



A MINUTE OF HEALTH WITH CDC

Step Away From the Table

State-Specific Prevalence of Obesity Among Adults — United States, 2007

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Is America eating itself to death? A recent CDC study indicates that more than one in four adults in the United States is obese. Adults in their fifties had the highest rate. Failure to maintain a healthy weight can lead to serious health issues, such as heart disease and diabetes, and can result in premature death. The main causes of obesity are overeating or an unhealthy diet, combined with a lack of physical activity. So push away from the table and get moving. Exchange those chips for an apple and that TV show for a lap around the block. Don't wait. Get started today on the path to a healthier tomorrow.

Thank you for joining us on *A Minute of Health with CDC*.

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