

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:

- Heart disease
- Cancer
- Joint and back pain
- Type 2 diabetes
- Sleep apnea
- 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

OSHA

NIOSH