

# The 2 Minute Drill



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*The Mission of The Center For Kids FIRST in Sport, Health, & Education is to keep all kids physically active, healthy, and playing for life. This newsletter is one of our tools to educate and inform kids, parents, teachers, coaches, and other interested adults about the effects of youth sports, exercise, and nutrition on our children and our culture.*



We found this contrast interesting. The lead story in the Arizona Republic on March 10, 2004 screaming out for our attention just below one of America's favorite foods: The Hot Dog!

## Bet You Didn't Know

- Diet and physical inactivity accounted for 400,000 deaths in 2002. 16.6 percent
- Tobacco accounted for 435,000 deaths in 2002. 18.1 percent
- Alcohol consumption, 85,000 deaths.
- Motor-vehicle crashes, 43,000 deaths.
- Sexual behaviors (AIDS) , 20,000 deaths.
- Illicit drug use, 17,000 deaths.

## Behind The Scenes

In 15 years, one in five health care dollars spent on people ages 50-69 could be for medical problems related to excess weight. Right now, treatment costs for obesity-related diseases exceeds \$100 billion per year. Cost to taxpayers: \$36 billion per year.