



## PERSONAL HEALTH INVESTMENT TODAY ACT

The Personal Health Investment Today (PHIT) Act (S. 2218/H.R. 1218), introduced by Sen. John Thune (R-SD) and Rep. Charles Boustany (R-LA), would give Americans a tax incentive to get active, stay fit and improve their health. By allowing consumers to use money in pre-tax medical accounts (HSAs, FSAs, etc.) to pay for physical activity expenses, the PHIT Act will reduce the cost barrier to physical activity and make health prevention a priority in the American healthcare system. NRPA supports the inclusion of the PHIT Act in any comprehensive tax reform legislation.

### BACKGROUND

The PHIT Act was introduced by Sen. John Thune (R-SD) and Rep. Charles Boustany (R-LA) with robust bipartisan support. The bill amends the Internal Revenue Code to allow a medical care tax deduction for up to \$1,000 (\$2,000 for married couples filing jointly or heads of household) of qualified sports and fitness expenses. Americans would be able to use their pre-tax medical savings accounts — Flexible Spending Accounts (FSAs) and Health Savings Accounts (HSAs) — to pay for preventive physical activity expenses. These expenses include memberships at recreation or fitness facilities, youth and adult sports league fees, exercise classes, youth camps, organized running event registration fees, martial arts, gymnastics and other physical activities. Currently, pre-tax medical savings accounts are primarily used for reimbursement of medical expenses after you become sick. Obesity and physical inactivity affect individuals, businesses and governments alike — costing our economy billions of dollars in medical treatment, lost productivity and premature deaths. Physically active individuals save an estimated \$500 per year in healthcare costs. <sup>1</sup>In fact, a \$1 investment in physical activity (time and equipment) leads to \$3.20 in medical cost savings.

### WHY CONGRESS SHOULD ACT

We need to get America moving to reduce healthcare costs. Parks play a vital role as hubs in nearly every community where individuals, young and old, can go to be physically active. According to the Centers for Disease Control (CDC), almost 35 percent of U.S. adults (78.6 million) and approximately 17 percent of children and adolescents (12.7 million) ages 2–19 are obese. <sup>2</sup> By passing the PHIT Act, we can lower the costs of illness and obesity, and incentivize Americans to get active and fit. Help make a difference by joining NRPA in supporting passage of S. 2218 and H.R. 1218.

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<sup>1</sup> World Health Organization. Health and Development Through Sport Report, 2008. <sup>2</sup> CDC.gov, Prevalence of Obesity in the United States, 2011 – 2012. <sup>3</sup> CDC.gov, 2014 State Obesity.

### 2014 STATE OBESITY PREVALENCE RATES (%)<sup>3</sup>

Alabama	33.5	Illinois	29.3	Montana	26.4	Puerto Rico	28.3
Alaska	29.7	Indiana	32.7	Nebraska	30.2	Rhode Island	27.0
Arizona	28.9	Iowa	30.9	Nevada	27.7	South Carolina	32.1
Arkansas	35.9	Kansas	31.3	New Hampshire	27.4	South Dakota	29.8
California	24.7	Kentucky	31.6	New Jersey	26.9	Tennessee	31.2
Colorado	21.3	Louisiana	34.9	New Mexico	28.4	Texas	31.9
Connecticut	26.3	Maine	28.2	New York	27.0	Utah	25.7
Delaware	30.7	Maryland	29.6	North Carolina	29.7	Vermont	24.8
District of Columbia	21.7	Massachusetts	23.3	North Dakota	32.2	Virginia	28.5
Florida	26.2	Michigan	30.7	Ohio	32.6	Washington	27.3
Georgia	30.5	Minnesota	27.6	Oklahoma	33.0	West Virginia	35.7
Hawaii	22.1	Mississippi	35.5	Oregon	27.9	Wisconsin	31.2
Idaho	28.9	Missouri	30.2	Pennsylvania	30.2	Wyoming	29.5

