

# FINDING THE RIGHT BALANCE



Obesity costs  
**\$173 billion** in health  
care expenses each year  
in America.



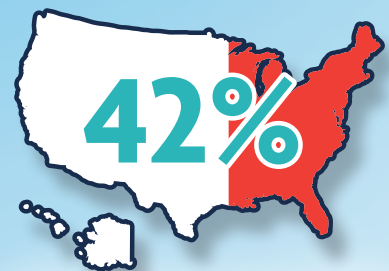
Fewer than **10 percent**  
of adults and adolescents  
eat enough fruits  
and vegetables.



Only **24 percent** of adults get  
enough exercise to help reduce  
and prevent chronic diseases.



Twenty percent of  
people **ages 2 to 19**  
have obesity.



**Forty-two percent** of  
adults in the United States  
have obesity.

Check out the Live Healthy section of [www.SouthCarolinaBlues.com](http://www.SouthCarolinaBlues.com).



South Carolina