



A MINUTE OF HEALTH WITH CDC

Slim Down and Shape Up

Vital Signs: State-Specific Obesity Prevalence Among Adults — United States, 2009

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

In the U.S., obesity has become both a financial and a health problem. The medical costs associated with obesity are estimated at 147 billion dollars. Among the health problems linked to obesity are heart disease, high blood pressure, diabetes, and certain cancers.

Replacing foods high in fat or sugar with those lower in calories, such as fruits and vegetables, combined with regular physical activity, is a great first step towards losing weight.

If you're experiencing health problems associated with obesity, talk to your healthcare provider and develop a plan to slim down and shape up.

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

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.