

Making Healthy Choices



Dickinson-Iron District Health Department

"Serving the community since 1936 in Health Protection, Health Education and Disease Prevention"

Statistics:

- Over the past 15 years, the number of adults who are obese has steadily risen. An estimated 62% of Michigan adults were overweight or obese in 2004.
- Overweight and obesity are linked to increased risk for over 30 preventable chronic diseases and conditions, including the leading causes of death - heart disease, cancer and stroke – which, together, caused more than 50,000 deaths in Michigan in 2005.
- According to the *2003 Michigan Behavioral Risk Factor Survey*, only 3% of adults in Michigan engage in the four essential healthy lifestyles: healthy weight, adequate fruit and vegetable intake, adequate physical activity and no smoking.
- Healthy behaviors, primarily moving more, eating better and not smoking and avoiding secondhand smoke can reduce a person's risk for chronic disease (e.g. heart disease or diabetes).

Stepping Up to a Healthier You Month

SERVICES AVAILABLE:

[Dickinson-Iron District Health Department](#)
[\(906\) 779-7234 or \(906\) 265-9913](#)
www.didhd.org

Michigan Steps Up

[At www.michiganstepsup.org](http://www.michiganstepsup.org), you can create a FREE Personal Plan to help you step up to healthier living by helping your set goals for moving more, eating better, and stopping smoking or avoiding second-hand smoke. You can also get healthy recipes a list of wellness events in your community. These events are a great way to get you and your family moving more. And if you are looking for a list of smokefree restaurants in your area, you'll also find that here.

My Family Health Portrait

[A fun, free, and easy way to create a portrait of your family's health is available at www.hhs.gov/familyhistory.](http://www.hhs.gov/familyhistory)

Field Cod

WHAT YOU SHOULD KNOW:

Reduce Your Risk

Controlling high blood pressure and high cholesterol, reducing smoking and exposure to secondhand smoke, being more physically active and avoiding excessive weight will reduce your risk of chronic disease.

Adults should get 30 to 60 minutes of moderate intensity physical activity at least five days a week, and children and adolescents should have at least 60 minutes of moderate physical activity five days a week.

According to the *Dietary Guidelines for Americans* (2005), a healthy diet emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; includes lean meats, poultry, fish, beans, eggs, and nuts; and is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Know Your Family Health History

Knowing your family health history can help you and your health care provider understand your current and future health risks, allowing you to make important lifestyle changes and identify which types of screening (such as blood pressure or mammograms) are most important for maintaining your health.

RESOURCES:

Michigan Steps Up

www.michiganstepsup.org

My Family Health Portrait

www.hhs.gov/familyhistory

Michigan Tobacco QuitLine

1-800-480-7848

The Quit Line provides cessation services to Michigan residents who want to quit using tobacco. The Quit Line offers a personal health coach and participant toolkits to help tobacco users gain confidence and motivation they need to quit for good.

Governor's Council on Physical Fitness, Health and Sports Endorsed Events in Michigan

<http://www.michiganfitness.org/endorsements>

