Americans are living longer, but unhealthy behaviors continue to compromise our health.

- 1 in 4 adults is a current smoker.
- 1 in 3 adults is obese.
- Only 1 in 5 adults meets recommended levels of physical activity.
- High blood pressure & cholesterol.
- Fewer than half of adults with high blood pressure and less than a third of adults with high cholesterol have it under control.

Small steps can make a big difference.

For example: If each American cut back just 100 calories a day for 3 years, we would prevent over 57 million potentially fatal cases of Heart Disease, Cancer and Diabetes.

Healthcare workers can:
- Screen for risk factors.
- Counsel, treat and monitor patients.
- Encourage them to take their medicines and make healthier choices.
- Connect patients to community resources.