

**Question for written answer E-007098/2016  
to the Commission**  
Rule 130  
**Mireille D'Ornano (ENF)**

Subject: The costs of physical inactivity

A study published in the British medical journal 'The Lancet' has attempted to quantify the costs of sedentary lifestyles across the world. The study shows that health problems linked to physical inactivity cost EUR 61 billion globally in 2013. This total is divided into USD 53.8 billion in health expenditure and USD 13.7 billion in productivity losses. The study looked at data for 142 countries, representing 93% of the world's population. It is developed countries that bear a proportionally larger financial burden as a result of inactivity (80.8% of healthcare costs and 60.4% of indirect costs). According to a second study published in the same journal, it is possible to eliminate the increased risk of death associated with being seated for eight hours per day by doing at least one hour of exercise each day (such as walking at a brisk pace or cycling).

Does the Commission intend to introduce measures aimed at ending this pandemic?