



5 HEALTH RISKS FOR BABY BOOMERS

Baby Boomers are people born during the post-WWII baby boom, between 1946 and 1964. This includes people between 53 and 71 years old in 2017, according to the U.S. Census Bureau.

1

OBEISITY

33% of Baby Boomers are obese—many more are overweight. Obesity significantly increases your risk of developing chronic diseases, such as diabetes, congestive heart failure, arthritis and dementia.



2

BONE & JOINT DISEASE

Osteoarthritis and osteoporosis are common in Boomers. It is 1 of the top 5 causes of a disability and increases your risk for fractures in the hip, spine or wrist. Studies show 50% of women and 1 in 4 men over 50 will break a bone due to osteoporosis.



3

CANCER

75% of cancer diagnoses occur in people 55 and older. Research says 50% of cancer deaths and 33% of cancer diagnoses in 2013 were related to smoking, diet and lack of exercise.



4

SMOKING

Smoking is the single largest preventable cause of disease, death and disability. It's never too late to quit, no matter what your age or how many years you have been a smoker. Ask your doctor about smoking cessation aids.



5

SHINGLES, FLU, HEPATITIS

The CDC recommends that adults born between 1945 and 1965 be screened for hepatitis B and C, which can cause liver disease. The CDC also recommends the flu and shingles vaccines.



60 PERCENT

ADULTS BETWEEN 50-64 IN THE U.S. SUFFER FROM 1 OR MORE CHRONIC HEALTH CONDITIONS

1967-1953



BOOMERS: WHAT YOU CAN DO

