



## *Numbers*

### **Obesity-Fueled Illness**

**1 in 3**

US adults who are at a healthy weight for their height

**2X**

The risk that an obese man will develop diabetes, compared with a man of normal weight

**44**

Weight gain in pounds from age 18 that doubles a woman's stroke risk

**20**

Weight gain that doubles breast cancer risk

*Source: Susan Burke March, CDE, author of Making Weight Control Second Nature (Mansion Grove House)*

