

# Weigh the Risks



## Make Healthy Eating a Way of Life

Two-thirds of U.S. adults are overweight or obese. If you are one of these adults, unhealthy eating may be the cause. Children and teens in the U.S. are also at risk. Nearly 13 million 2 to 19 year olds are obese. Poor eating habits can lead to unhealthy weight. It can also cause major health problems, such as:

- Heart disease
- High blood pressure
- Stroke
- Type 2 diabetes
- Osteoporosis (bone loss)
- Some types of cancer
- Liver and gallbladder disease
- Sleep apnea and respiratory problems

Use common sense about eating habits so you can take charge of your health.



**Small talk:** Health problems from poor eating habits are showing up at younger ages so it's important to talk to your children early and teach them life-long healthy eating habits.



**BlueCross BlueShield  
of Illinois**

*Source: Centers for Disease Control and Prevention*

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