



A MINUTE OF HEALTH WITH CDC

Staying Ahead of Father Time

Prevalence and Most Common Causes of Disability Among Adults — United States, 2005

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

Many of us take our health for granted, but a recent CDC study found that more than one in five U.S. adults has a disability. The top three causes are arthritis or rheumatism, back or spine problems, and heart trouble. Disabilities occur more often among women than men and increase with age. Aging baby boomers will likely cause large increases in the number of Americans with disabilities over the next 20 years.

Exercise, a healthy diet, and quitting smoking can delay or even prevent the onset of some disabilities and improve the management of others. A few simple behavioral changes can lead to a happier, healthier life.

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

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