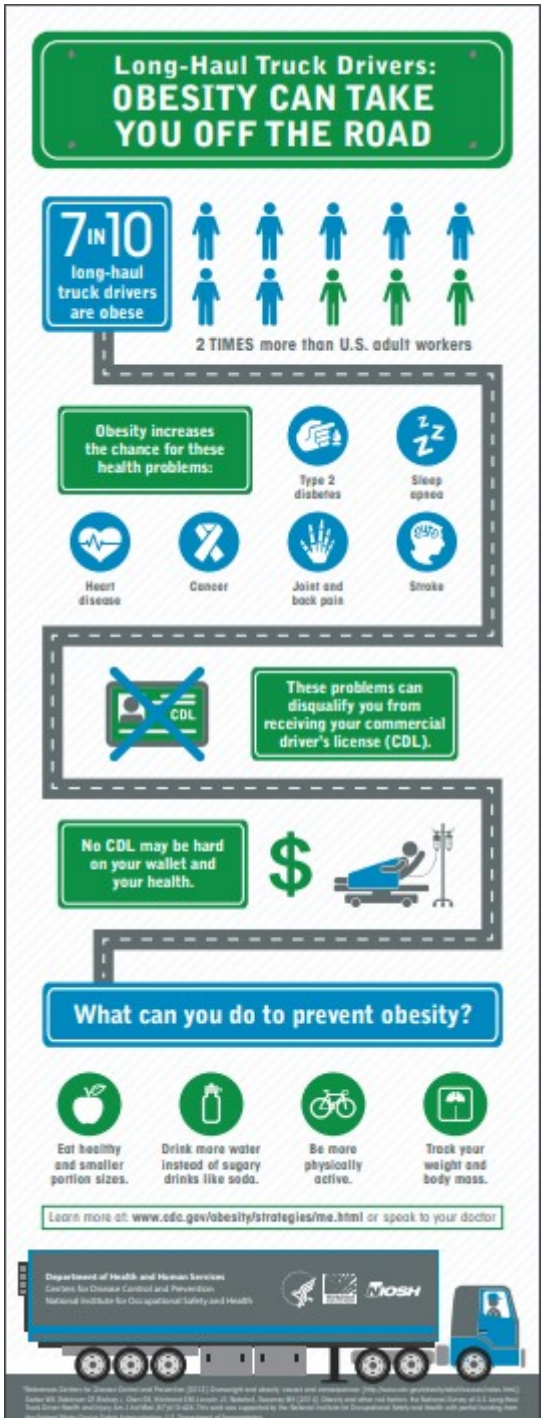
CDC Obesity Can Take You Off The Road



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:
Type 2 diabetes
Sleep apnea
Heart disease
Cancer
Joint and back pain
Stroke
CDL
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
NIOSH