

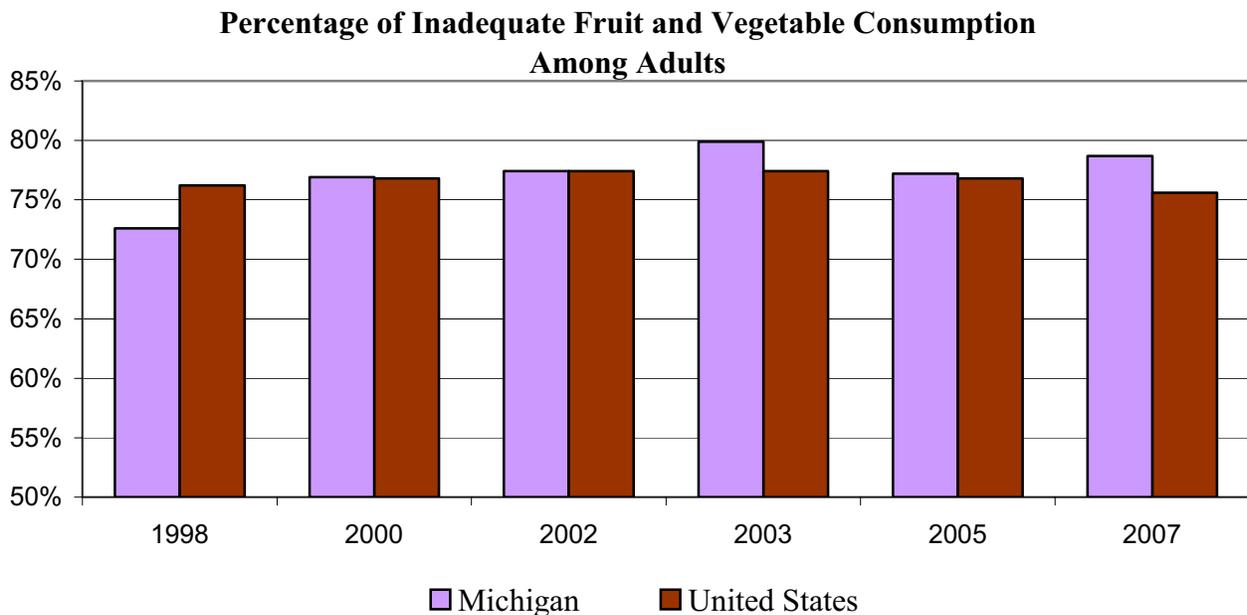


Topic: Risky Health Behaviors

2. Nutrition and Diet

Good nutrition is necessary for a healthy, long life. Dietary factors are associated with cardiovascular disease, stroke, cancer and diabetes, which are estimated to cost society billions of dollars each year in healthcare costs and lost productivity. Good nutrition is especially important in early childhood development. State-level monitoring of the nutrition status of Michigan residents includes program analysis, such as the Women, Infants and Children (WIC) Program, and evaluating statewide data in the Behavioral Health Risk Factor Survey (BRFS) for fruit and vegetable consumption.

How are we doing?



In 2007, 75.6% of Michigan adult residents ate less than the recommended five or more servings of fruits and vegetables a day, and therefore are considered to have inadequate consumption of fruit and vegetables. This trend has been relatively stable over the last ten years.

How does Michigan compare with the U.S.?

In 2007, the percentage of Michigan adults with inadequate fruit and vegetable consumption is about the same as it is for the United States. According to the 2005 National Immunization Survey, 69.1% of Michigan mothers initiated breastfeeding their infants as compared to 74.2% of mothers nationwide.



How are different populations affected?

Inadequate fruit and vegetable consumption is higher among Michigan adult males (83%), than adult females, 72%. Higher rates of inadequate fruit and vegetable consumption are also seen among Michigan high school graduates, 81%, than college graduates, 72%, but even this well-educated group has a relatively high rate.

What is the Department of Community Health doing to improve this indicator?

The MDCH is addressing the nutritional health of state residents through a variety of efforts, placing special emphasis on disparate populations including low-income children. Michigan's state-wide campaign to promote healthy lifestyle messages to the general public, *Michigan Steps Up*, provides resources for evidence-based physical activity and nutrition strategies and can be found at www.michiganstepsup.org.

MDCH works with local public health departments and communities across the state to help them make it easier for residents to be active and eat healthy. Local health departments receive funding, training and technical assistance to promote policy and environmental changes that support physical activity and healthy eating through the *Building Healthy Communities* project.

To address health disparities, MDCH is working with the National Kidney Foundation of Michigan (NKFM) to offer educational programs in African-American hair salons and barber shops to deliver health messages to clients on nutrition, physical activity and chronic disease prevention.

The Nutrition and Physical Activity Self-Assessment for Child Care program, a Head Start projects implemented by MDCH and NKFM, works in select Head Start Centers in Michigan to assist staff with assessing and strengthening their policies that are believed to affect childhood obesity.

MDCH also provides funding for faith-based organizations to create church health teams that support healthy lifestyles in their congregations as well as programs aimed at churches adopting policies to include more fruits and vegetables in church events.

To support training and technical assistance to state and local staff, MDCH sponsors professional statewide conferences such as *Designing Healthy Livable Communities* and *Eat Healthy + Play Hard = Smart Students* school conference to disseminate new tools, best practices and evidence-based strategies for implementation throughout Michigan. Assessment tools published on www.mihealthtools.org, such as the Nutrition Environment Assessment Tool (*NEAT*), provides a range of resources for community groups to evaluate their community, worksite, or church for health policies, environments and practices with a goal of planned action to improve the health of their members.

Michigan WIC has fostered the development of a state-wide breastfeeding coalition, the Michigan Breastfeeding Network (MIBFN). WIC has been working in concert with the Chronic Disease and Prevention Division to include breastfeeding promotion in Michigan's CDC Obesity Prevention Grant activities. This effort will create a healthier and more breastfeeding friendly population. WIC's Breastfeeding Basics Training provides a breastfeeding education and support for local agency staff, MSUE peer breastfeeding educators and other community sectors such as Head Start, the Maternal Infant Health Program and health care providers, day care providers and staff from the Intermediate School Districts (ISD).