



SUPPORT A HEALTHY AND PROSPEROUS ILLINOIS

Support the Healthy Eating and Active Living Act (HEAL Act) [SB 1584 and HB 2667]

THE HEALTH OF ILLINOISANS IS AT RISK

- 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
- Obesity is a leading risk factor for heart disease⁴ and diabetes.
- Over 25% of deaths are caused by heart disease, with African Americans having the highest heart disease mortality rates.⁵
- Nearly 1 in 12 Illinoisans have been diagnosed with diabetes⁶ and approximately 1 in 2 Hispanic children born after 2000 is 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

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.⁹
- 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%.¹⁰

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.¹¹
- One study found that just one sugary drink per day increases a child's odds of becoming obese by 60%.¹²
- Adults who drink 1-2 servings/day are 26% more likely to develop type 2 diabetes than those who drink 0-1 per month.¹³
- Sugary drinks are the #1 source of added sugar (51%) in the American diet.¹⁴

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.¹⁵
- \$600 million to invest in prevention.¹⁶

THE HEAL ACT IS ESTIMATED TO PRODUCE OVER \$600 MILLION IN NEW REVENUE IN THE 1ST 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.¹⁷
- Approximately \$300 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 \$300 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:

Action for Healthy Kids
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
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 Department (Coalition Endorsed)
EverThrive Illinois
Experimental Station / LinkUP Illinois
IL Farm to School [Seven Generations Ahead endorsed]
Illinois Academy of Family Physicians
Illinois Action for Children
(List in formation)

Illinois African American Coalition for Prevention
Illinois Assoc of Public Health Administrators
Illinois Association for Health, Physical Education, Recreation and Dance
Illinois Chapter, American Academy of Pediatrics
Illinois Coalition for Immigrant and Refugee Rights
Illinois Public Health Association
Illinois Public Health Institute
Illinois Society for Advanced Practice Nurses
Illinois Society of Public Health Educators (SOPHE)
Illinois State Dental Society
Lake County Health Department
League of Illinois of Bicyclists
Lobbyist for [[American Nurses Assoc IL]] / ISAPN
McLean County Wellness Coalition
McLean Wellness (Bloomington Public Schools - Food Service)
Northern Illinois Public Health Consortium
Ounce of Prevention Fund
Proviso Partners for Health
Sargent Shriver National Center on Poverty Law
SEIU Healthcare Illinois, Indiana
Seven Generations Ahead
The Children's Health Center, S.C.
Turning Point Behavioral Health Care Center

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/rwjf-datahub/national.html#q/scope/national/ind/37/dist/19/char/58/time/3/viz/map/cmp/brkdown>.

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://healthyamericans.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 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/>.

¹⁴ 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>.

¹⁵ Chaloupka, Frank J., Wang, Y. Claire, Powell, Lisa M., Andreyeva, Tatiana, Chiqui, 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.

¹⁶ Chaloupka, Frank J., Wang, Y. Claire, Powell, Lisa M., Andreyeva, Tatiana, Chiqui, 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 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>.