



Speak to Your Health! Nutrition in Genesee County

Proper nutrition is important for maintaining good health. Diets rich in fruits and vegetables, low in saturated fat, and high in fiber may reduce the risk of cancer, diabetes, and other chronic diseases. Healthy diets may also decrease the risk of obesity. The Centers for Disease Control and Prevention recommends that adults eat a variety of healthy foods including: vegetables, fruits, whole grains, low fat dairy products, lean meats, nuts, poultry, and fish and recommends a diet that is low in saturated fats, trans fats, cholesterol, salt, and added sugars.

DID YOU KNOW?

The Speak to Your Health! Community Survey is a resource that can help us understand the importance of good nutrition for Genesee County residents. The survey revealed that:

- Residents eat an average of 3.5 servings of fruits and vegetables a day. Five servings a day are recommended for better health.
- Older residents eat more fruits and vegetables than younger residents and women eat more servings of fruits and vegetables than men.
- 12% of Genesee County residents reported that they had some or a lot of difficulty getting to a grocery store with a good variety of fresh fruits and vegetables. This was even more common for residents 18-24 years old, perhaps because members of this age group are less likely to own a car. Women in this age group are in their childbearing years, which makes good nutrition even more important.

WHAT CAN YOU DO?

Make healthy food choices at the grocery store, at home and when dining out. Be aware that even low-fat foods may include unwanted ingredients such as added sugar. Read nutrition labels on packaged foods. Shop at farmer's markets and produce stands for fresh, local fruits and vegetables. Contact your health provider if you have questions about making changes to your diet.

WHERE CAN YOU GET MORE INFORMATION?

Flint Farmers' Market (810) 232-1399

-Tuesday and Thursday 8 am - 5 pm, Saturday 7 am - 5 pm

Genesee County Health Department (810) 257-3612

Genesee Valley Area on Aging (810) 239-7671

MSU Cooperative Extension, Genesee County (810) 244-8511

Reach 2010 Healthy Eating Project (810) 762-4954

WIC (Women, Infants and Children Supplemental Food Program)

-Burton Branch, G-3373 S. Saginaw St., Burton (810) 237-4600

-McCree North Health Center, 115 E. Pierson Rd., Flint (810) 785-5399

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>.