

# REAL HEALTH CONSEQUENCES



1 out of 2 obese people will die prematurely due to **complications associated with their weight**

*\* American Journal of Epidemiology 2011*

- Stroke
- Dyslipidemia
- Hypertension
- Osteoarthritis
- Type 2 Diabetes
- Gallbladder Disease
- Coronary Heart Disease
- Sleep Apnea and Respiratory Problems
- Some Cancers (endometrial, breast, and colon)

\* [www.cdc.gov](http://www.cdc.gov)