



**FACT SHEET:**

**Diet-Related Illnesses Costs U.S. **\$1.01 Trillion** Annually**

(Direct, Indirect Costs)

September 2016

***Poor Diet Costs the Nation **\$1.01 Trillion** Each Year!***

Virtually all the major scientific and medical institutions in the world agree that the risk of heart disease, cancer, diabetes, and a host of other diseases is linked to a meat-based diet consisting of highly processed foods laden with fats and artificial ingredients.

These institutions further agree that the risk is greatly reduced by adopting a healthy low-fat, high-fiber diet. At Down to Earth, we believe this result is best achieved by adopting a healthy vegetarian diet consisting of organic produce and natural foods.

A vegetarian diet is not only good for one's personal health; it's also good for the nation's economy. Just five diet-related chronic diseases cost the U.S. economy a staggering **\$1.01 Trillion** each year! This is an estimate of direct medical costs and the indirect impact of productivity losses due to illness and premature death associated with cardiovascular disease and stroke, obesity, osteoporosis, cancer, and diabetes. Details are provided as follows:

Disease	Data Source	Cost (In Billions \$)*
Cardiovascular and stroke (2016) <sup>1</sup>	American Heart Association	\$320.1
Cancer (2009) <sup>2</sup>	American Cancer Society	216.6
Diabetes (2012) <sup>3</sup>	American Diabetes Association	245
Obesity (2015) <sup>4</sup>	State of Obesity	210
Osteoporosis (2016) <sup>5</sup>	National Osteoporosis Foundation	19
<b>Total</b>		<b>\$1010.70</b>

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\* These numbers are not conclusive, as they come from different online, albeit reliable, sources that used different methodologies to calculate their estimates.

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<sup>1</sup> American Heart Association, "Heart Disease and Stroke Statistics – At-a-Glance" [2015]

[https://www.heart.org/idc/groups/ahamah-public/@wcm/@sop/@smd/documents/downloadable/ucm\\_470704.pdf](https://www.heart.org/idc/groups/ahamah-public/@wcm/@sop/@smd/documents/downloadable/ucm_470704.pdf) Accessed on 9/16/2016.

<sup>2</sup> The American Cancer Society, "Cancer Facts & Figures 2014," <http://www.cancer.org/acs/groups/content/@research/documents/webcontent/acspc-042151.pdf> Accessed 9/16/2016.

<sup>3</sup> American Diabetes Association, "American Diabetes Association Releases New Research Estimating Annual Cost of Diabetes at \$245 billion," March 6, 2013 <http://www.diabetes.org/newsroom/press-releases/2013/annual-costs-of-diabetes-2013.html> Accessed 9/14/16

<sup>4</sup> State of Obesity <http://stateofobesity.org/healthcare-costs-obesity/> Accessed 9/14/16

<sup>5</sup> National Osteoporosis Foundation. "Medicines in Development for Osteoporosis". <http://www.nof.org/wp-content/uploads/2016/04/Medicines-In-Development-For-Osteoporosis.pdf>. Accessed on 9/14/2016.