

Health Counts

YOUR HEALTH IN NUMBERS

52

Percent increase in the risk of cardiovascular disease and all-cause mortality for people who spend more than **4 hours daily in front of a TV** or computer screen.



8

Percent reduction in the risk of hypertension in people who eat **blueberries and strawberries** vs. those who don't eat similar dietary flavonoid foods; this is particularly true for people less than 60 years old.



600 IUs

Men who consume at least this much **vitamin D** each day are 16% less likely to suffer a heart attack than those who get little of the vitamin in their diet.

1 in 6

Proportion of children and teenagers in the U.S. who are obese.

This number has increased threefold from a generation ago, according to the U.S. Centers for Disease Control and Prevention.

1 BILLION

Number of people in 19 countries who are now covered by laws requiring large, graphic health warnings on tobacco packaging; nearly double the number two years ago, when only about 547 million people were covered in 16 countries, according to the World Health Organization.



A new study on diet soda concluded that those who drank **two or more diet soft drinks a day** had the largest waistline increases,

5x

more than that of non-drinkers.