

# Impact of Physical Activity on Medical Expenditures Among Adults Downhearted and Blue

Guijing Wang, PhD; David R. Brown, PhD

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**Objective:** To examine inactivity-associated medical expenditures in adults, controlling for frequency of feeling downhearted/blue. **Methods:** Using the 1987 National Medical Expenditure Survey (N=12,250), expenditures were analyzed by comparison and multivariate models. Expenditures were updated to 2003 dollars. **Results:** Medical expenditure was \$354 (t=3.80, P<0.01) lower for active than inactive per-

sons: 6.1% of the expenditure (\$133 in 1987, \$429 in 2003) was inactivity associated. The total inactivity-associated expenditure was near \$12 billion in 1987 (\$38 billion in 2003). **Conclusions:** Medical expenditure increased with frequency of feeling downhearted/blue and was higher for inactive than active people.

**Key words:** medical costs, inactivity, depressive symptoms

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