Six Facts on Obesity

Odds of winning the lottery 1 in 135,145,920 (multi-state, mega-millions jackpot)
Odds of dying from obesity (being at least 30 pounds overweight) because of a sedentary lifestyle: 1 in 10,767 (American Council on Science and Health)

1. Obese workers file twice the number of workers' compensation claims as non-obese workers, according to a Duke University Medical Center study.
2. Obese men between the ages of 18 and 34 are four times more likely to miss work than their co-workers who are not overweight.
3. Only nine percent of Canadians ages five through 19 meet recommended physical activity guidelines.
4. One in five Americans (20 percent of the population) is considered obese.
5. For optimal health, people are encouraged to engage in at least 30 minutes of moderately intense physical activity on at least five days of each week.
6. More than half of all Canadians are considered inactive.