

## Super Sized



Eating with the family is healthy  
Rick's Diner Family Dinners [click here](#)

In North Carolina, two-thirds of all adults (65.7%) are overweight or obese. North Carolina ranks 5th worst in the US for childhood obesity. Four of the leading 10 causes of death in the US are related to obesity. Obesity has been linked to: Hypertension, Coronary Heart Disease, Adult Onset Diabetes, Stroke, Gall Bladder Disease, Osteoarthritis, Sleep Apnea, Respiratory Problems, Endometrial, Breast, Prostate and Colon Cancers, Dyslipidemia, steatohepatitis, insulin resistance, Asthma, Hyperuricaemia, reproductive hormone abnormalities, polycystic ovarian syndrome, impaired fertility and lower back pain. Eat Smart Move More NC

## McDonald's feeds over 46 million people a day. The population of Spain\*

Each day, 1 in 4 Americans visits a fast food restaurant



In 1972, we spent 3 billion a year on fast food today we spend more than \$110 billion

French fries are the most eaten vegetable in America

You would have to walk for seven hours straight to burn off a Super Sized Coke, fry and Big Mac

One in every three children born in the year 2000 will develop diabetes in their lifetime

Most nutritionists recommend not eating fast food more than once a month

40 percent of American meals are eaten outside the home

## WORKPLACE POLICY

A policy establishing an organization's support for physical activity and healthy eating is one of the simple organizational policy changes that can be made to help us all eat smart and move more.

- Building physical activity breaks into meetings whenever possible; Encouraging stairwell use, use of walking maps and worksite wellness facilities and activities;
- Management supporting and encouraging physical activity, healthy eating and worksite wellness committee activities;
- Providing healthier foods and beverages during meetings.

From the NC Division of Public Health's Physical Activity and Healthy Eating Proclamation

Learn more...

Youth (B.A.D.D.)

Parents & Schools

Businesses (Good Neighbor)

Faith Community

Law/Justice

Health

**DONATE**



3 of these = 12 of these

DRINK RESPONSIBLY

Fast food facts from the Super Size Me web site\*

12 fl oz of regular beer

= 8-9 fl oz of malt liquor (shown in a 12 oz glass)

= 5 fl oz of table wine

1.5 fl oz shot of 80-proof spirits ("hard liquor" — whiskey, gin, rum, vodka, tequila, etc.)



about 5% alcohol



about 7% alcohol



about 12% alcohol



about 40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.