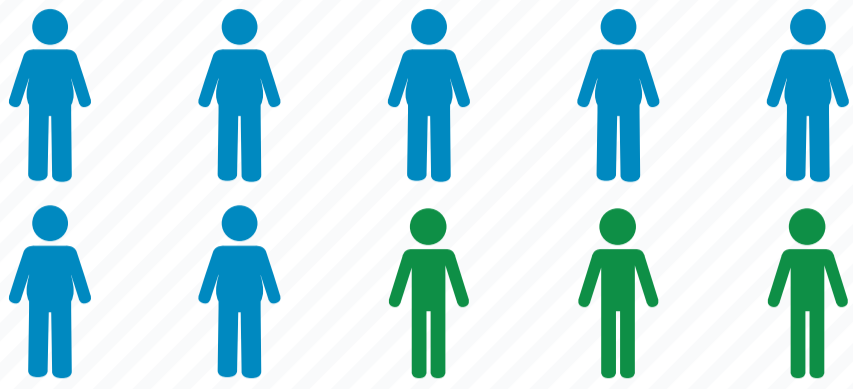


Long-Haul Truck Drivers: OBESITY CAN TAKE YOU OFF THE ROAD

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



NIOSH

