



## Speak to Your Health! Eating Healthy in Genesee County

Good nutrition can help lead to healthier lives. Meal plans that are low in fat and high in fiber may reduce the risk of cancer, diabetes, and other chronic diseases.<sup>1</sup> Healthy diets may also lower the risk of obesity. Eating lots of fruits and vegetables is a good step toward a healthier life.

### DID YOU KNOW?

The *Speak to Your Health! Community Survey* is a resource that can help us understand about nutrition and other health concerns of Genesee County residents. The 2009 survey revealed that:

- Only 1 out of 4 Genesee County residents eat the recommended five servings of fruits and vegetables each day
- On average, Genesee County men eat fewer servings of fruits and vegetables per day than women.
- Nearly 1 in 10 Genesee County residents have difficulty getting to a grocery store with a good variety of fresh produce.

### WHAT CAN YOU DO?

- **Buy fresh produce.** The farmers market is an excellent option for finding fresh local food.
- **Read nutrition labels on packaged foods.** Be aware that even low-fat foods may include ingredients such as added sugar and salt.
- **Exchange healthy recipes** with friends or go online or to the library to find new recipes.
- **Pack lunches and snacks** that include healthy options such as carrot sticks, apples and grapes.

### WHERE CAN YOU GET MORE INFORMATION?

- **Flint Farmers' Market** (810) 232-1399 (Tues & Thurs: 9 am – 5 pm, Sat: 8 am – 5 pm)
- **Genesee County Health Department** (810) 257-3612
- **WIC (Women, Infants and Children Supplemental Food Program)** (810) 257-3612  
<http://www.gchd.us/Services/PersonalHealth/WIC/>
- **GCCARD Healthy Eating (Genesee County Community Action Resource Department)** (810) 762-4954
- **Genesee County MSU Extension** (810) 244-8500
- **Hurley Diabetes Center & Center for Health Outcomes** (810) 262-2310

The Speak to Your Health! Community Survey was funded by a grant to the Prevention Research Center of Michigan (PRC/MI) from the Centers for Disease Control and Prevention, and by the Genesee County Health Department and the Greater Flint Health Coalition. To see the survey results and learn more about the PRC/MI, visit <http://www.sph.umich.edu/prc>.

<sup>1</sup>Centers for Disease Control and Prevention <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html> (Accessed 1/31/11).