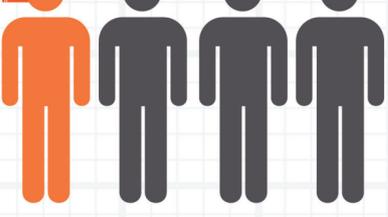
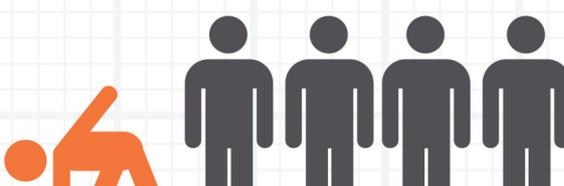




Americans are living longer, but **unhealthy behaviors** continue to compromise **our health.**

 **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 

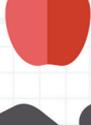
 **3 Years** 

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