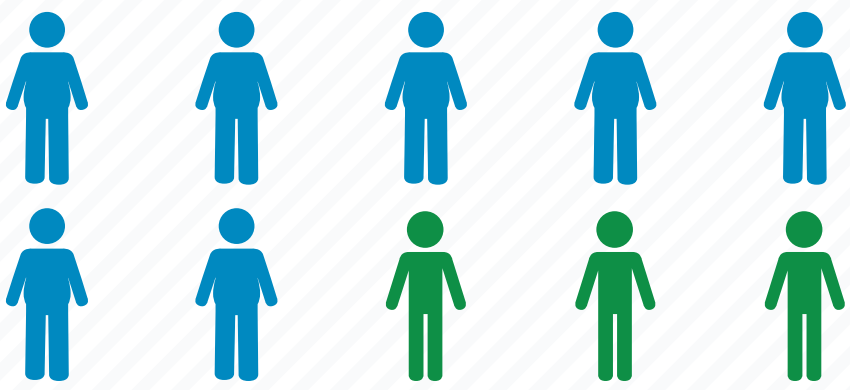
Long-Haul Truck Drivers: OBESITY CAN TAKE YOU OFF THE ROAD

7 IN 10 long-haul truck drivers are obese



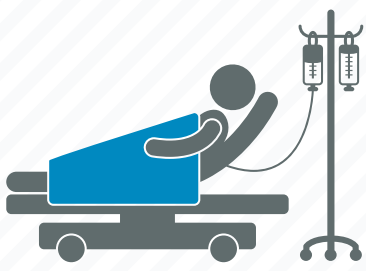
2 TIMES more than U.S. adult workers

Obesity increases the chance for these health problems:

- Type 2 diabetes
- Sleep apnea
- Heart disease
- Cancer
- Joint and back pain
- Stroke

These problems can disqualify you from receiving your commercial driver's license (CDL).

No CDL may be hard on your wallet and your health.



What can you do to prevent obesity?

- Eat healthy and smaller portion sizes.
- Drink more water instead of sugary drinks like soda.
- Be more physically active.
- Track your weight and body mass.

Learn more at: **www.cdc.gov/obesity/strategies/me.html** or speak to your doctor

Department of Health and Human Services
Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health

*References: Centers for Disease Control and Prevention [2012]. Overweight and obesity: causes and consequences [http://www.cdc.gov/obesity/adult/causes/index.html].
Sieber WK, Robinson CF, Birdsey J, Chen GX, Hitchcock EM, Lincoln JE, Nakata A, Sweeney MH [2014]. Obesity and other risk factors: the National Survey of U.S. Long-Haul Truck Driver Health and Injury. Am J Ind Med (57)615-626. This work was supported by the National Institute for Occupational Safety and Health with partial funding from the Federal Motor Carrier Safety Administration, U.S. Department of Transportation.