

How outdoor recreation in Oregon pays off

Oregonians love outdoor recreation.

It's a well-known fact that physically active individuals are healthier than their sedentary neighbors and less likely to incur medical expenses. But researchers at Oregon State University wanted to take that conclusion a step further: can we quantify the amount of health care savings associated with outdoor physical activity?

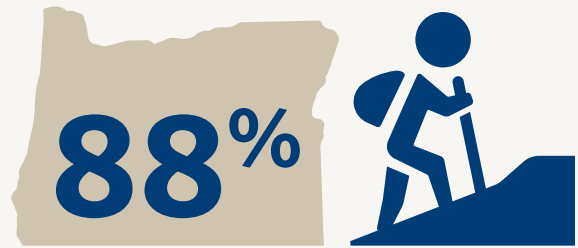
The researchers crunched some numbers to determine "Cost of Illness savings" from active outdoor activities in 2018. The results were striking.



**TOTAL STATEWIDE
COST OF ILLNESS
SAVINGS FROM OUTDOOR
ACTIVITIES IN 2018**

▶ **\$1.4 billion**

**THAT'S ABOUT 3.6% OF TOTAL
HEALTHCARE COSTS IN OREGON**



**OF OREGONIANS
PARTICIPATED IN AT LEAST ONE
PHYSICALLY ACTIVE
OUTDOOR ACTIVITY IN 2018**



*Recreating residents are
healthier than their sedentary
neighbors and less likely to
incur medical expenses.*



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Cost of Illness (COI) savings include costs of disease-specific treatments and lost economic productivity. COI savings were calculated by OSU researchers using the "Oregon Recreation Health Estimator Tool" for 30 outdoor recreation activities. The tool estimates savings for eight primary illnesses: breast cancer, colon cancer, stroke, ischemic heart disease, depression, dementia, diabetes and hypertensive heart disease. The tool is part of the OSU study *Health Benefits Estimates for Oregonians from their Outdoor Recreation Participation in Oregon*.

Oregon County	County Total Cost of Illness Savings	% Population Participating in Any Health-Related Outdoor Recreation Activity (MET Value ≥ 3.0)
Baker	\$6,339,123	88
Benton	\$34,908,064	93
Clackamas	\$123,716,963	87
Clatsop	\$9,399,842	89
Columbia	\$16,040,950	84
Coos	\$15,646,147	88
Crook	\$5,203,606	82
Curry	\$4,735,581	80
Deschutes	\$78,907,044	91
Douglas	\$25,714,813	84
Gilliam	\$497,140	84
Grant	\$2,568,208	90
Harney	\$1,694,898	79
Hood River	\$8,295,414	88
Jackson	\$72,093,645	88
Jefferson	\$5,925,777	86
Josephine	\$21,522,391	84
Klamath	\$16,904,975	83
Lake	\$2,079,866	84
Lane	\$118,488,241	88
Lincoln	\$11,259,176	83
Linn	\$29,593,808	87
Malheur	\$6,901,476	76
Marion	\$127,119,923	89
Morrow	\$2,894,896	84
Multnomah	\$328,657,374	90
Polk	\$28,967,591	90
Sherman	\$424,856	84
Tillamook	\$5,187,040	81
Umatilla	\$19,941,213	84
Union	\$9,055,119	93
Wallowa	\$2,555,788	90
Wasco	\$6,501,788	84
Washington	\$233,920,291	89
Wheeler	\$291,697	89
Yamhill	\$31,917,263	86
Oregon	\$1,415,871,987	88

The data is clear: community investment in accessible outdoor recreation makes Oregonians healthier and is a cost-effective health prevention strategy.