



## **A MINUTE OF HEALTH WITH CDC**

### *Lose Weight, Add Healthy Years*

*Prevalence of Obesity Among Adults by Household Income and Education – United States, 2011-2014*

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

People with obesity are at increased risk for many diseases and chronic conditions. About four in 10 adults in the U.S. are considered obese, based on a measurement of body mass index. In general, obesity is more common among middle-aged people, Hispanics, African American women, and those with less education. Achieving and maintaining a normal weight is a key factor in a healthy lifestyle. Eating a diet that's high in fruits and vegetables and low in added sugar, combined with regular physical activity, is the best way to stay in shape and avoid obesity. If you're struggling with your weight, talk with your health care provider about strategies that are best for you.

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

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*