

## Annex 5A. Summary of Results on Direct Costs of Inactivity from 18 Studies between 1980-2014

Supplementary material for: Bull, F., S. Goenka, V. Lambert, and M. Pratt. 2017. "Physical Activity for the Prevention of Cardiometabolic Disease." In *Cardiovascular, Respiratory, and Related Disorders* edited by D Prabhakaran, S Anand, TA Gaziano, J-C Mbanya, Y Wu, and R Nugent. Volume 5 of *Disease Control Priorities, third edition*. Washington, DC: World Bank.

Country	Author	Year of source data	Prevalence of Inactivity+	National direct costs of inactivity to health care^/ (in national Currency)	Percentage of Health care costs attributable to inactivity	% of all cause mortality attributable to Inactivity	DALYS	Annual Costs per Inactive Person in 2010 US\$++
Holland	Rejnen and Velthuisen, 1989	1983	Not available	-	1.0%	-	-	56
USA	Pratt et al., 2000	1987	43%	US\$ 29.2 billion /yr	-	-	-	1412
Holland	Stam et al, 1996	1990	Not available	Dfl 178 million /yr	1.2%	-	-	48
UK	Nicholl et al., 1994	1991	70%	15-44yrs: £6800 / >44yrs: £304,000 per 10,000 persons	-	-	-	15-44yrs: 143 >45yrs: 114
Australia	Stephenson et al., 2000	1994	44%	AU\$ 377.4 million/yr	1.1%	-	-	163
USA	Colditz, 1999	1995	29%	US\$ 24 billion/yr	2.4%	-	-	1016
Northern Ireland	Swales, 2000	1998	20%	£0.62 million/yr	-	-	-	-
Canada	Katzmarzyk et al., 2000	1999	62%	C\$ 2.1 billion/yr	2.5%	10.3	-	155
Switzerland	Martin et al., 2001	1999	37%	SFr 1.6 billion/yr	-	-	-	637
Canada	Katzmarzyk & Janssen, 2004	2001	54%	C\$ 1.6 billion/yr	2.6	-	-	90
Brazil (State of Sao Paulo)	Matsudo et al., 2002	2000	32%	R\$ 86 million/yr	3.3	-	-	-

South Africa	Joubert et al., 2007	2000	46%	-	-	3.3	1.1	-
Columbia (City of Bogota)	Lobelo et al., 2006	2002	53%	¥15 million/yr	2.5	-	-	-
UK	Allender et al., 2007	2002-03	17%	£1.06 billion/yr	1.5	3.1	3.0%*	32
UK	Scarborough et al., 2011	2006-07	17%	£0.9 billion/yr	1.2	-	-	-

^ all costs given in the year of data unless otherwise indicated

\*\* Data on direct costs per inactive person calculated by and reported in Pratt et al., 2014 and used year 2010 US\$

\*data for WHO EUR A region in 2002

+not all countries defined and measured physical inactivity using exactly the same method

# world prevalence estimates from Global Burden of Disease project 2002 (ref 2002 report) updated for 2004

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