

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 speed

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.



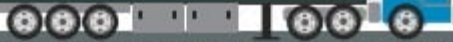
Be more physically active.



Track your weight and body mass.

Learn more at: www.sdc.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

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