



# Health & Science

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## 5 Truths About Health Care in America

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We're living longer, and TIME takes a look at what we're doing to make sure those extra years are healthy ones

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### 3 Although smoking has been on the decline, Americans still don't live healthy lives



One bright spot in the health picture is the dwindling number of smokers, although tobacco still kills about 443,000 people in the U.S. each year. Americans have other health vices, though. About 4 in 10 adults don't exercise at all, a factor contributing to the nation's weight problem

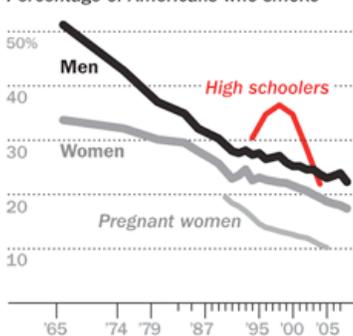
Percentage of adults who smoke

Greece 51.8%

Russia 48.5%

#### CIGARETTES

Percentage of Americans who smoke

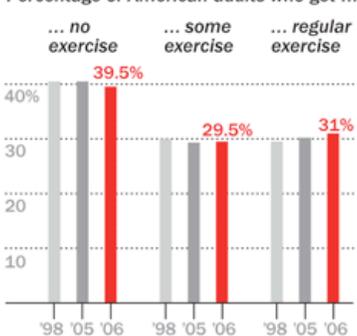


#### Key factor Education

Half of all men with a GED diploma are smokers. Just 6% of men with a graduate degree light up

#### EXERCISE

Percentage of American adults who get ...

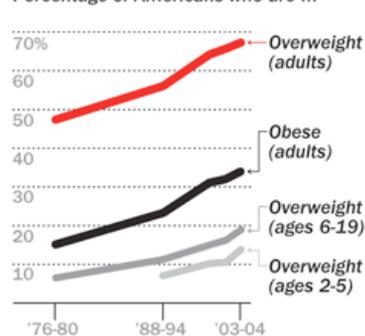


#### Key factor Income

More than half of all people living in poverty get no regular exercise. Poor Latinos are least likely to exercise

#### WEIGHT

Percentage of Americans who are ...



#### Key factors Race and sex

Black women have the highest obesity rate, 52%. For black men and whites of both sexes, it's about 31%

Sources: World Health Organization; National Center for Health Statistics; Centers for Disease Control and Prevention



TIME Graphic by Jackson Dykman