

ISSUE: The health and financial well-being of Illinoisans are at risk.

- **The Physical State of the State**
 - 62.2% of adults are overweight¹ 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.²
 - Nearly 1 in 3 children are overweight or obese.³
 - Over 25% of deaths are caused by heart disease,⁴ with African Americans having the highest heart disease mortality rates.⁵ Obesity is a leading risk factor for heart disease⁴
 - Nearly 1 in 12 Illinoisans have been diagnosed with diabetes⁶ and approximately 1 in 2 Hispanic children born in 2000 are predicted to get diabetes in their lives.⁷ Diabetes is twice as common among Mexican-Americans and Puerto Rican Americans than among Caucasian Americans.⁸
- **Our \$6.3 Billion Problem**
 - 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.⁹
 - A 2012 report estimates 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%.¹⁰

RISK: Sugary drinks are a problem and consumption is strongly linked to chronic disease and obesity

- Obesity has many causes, but there is strong scientific evidence that sugar-sweetened beverage (SSB) consumption is linked to obesity.¹¹
- One study found that just one SSB per day increases a child's odds of becoming obese by 60%.¹² Another study found that Latino kids are more likely to drink sugary drinks before age 2 compared to their white peers (74% vs. 45%).¹³
- Adults who drink 1-2 servings/day are 26% more likely to develop type 2 diabetes than those who drink 0-1 per month.¹⁴
- SSB's are the #1 source of added sugar (46%) in the American diet.¹⁵

SOLUTION: The HEAL Act places a penny-per-ounce excise tax on SSBs to help fund community efforts to reduce obesity and other illnesses, which one study shows could result in:

- 23.5% reduction in sugar-sweetened beverage consumption
- 9.3% reduction in obese youth (2-17) and 5.2% reduction in obese adults (18+)
- 3,442 fewer Illinoisans with diabetes and \$20.7 million decrease in health care costs for diabetes
- \$600 million to invest in prevention¹⁶

IMPACT: The HEAL Act is estimated to produce over \$600 million in new tax revenue in the 1st year,¹⁷ and have a positive economic and health impact.

- Research shows the tax would not have a net negative impact on jobs, and could create a net statewide increase of 4,500 jobs.¹⁸
- The tax could produce a \$150.8 million decrease in obesity-related healthcare costs.¹⁹
- Approximately \$300 million to support community wellness initiatives, including:
 - Nutrition education and physical education (P.E.) in schools
 - Support for farmers markets and community gardens
 - Support for public health and chronic disease prevention efforts
- Approximately \$300 million to support expanded prevention services in Medicaid



Organizations that support the HEAL Act include:

- *AIDS Foundation of Chicago*
- *American Cancer Society- Cancer Action Network*
- *American Diabetes Association*
- *American Heart Association, Midwest Affiliate*
- *Chicago Hispanic Health Coalition*
- *Coalition of African, Arab, Asian, European and Latino Immigrants of IL*
- *EverThrive Illinois (formerly the IL Maternal and Child Health Coalition)*
- *Illinois Academy of Family Physicians*
- *Illinois Action for Children*
- *Illinois African American Coalition for Prevention*
- *Illinois Association for Health, Physical Education, Recreation and Dance*
- *Illinois Association of Public Health Administrators*
- *Illinois Chapter, American Academy of Pediatrics*
- *Illinois Public Health Association*
- *Illinois Public Health Institute*
- *Illinois Society of Public Health Educators (ISOPHE)*
- *Illinois State Dental Society*
- *McLean County Wellness Coalition*
- *Ounce of Prevention Fund*
- *SEIU Healthcare Illinois, Indiana*
- *Seven Generations Ahead*
- *Turning Point Behavioral Health Care Center*

(List in formation)

¹ Centers for Disease Control and Prevention (2014). Illinois's response to obesity. Retrieved July 18, 2013 from <http://www.cdc.gov/obesity/stateprograms/fundedstates/illinois.html#ref-brfss>

² Robert Wood Johnson Foundation (2013). National Data Hub: Prevalence of Obesity (BMI > 30) among adults. Retrieved September 20, 2013 from <http://www.rwjf.org/en/research-publications/research-features/rwif-datahub/national.html#q/scope/national/ind/37/dist/19/char/58/time/3/viz/map/cmp/brkdwn>.

³ Centers for Disease Control and Prevention (2014). Illinois's response to obesity. Retrieved July 18, 2013 from <http://www.cdc.gov/obesity/stateprograms/fundedstates/illinois.html#ref-brfss>.

