



BC Forest Safety

Safety is **good** business

THE HEALTHY WORKER: OBESITY



- **OBESITY IS A VERY COMMON DISEASE THAT HAS SERIOUS HEALTH IMPLICATIONS.**
- **DIABETES, HIGH BLOOD PRESSURE, HEART, LIVER AND DIGESTIVE PROBLEMS, CANCER, ARTHRITIS AND DEPRESSION ARE ALL INCREASED IN PEOPLE WHO ARE OBESE.**
- **EFFECTIVE WEIGHT MANAGEMENT SHOULD INCLUDE SOCIAL AND PSYCHOLOGICAL SUPPORT ALONG WITH NUTRITIONAL STRATEGIES AND PHYSICAL ACTIVITY.**