Habits and Safety Stats and Facts

FACTS

5 Interesting Facts About Habits

1. Habits are the ultimate energy saver
2. Over 40 percent of what you do is habitual
3. It takes, on average, around 66 days to change a habit
4. You never forget a habit
5. Habits are relicts of your past goals

STATS

- **Dietary Risks**

The total number of deaths caused by dietary risks in the U.S. is 559,000.

- **Tobacco Smoke**

The total number of deaths caused by tobacco smoke in the U.S. is 447,000.

- **High BMI (BODY MASS INDEX)**

The total number of deaths caused by high BMI in the U.S. is 335,000.

- **High Sytolic Blood Pressure**

The total number of deaths caused by high blood pressure in the U.S. is 421,000.

- **Diabetes**

The total number of deaths caused by diabetes in the U.S. is 246,000.

- **High Cholesterol**

The total number of deaths caused by high cholesterol in the U.S. is 174,000.

- **Alcohol and Drug Use**

The total number of deaths caused by alcohol and drug use in the U.S. is 159,000.

- **Low Physical Activity**

The total number of deaths caused by low physical activity in the U.S. is 145,000.