOISANS.**

- Research shows the tax would have no net negative impact on jobs, and could create a net statewide increase of 4,500 jobs.<sup>17</sup>
- Approximately \$100 million to support wellness and diabetes and heart disease prevention initiatives in communities in need, including:
  - o Nutrition education and physical activity in schools and early childhood education programs
  - o Support for farmer's markets, community gardens, and healthier retail stores
  - o Support for public health and chronic disease prevention efforts
- Approximately \$500 million to support expanded prevention services in Medicaid to prevent and manage diabetes, heart disease, cancer, and other chronic conditions.

## ORGANIZATIONS THAT SUPPORT THE HEAL ACT INCLUDE:

*A Just Harvest*  
*Active Transportation Alliance*  
*AIDS Foundation of Chicago*  
*ALAS - Wings*  
*American Cancer Society - Cancer Action Network*  
*American Diabetes Association*  
*American Heart Association, Midwest Affiliate*  
*American Lung Association*  
*American Nurses Association - Illinois Chapter*  
*Center for Tax and Budget Accountability*  
*Champaign County Health Care Consumers*  
*Champaign-Urbana Public Health District - Division of Wellness and Health Promotion*  
*Chicago Department of Public Health - Policy, Planning and Legislative Affairs*  
*Chicago Hispanic Health Coalition*  
*Coalition of African, Arab, Asian, European and Latino Immigrants of IL*  
*Consortium to Lower Obesity in Chicago Children*  
*DeKalb Community Gardens*  
*Esperanza Health Centers*  
*Evanston Health Advisory Council*  
*EverThrive Illinois*  
*Experimental Station / LinkUP Illinois*  
*Faith in Place*  
*Howard Brown Community Center*  
*Illinois Academy of Family Physicians*  
*Illinois Action for Children*  
*Illinois African American Coalition for Prevention*  
*Illinois Association of Public Health Administrators*  
*Illinois Association for Health, Physical Education, Recreation and Dance*  
*Illinois Chapter, American Academy of Pediatrics*  
*Illinois Coalition Against Handgun Violence*

*Illinois Coalition for Immigrant and Refugee Rights*  
*Illinois Farm to School [Seven Generations Ahead endorsed]*  
*Illinois Network of Child Care Resource & Referral Agencies (INCCRRA)*  
*Illinois Physical Therapy Association*  
*Illinois Primary Health Care Association*  
*Illinois Public Health Association*  
*Illinois Public Health Institute*  
*Illinois Rural Health Association*  
*Illinois Society for Advanced Practice Nurses*  
*Illinois Society of Public Health Educators (SOPHE)*  
*Illinois State Dental Society*  
*Inner-City Muslim Action Network*  
*Lake County Health Department*  
*League of Illinois Bicyclists*  
*Lee County Health Department*  
*McLean County Wellness Coalition*  
*McLean Wellness (Bloomington Public Schools - Food Service)*  
*Metro South Medical Center*  
*National Association of Social Workers, IL Chapter*  
*National Kidney Foundation*  
*Northern Illinois Public Health Consortium*  
*Ounce of Prevention Fund*  
*Partnership for a Healthier Lee County*  
*Proviso Partners for Health*  
*Sargent Shriver National Center on Poverty Law*  
*SEIU Healthcare Illinois, Indiana*  
*Seven Generations Ahead*  
*Sugar Beet Co-op*  
*The Children's Health Center, S.C.*  
*Turning Point Behavioral Health Care Center*  
*Warren Community School District 205*

*(List in formation)*

To view the citations for this fact sheet, visit <http://preventobesityil.org/legislative-initiatives/>