

Published based on [The Obesity Epidemic](#)

The Obesity Epidemic

This video explains the many factors that have contributed to the obesity epidemic, and showcases several community initiatives taking place to prevent and reduce obesity. Obesity is a national epidemic and a major contributor to some of the leading causes of death in the US, including heart disease, stroke, diabetes and some types of cancer. We need to change our communities into places that strongly support healthy eating and active living. Comments on this video are allowed in accordance with our comment policy: www.cdc.gov This video can also be viewed at www.cdc.gov

You can also find this article published on [The Obesity Epidemic](#), and on the tag pages [Epidemic](#), [Obesity](#).