

Michigan Department of Community Health 2010-2020 Michigan Obesity Prevention State Plan

Vision

In Michigan, regular physical activity, healthful eating and healthy weight are part of everyone's life and community.

Mission

To make healthy foods and active lifestyles accessible to all Michigan's diverse populations in order to help maintain healthy weight and eliminate health disparities through policy, environmental and lifestyle change.

Goals

1. Increase the number of Michigan residents who are at a healthy weight
2. Reduce health inequities that contribute to obesity and overweight

Long-Term Objectives:

1. Decrease the percent of Michigan's population that are overweight or obese
2. Increase physical activity among Michigan residents
3. Increase healthy eating among Michigan residents
4. Increase the percent of women who breastfeed