

FOUR HEALTHY BEHAVIORS

1. Maintain a healthy diet

- Research shows that healthy eating contributes greatly to overall health.
- Few adults achieve the recommended amounts of fruits and vegetables.
- The current Dietary Guidelines for Americans recommend that adults eat between 1.5 and 2.5 cups of fruit and 2.5 and 4 cups of vegetables daily, depending on age, gender, and amount of regular physical activity.

2. Engage in regular exercise

- Regular physical activity is one of the most important contributors to health and helps to achieve and maintain a healthy weight while contributing to the health of bones, joints, and muscles. It can also reduce feelings of anxiety and depression.
- Less than half of adults in Michigan engage in recommended physical activity regularly – at least 150 minutes (2.5 hours) of moderate intensity physical activity a week, such as brisk walking, biking or swimming.
- Children and adolescents should get 60 minutes of physical activity per day.

3. Get an annual physical examination

- Receiving an annual physical is a good way to be proactive about health and wellness.
- There are many benefits to having an annual physical exam, including earlier diagnosis and treatment of existing health issues and prevention of future problems.
- Regular physical exams also provide a variety of screenings dependent on age, health and family history and lifestyle choices.
- By getting the right health services, screenings, and treatments, Michiganders increase their chances for living longer and healthier lives.

4. Avoid all tobacco use and exposure

- Tobacco use is the leading cause of premature and preventable death in the United States.
- Avoiding all tobacco use, including cigarettes, cigars, smokeless tobacco, pipes and hookahs, and also eliminating exposure to secondhand smoke, can greatly reduce the risk of developing heart disease, cancers, pulmonary disease, periodontal disease, asthma and other diseases.
- While Michigan has decreased smoking in the population over the last 50 years from 46 percent to 18 percent, we still have 15,000 annual deaths related to smoking.

Evidence-based practices have demonstrated that everyone can significantly improve their personal health by practicing four key healthy behaviors. In conjunction with these key healthy behaviors, everyone should be aware of four key health measures that are closely tied to the incidence of chronic disease.

FOUR HEALTH MEASURES

1. Body Mass Index (BMI)

- BMI is a measure of body fat based on height and weight.
- A healthy adult BMI falls within a range of 18.5 -24.9. A BMI between 25 and 29.9 is considered overweight, and those with a BMI of 30 or greater are classified as obese.
- Maintaining a BMI within the healthy range can reduce blood pressure, cholesterol, blood glucose and lower the risk for heart disease, stroke, cancer, diabetes and kidney disease.
- BMI values for children are expressed in percentiles to control for differences in body sizes due to gender and age. The percentile indicates the relative position of the child's BMI number among children of the same gender and age.
- A child with a BMI percentile between 5 and 84 percent is considered to be at a healthy weight, 85 to 94 percent is considered overweight, and above the 95th percentile is considered obese.

2. Blood Pressure

- Healthy blood pressure is a key to heart health. Uncontrolled high blood pressure increases your risk of heart attack, stroke and kidney disease.
- A blood pressure of less than 120/80 is considered healthy or normal. A blood pressure between 120-139/80-89 is considered "pre-hypertension"; and a blood pressure of 140/90 or above is considered hypertension.

3. Cholesterol Level

- High cholesterol is a direct contributor to cardiovascular disease which can lead to stroke and heart attacks.
- To decrease your risk for cardiovascular disease your total blood cholesterol should be kept below 200. A blood cholesterol level of 200-239 is considered mildly high, while a blood cholesterol level of 240 or greater is considered high.

4. Blood Glucose Level

- Blood glucose levels measure the amount of a type of glucose in your blood. It is important to know this measure because increased blood glucose levels can be a predictor of diabetes.
- Fasting blood glucose levels should be below 100mg/dl.

The Michigan 4 x 4 not only allows Michiganders to take personal responsibility for their health, but also significantly increases life expectancy, reduces the chances of disability, and improves overall quality of life.