

OFFICE OF THE
LEGISLATIVE
FISCAL
ANALYST

JONATHAN C. BALL
DIRECTOR

MEMORANDUM FOR EXECUTIVE APPROPRIATIONS COMMITTEE

FROM: Steven Allred, Deputy Director

DATE: October 10, 2017

SUBJECT: Get Healthy Utah

Greg Bell, representing the Utah Hospital Association, will present the Get Healthy Utah initiative, a collaborative effort aimed at reducing obesity through improved healthy eating and active living. Enclosed is a copy of the front page of the initiative's website at gethealthyutah.org.

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WHAT IS GET HEALTHY UTAH?

Get Healthy Utah is a collaborative effort aimed at reducing obesity through improved healthy eating and active living. Nationally, nearly 17% of children and more than 30% of adults are currently considered obese — putting them at heightened risk for a wide range of health problems. In Utah, the rate among adults is slightly less (25%). However, without significant changes in our approach to addressing obesity, the rate is projected to increase to 46% by 2050. That is 1.7 million Utahns!

Currently, obesity is one of the biggest healthcare cost drivers — adding up to billions of dollars in preventable spending each year in the United States. In Utah the projected cost for diabetes could increase to \$1.8 billion by 2050 if we don't take action to reverse the trend.

According to the Robert Wood Johnson Foundation, if we fail to change the course of the nation's obesity epidemic, the current generation of young people may be the first in American history to live shorter, less healthy lives than their parents. No one group or organization can successfully address this problem alone. It will take the work of individuals, families, communities, faith-based groups, schools, workplaces, health systems - all of us - to build a healthy Utah. Get Healthy Utah is working to build public will, align activities, and engage Utahns as a community to improve health and quality of life.

