

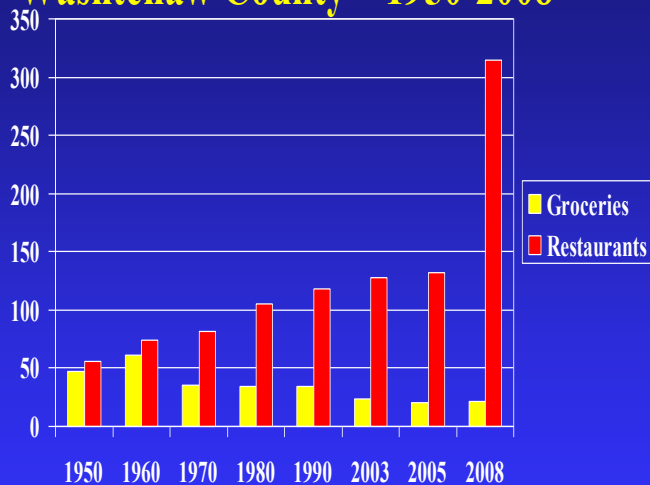
Overview

Good nutrition helps lower people's risks for many chronic diseases including obesity, heart disease, stroke, some cancers, diabetes, and osteoporosis. The reasons for the steady yet rapid rise in obesity and nutrition related diseases are complex and include increased availability of fast and fatty foods, limited access to healthy food, dining out (portions are large and often high in fat and sodium), pervasive junk food advertising, rising food prices, and not getting enough physical activity. Such complexity calls for interventions that work across community sectors and that focus on policy and environmental strategies.

The graphics below display local statistics regarding the decreasing availability of grocery stores, the increasing availability of restaurants, and the corresponding practice of dining outside the home across geographic regions in Washtenaw County. Western county residents dine out more than their counterparts. HIP 2005 survey data indicate corresponding disparities for the number of 'fast food' meals eaten per week with 38% of Western residents purchasing fast food at least twice a week followed by 23% of Ypsilanti adults, 14% of Ann Arbor adults, and 6% of remaining County residents. Consequently, overweight rates reflect these disparities with 56% of Western residents, 53% of Ypsilanti residents, 43% of Ann Arbor residents, and 57% of other residents falling into the overweight category.

Grocery Stores* and Restaurants** Per 100,000 Population

Washtenaw County – 1950-2008***

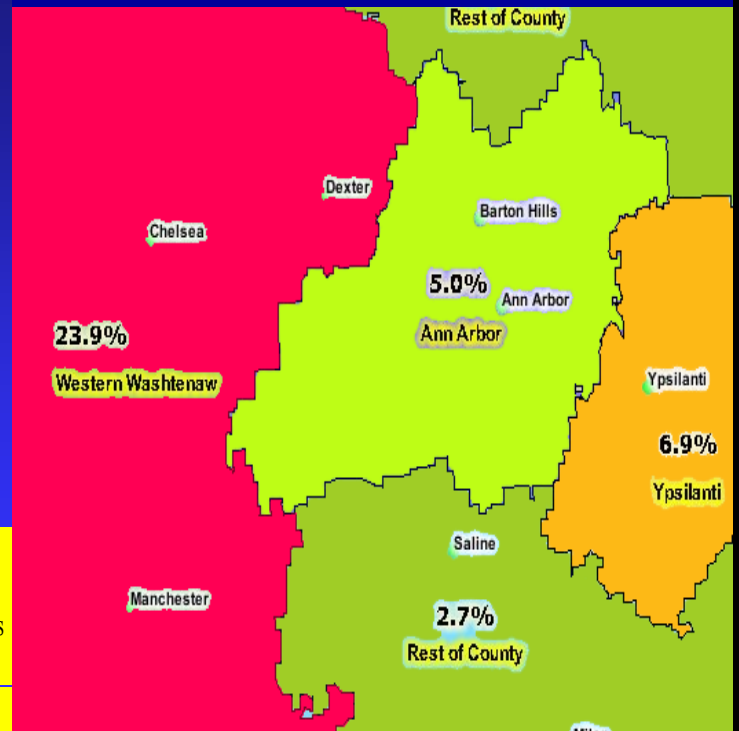


*Grocery implies at least fresh vegetables and meat available.

