

CDC Obesity Can Take You Off The Road



Infographics for long haul truck drivers and the effects of obesity on their health.

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:



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



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



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.



Information from the National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). Obesity and Weight Management: http://www.niddk.nih.gov/health-information/health-topics/obesity/obesity-weight-management.htm

Information from the National Institutes of Health, National Institute of Occupational Safety and Health (NIOSH). Obesity and Weight Management: http://www.cdc.gov/niosh/obesity/obesity-weight-management.htm