⁴ Centers for Disease Control and Prevention (2014). Heart disease facts. Retrieved July 18, 2014 from <http://www.cdc.gov/heartdisease/facts.htm>.

⁵ Illinois Department of Public Health (2007). Heart disease and stroke in Illinois: 2007-2012 state plan. Retrieved July 31, 2014 from http://www.idph.state.il.us/heartstroke/state_plan_book2.pdf.

⁶ Illinois Department of Public Health (2012). The burden of diabetes in Illinois: Prevalence, mortality and risk factors. Retrieved July 18, 2014 from http://www.idph.state.il.us/diabetes/pdf/8-27-12_Diabetes_Burden.pdf.

⁷ Illinois Department of Public Health (2014). Diabetes: Are Hispanics/Latinos at greater risk? Retrieved July 31, 2014 from http://www.idph.state.il.us/idhp/idhp_HispanicRiskForDiabetes.htm.

⁸ The University of Chicago Medicine (2014). General diabetes statistics. Retrieved August 1, 2014 from <http://www.uchospitals.edu/online-library/content=P00353>.

⁹ Trogdon, J. G., Finkelstein, E. A., Feagan, C. W. and Cohen, J. W. (2012), State- and Payer-Specific Estimates of Annual Medical Expenditures Attributable to Obesity. *Obesity*, 20: 214–220. doi: 10.1038/oby.2011.169. Retrieved July 31, 2014 from <http://onlinelibrary.wiley.com/doi/10.1038/oby.2011.169/full>

¹⁰ Trust for America's Health (2012). F as in fat: How obesity threatens America's future 2012. Retrieved July 18, 2014 from <http://healthamericans.org/assets/files/TFAH2012FasInFat18.pdf>.

¹¹ Harvard School of Public Health (2014). Sugary drinks and obesity factsheet. Retrieved July 18, 2014 from <http://www.hsph.harvard.edu/nutritionsource/sugary%20drinks-fact-sheet/>.

¹² Ludwig DS, Peterson KE, Gortmaker SL. Relation between consumption of sugar-sweetened drinks and childhood obesity: a prospective, observational analysis. *Lancet*. 2001;357:505-8.

¹³ Chaloupka, F. (2013). Issue brief: Sugary drinks and Latino kids. *Salud America! and Bridging the Gap*. Retrieved July 31, 2014 from <http://salud-america.org/sites/salud-america/files/Sugary-Drinks-issue-brief.pdf>.

¹⁴ Harvard School of Public Health (2014). Sugary drinks and obesity factsheet. Retrieved July 18, 2014 from <http://www.hsph.harvard.edu/nutritionsource/sugary%20drinks-fact-sheet/>.

¹⁵ United States Department of Agriculture (2010). Dietary guidelines for Americans, Chapter 3. Retrieved September 25, 2013 from <http://www.cnpp.usda.gov/publications/dietaryguidelines/2010/policydoc/chapter3.pdf>.

¹⁶ Chaloupka, Frank J., Wang, Y. Claire, Powell, Lisa M., Andreyeva, Tatiana, Chriqui, Jamie F., Rimkus, Leah M. (2011). Estimating the potential impact of sugar-sweetened and other beverage excise taxes in Illinois. Retrieved 11/6/13 from http://www.cookcountypublichealth.org/files/pdf/Chaloupka_Report_PRf.pdf.

¹⁷ Chaloupka, Frank J., Wang, Y. Claire, Powell, Lisa M., Andreyeva, Tatiana, Chriqui, Jamie F., Rimkus, Leah M. (2011). Estimating the potential impact of sugar-sweetened and other beverage excise taxes in Illinois. Retrieved 11/6/13 from http://www.cookcountypublichealth.org/files/pdf/Chaloupka_Report_PRf.pdf.

¹⁸ Powell, Lisa M., Roy Wada, Joseph J. Persky, and Frank J. Chaloupka (2014). Employment Impact of Sugar-Sweetened Beverage Taxes. *American Journal of Public Health*. Retrieved July 18, 2014 from <http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2013.301630>.

¹⁹ Chaloupka, Frank J., Wang, Y. Claire, Powell, Lisa M., Andreyeva, Tatiana, Chriqui, Jamie F., Rimkus, Leah M. (2011). Estimating the potential impact of sugar-sweetened and other beverage excise taxes in Illinois. Retrieved 11/6/13 from http://www.cookcountypublichealth.org/files/pdf/Chaloupka_Report_PRf.pdf.