THE IMPACT OF PHYSICAL ACTIVITY ON THE HEALTH OF POLES

WHAT WOULD SOCIETY GAIN FROM INCREASING PHYSICAL ACTIVITY?

100 K
people more working in the Polish economy





3 bln PLN

a decrease in costs associated with employee absenteeism

64 K obese individuals less

190 K overweight people less





If half of inactive Poles would start doing physical exercises, it would give the following benefits:



440 mln PLN

savings in the health care system (as much as the city budget of Koszalin)

14.6%

reduction in number of patients suffering from cardiovascular diseases: it translates into 11 thousand heart attacks less a year





decrease in mortality rate

by **6%**

that would cut yearly number of deaths by 25 thousand

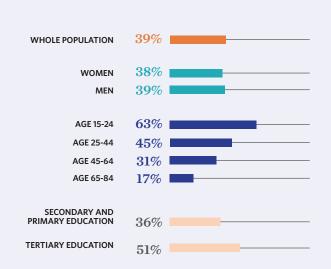


2 200 people a year would avoid colon cancer

women would avoid breast cancer

women would avoid endometrial cancer

HOW MANY POLES ARE PHYSICALLY ACTIVE IN LEISURE TIME?



 * A physically active person is a person whose weekly physical activity in leisure time is at least 10 MET-hours, which corresponds to 1 h 40 min of cycling a week.

HOW MUCH DOES AN AVERAGE HOUSEHOLD SPEND ON SPORTS?

41% of households in Poland spend on sports or physical recreation, among them the average sports expenditure amounts to $1\,017\,PLN$ a year.

