



LIVINGSTON COUNTY Health Department

FOR IMMEDIATE RELEASE

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Livingston County Health Department Urges Healthy Eating for a Healthy Lifestyle: National Nutrition Month 2019

HOWELL, Michigan. - (March 7, 2019)

March is National Nutrition Month and the Livingston County Health Department alongside the Michigan Department of Health and Human Services Women, Infants and Children (WIC) Program are joining with the Academy of Nutrition and Dietetics to remind residents about the importance of making informed food choices and developing healthy eating and physical activity habits.

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

Unhealthy eating habits have contributed to the obesity epidemic in the United States. About 17%, or more than 1 out of 6 adolescents (ages 10- 17) in Michigan, are obese. This rises to almost 33% for Michigan adults - that's 1 out of 3. To put this into perspective, Michigan is ranked as having the 19th highest adult obesity rate in the nation.

Even for people at a healthy weight, a poor diet is linked to major health risks that can cause illness and even death. These include 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.

Livingston County residents should follow these healthy eating tips during National Nutrition Month and the rest of the year:

- Get into a wellness state of mind. Balance your diet with food from all food groups. Get active every day with enjoyable movement like walking, exploring the Brighton Recreation area or doing activities with your kids.
- Eat right with [MyPlate](#). 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, such as brown rice, quinoa, or oatmeal.

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- Vary your protein to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs and lean meats and poultry.
- Become a smart shopper by reading food labels to find out more about the foods you eat. Learn more about the Nutrition Facts Label here: bit.ly/2DNsUw5
- Reduce food waste by transforming leftovers into meals, using the foods already on hand.
- Change to low-fat or fat-free milk or yogurt to cut back on saturated fat.
- Drink and eat less sodium, saturated fat and added sugars. Drink water instead of sugary drinks.

For more information about healthy eating and lifestyle, visit Eatright.org.

WIC serves eligible women, infants and children up to age 5, by providing benefits for 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. Call our WIC office at 517-546-5459 to see if you qualify!

To learn more about WIC you can also visit Michigan.gov/WIC.

CONTACT:

Natasha Radke, Health Promotion Coordinator
Livingston County Health Department
(517) 546-9850
nradke@livgov.com
www.lchd.org
<https://www.facebook.com/LCDPH>

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