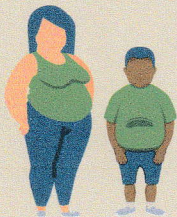


UNFIT TO SERVE

OBESITY

IS IMPACTING NATIONAL SECURITY

THE PROBLEM



Almost **1 in 5 children** and more than **1 in 3 adults** in the U.S. struggle with obesity.

Only **half of adults** and about **one quarter of youth** get recommended amounts of aerobic physical activity.

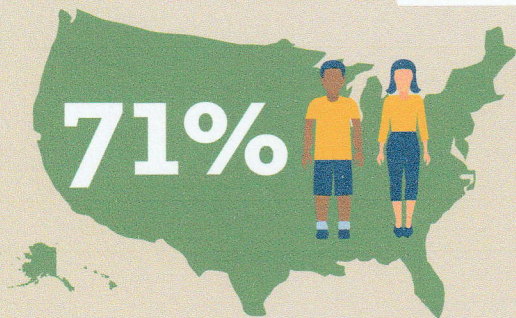


Nearly **1 in 4** young adults are too heavy to serve in our military.

Over the last decade, we have experienced increasing difficulty in recruiting soldiers due to the decline in the health of our nation's youth. Unless we see significant change in physical activity and nutrition in America our national security will be affected.

Mark Hertling, Lieutenant General, U.S. Army (Retired)

INELIGIBLE TO SERVE



71% of young people in the U.S. would not be able to join the military if they wanted to.

3 most common reasons young people are ineligible.



Overweight or obesity (31%)



Educational deficits



Criminal or drug abuse record

OBESITY IMPACTS MILITARY READINESS

Obesity among active duty service members has **risen 61% between 2002 and 2011.**

These individuals are less likely to be medically ready to deploy.

61%



Both obesity and low levels of physical fitness increase the risk for injury among active military personnel.

OBESITY IS COSTLY



**\$1.5
BILLION**

The Department of Defense, our nation's largest employer, spends about **\$1.5 billion annually in obesity-related health care costs** for current and former service members and their families, as well as costs to replace unfit personnel.

Lost workdays due to obesity for active military personnel is **658k days per year**.

**658K
DAYS PER YEAR**



In the civilian world, unfit or overweight employees can impact the bottom line. But in our line of work, lives are on the line and our national security is at stake.

General Richard E. Hawley, U.S. Air Force (Retired)

IMPROVED NUTRITION AND INCREASED PHYSICAL ACTIVITY CAN BUILD A STRONG NATION

Healthy eating and physical activity can provide multiple performance and health benefits for current and future service members.



Healthy Eating Benefits

- Improved brain function
- Delayed muscle fatigue
- Accelerated recovery from strenuous activity
- Improved overall military readiness
- Sustained health and disease prevention

Physical Activity Benefits

- Improved aerobic and muscular fitness
- Improved balance and bone health
- Improved joint mobility
- Improved mental health
- Reduced risk of falling
- Extended years of active life

If we don't take steps now to build a strong, healthy foundation for our young people, then it will not just be our military that pays the price -- our nation as a whole will suffer also.

**Richard R. Jeffries,
Rear Admiral, U.S. Navy (Retired) and
former Medical Officer of the U.S. Marine Corps**



May 2017



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

FOR MORE INFORMATION PLEASE VISIT:
Division of Nutrition, Physical Activity, and Obesity
www.cdc.gov/nccdphp/dnpao

