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contributing to a 401(k) improved abnormal health test results and poor health behaviors approximately 27 percent more than non-contributors." This month's "By the Numbers" data from work-life balance expert Jeff Davidson demonstrates that our society could use a little help in the area of improving nutrition.

Jeff Davidson • Sep. 12, 2014



Results of a [recent study](#) showed that “Those who save for the future by contributing to a 401(k) improved abnormal health test results and poor health behaviors

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156 Pounds = The amount of added sugars Americans consume each year. In 1900, the amount was 2 pounds. (WebMD)

The typical teen consumes **TWICE** as much soda as milk. (CDC.gov)

\$150 billion = The annual cost of obesity-related medical conditions in the U.S. (Fitness.gov)

40% of the daily calorie intake of U.S. children aged 2-18 is made up of added sugars and solid fats. (CDC.gov)

Obesity Rates by Ethnicity: (KFF.org)

- Asian: 40%
- White: 62%
- Hispanic: 69%
- Black: 72%

45% of children living in poverty are obese. (Fitness.gov)

9 in 10 Americans consumer more than the daily recommended amount of sodium. (CDC.gov)

25% of Americans eat some type of fast food each day. (CBS)

Since the 1970s, the **rate of obesity** in U.S. children has doubled. (Fast Food Nation)

More than **6 in 10 college students** don't get the recommended five servings of vegetables and fruits per day. (USA Today)

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