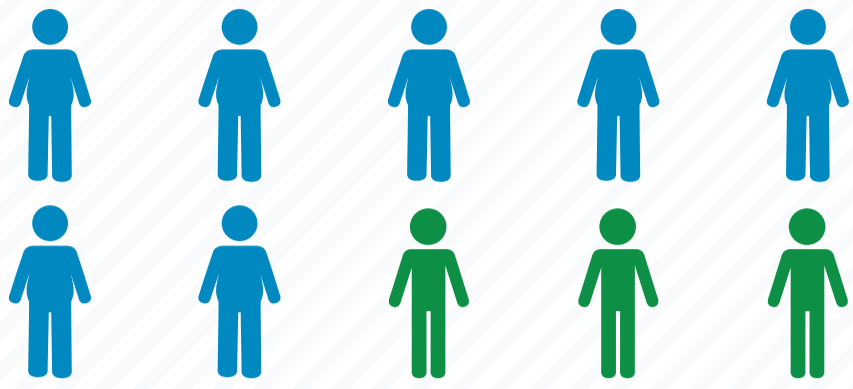


# Long-Haul Truck Drivers: OBESITY CAN TAKE YOU OFF THE ROAD

**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:



Type 2  
diabetes



Sleep  
apnea



Heart  
disease



Cancer



Joint and  
back pain



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](http://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



**NIOSH**

