



CELEBRATE NATIONAL NUTRITION MONTH WITH INFORMED FOOD CHOICES

March 1, 2019 – March is National Nutrition Month, and District Health Department #10 (DHD#10) is joining with the Academy of Nutrition and Dietetics to remind Michiganders about the importance of making informed food choices and developing sound eating and physical activity habits.

DHD#10 is the local provider for the Women, Infants, and Children (WIC) program. WIC is a nutritional food program that helps participants eat well and stay healthy.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your choices can help you reach and maintain a healthy weight, reduce your risk of chronic diseases and improve your overall health.

“My favorite thing about WIC is the fresh fruits and vegetables. Having healthy food to offer my children is very important to me, but it can also be more expensive. WIC has helped cover some of the cost and makes it easier to eat healthy. This program has been so beneficial to our family!”

Unhealthy eating habits have contributed to the obesity epidemic in the United States with about one-third of U.S. adults and approximately 17 percent of children and adolescents aged 2 - 19 years being considered obese. Michigan rates are similar.

Even for people at a healthy weight, a poor diet is associated with heart disease, hypertension (high blood pressure), type 2 diabetes, osteoporosis, and certain types of cancer. By making smart food choices, you can help protect yourself from these health problems.

Michigan residents are urged to follow these eating tips:

- Get into a wellness state of mind. Balance your day with food from all food groups. Get active every day with enjoyable movement.
- Make small changes to make healthier choices you can enjoy.
- Make half your plate fruits and vegetables. They add color, flavor, and texture plus vitamins, minerals, and fiber. Focus on whole fruits. Vary your veggies.
- Make half your grains, whole grains.
- Vary your protein routine, include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Read food labels to find out more about the foods you eat. Reduce food waste by using leftovers into meals, using the foods already on hand, and practicing good food safety. Change to lower fat milk or yogurt to cut back on saturated fat.
- Eat less salt, saturated fats, and added sugars
- Drink water instead of sugary drinks.

WIC is a federally-funded program that serves low-income women, infants, and children up to age 5, by providing nutritious food, nutrition education, breastfeeding promotion and support and referrals to health and other services. WIC foods are selected to meet nutrient needs such as calcium, iron, folic acid, vitamins A & C.



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COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



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If you or someone you know has questions about WIC, please visit <http://www.dhd10.org/parents-families/wic-2/> to call your local WIC office. If you are outside of the DHD#10 service region and need contact information for a WIC agency, please visit www.michigan.gov/wic.

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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