

Workplace Healthy Eating Strategies in Berrien County, MI

Through policy, systems, and environmental changes, *Michigan Health & Wellness* is an obesity reduction and prevention program implemented by community coalitions across Michigan.

PUBLIC HEALTH ISSUE



- 38.2 % of adults in Berrien County are considered obese.
- 37% of adults in Berrien County have been informed by a medical professional that they have hypertension.
- In both categories African Americans have higher rates compared to their white counterparts (Obesity: 42.4% v 37.4%, Hypertension: 46.2% v 35.1%)

PROGRAM ACTION



- Implemented healthy eating strategies for employees at the Benton Harbor Public Library.
- Conducted DHEW assessment to determine existing policies and strategies.
- Created a worksite wellness committee to identify and implement solutions.

RESULTS



- Implemented healthy eating policies that include fresh produce and other healthy snacks provided to employees at no cost.
- Implemented more break time to increase employee participation in the local farmer's market.

CONTACT



Chioma Ejiofor, MPH
Berrien County Health Department
2149 E Napier Ave
Benton Harbor, MI, 49022
269.927.5632