**For 2008 Restaurants, includes any retail food establishment, including schools.

***1950-2005 data taken from phone books and internet. 2008 data taken from licenses granted by Michigan Department of Agriculture

Proportion of Washtenaw County Adults Who Eat at Restaurants Five or More Times Per Week HIP 2005 Survey Results



Washtenaw County Public Health- Waller 2009

What the Research Reveals - Many interventions combining behavioral and environmental approaches to increase fruit and vegetable consumption have been conducted such as those listed below. While research results are encouraging, more published studies are needed before we can conclusively state that these strategies are effective. For more information see the report by the Centers for Disease Control and Prevention entitled: "The State of Nutrition, Physical Activity, and Obesity (NPAO) Program Technical Assistance Manual, January 2008. http://cdc.gov/NCCdphp/dnpa/obesity/pdf/TA_Manual_1_31_08.pdf

Strategy	Examples
Increase access to fruits and vegetables	Policies that support walking, biking, and public transit to grocers and farmer's markets
Increase availability of fruits and vegetables	Modifying vending machine and cafeteria policies at schools and worksites to increase healthy options
Economic incentives	Supplemental food and WIC program vouchers redeemable for healthy food purchases at grocery stores and farmer's markets

2020 HIP Objectives related to healthy eating

HEALTHY KIDS

- Increase consumption of five or more servings of fruits and vegetables per day from 13% to 28% in children 6-17 years old.
- Decrease the rate of overweight children 6-17 years old 12% to 8%.

HEALTHY ADULTS

- Increase the proportion of adults who consume five or more servings of fruits and vegetables per day from 25% to 33%
- Decrease the proportion of adults who are overweight from 50% to 40%.

For more HIP objectives related to healthy eating, visit the HIP website.

Local Examples in Washtenaw County

Saline Community Garden - This garden was established in Spring of 2007 by Saline residents Calesta Harrison and her husband, and is dedicated to community-building and healthy living. It's a gathering space for friends and neighbors to come together and grow fruits and vegetables. Saline Community Garden members are busy—they share recipes, develop lasting friendships, and donate food to Food Gatherers once a week. Last year they donated over 300 pounds of food! The garden recently expanded from 22 to 36 plots. For more information, visit www.salinecommunitygarden.org.

Downtown Ypsilanti Farmer's Market - Inspired by a community assessment that found a scarcity of fresh produce available in Ypsilanti, in June 2006 several local organizations opened the Downtown Ypsilanti Farmers' Market. The non-profit organization, Growing Hope, manages the market with assistance from Washtenaw County Public Health, MSU Extension, and the Ypsilanti Food Co-op. Economic incentives are offered to stimulate its use such as making Electronic Benefits Transfer (EBT) available at the Market. EBT allows a food stamp recipient to authorize transfer of their government benefits from a federal account to a retail account. WIC Project Fresh (www.ewashtenaw.org/government/departments/public_health/news/Project_Fresh) is also implemented at the Market and it improves fresh food access by giving participants additional income to spend on produce. Market survey results indicate increased fruit and vegetable consumption. The Farmer's Market is open Tuesdays from May through October from 2:00 pm to 6:00 p.m.

Special thanks to Cathy Fitzgerald, R.D., Wellness Coordinator for Project Healthy Schools and Nutrition Coach for MHealthy Nutrition and Weight Management, University of Michigan Health and Well-being.

Advocacy Action Tip!

Urge Congress to boost families' food stamp payments. It is good for families and good for the economy.! Visit www.realstimulus.org for more information.

To learn more about HIP, access HIP data electronically, or become a partner, please go to <http://hip.ewashtenaw.org>