



A MINUTE OF HEALTH WITH CDC

Improving the Health of Our Nation

CDC National Health Report: Leading Causes of Morbidity and Mortality and Associated Behavioral Risk and Protective Factors — United States, 2005-2013

Recorded: November 4, 2014; posted: November 6, 2014

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Life expectancy in the U.S. has reached an all-time high, thanks to advances in medical treatments and prevention strategies. However, certain behaviors continue to compromise our health. Smoking and obesity are major contributors to the leading causes of death, which include heart disease, stroke, cancer, and chronic lung disease.

Quit smoking, eat a healthy diet, and exercise regularly to improve your health. Getting checkups and recommended screenings can ensure that problems are identified and treated early. Talk with your health care provider about how *you* can live a longer, healthier life.

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

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.