



Americans are living longer, but **unhealthy behaviors** continue to compromise **our health.**

1 in 4 adults is a current smoker

1 in 3 adults is obese

ONLY 1 in 5 adults meets recommended levels of physical activity

HIGH BLOOD PRESSURE & CHOLESTEROL

Fewer than half of adults with high blood pressure and less than a third of adults with high cholesterol have it under control.

SMALL STEPS CAN MAKE A **BIG** DIFFERENCE

FOR EXAMPLE:

If each American cut back just

100 calories a day for

3 Years

we would prevent over

57 Million

potentially fatal cases of Heart Disease, Cancer and Diabetes.



HEALTHCARE WORKERS CAN:

- ▶ Screen for risk factors
- ▶ Counsel, treat and monitor patients
- ▶ Encourage them to take their medicines and make healthier choices
- ▶ Connect patients to community resources



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention