



We Can! get Healthy in Berrien

Obesity is overtaking smoking as the No. 1 preventable cause of death in the US. The leading causes of death in our community are heart disease, cancer, stroke and diabetes – all of which can be prevented by reducing obesity and overweight.

We Can! (Ways to Enhance Children's Activity & Nutrition!), is a program from the National Institutes of Health (NIH) to address the growing obesity problem among



youth ages 8–13. **We Can!** reaches parents and caregivers in home and community settings with educational materials and activities including a six-lesson course for parents, a parent Web site, a parent handbook in English and Spanish, several youth programs, and community events and projects.

Obesity is a problem in Berrien County. One third of the population of Berrien is considered obese according to height and weight measurements, and another third are considered overweight. "Parents in Berrien now have new resources to help their families maintain a healthy weight," said Theresa Green, Director of Community Health Planning with the Ber-

rien County Health Department. "With the materials that the **We Can!** program offers, we can help make a difference in the lives of our residents."

The Berrien County Commissioners voted to make Berrien the fourth **We Can!** county in the nation. There are several **We Can!** Healthy Berrien partners including Lakeland HealthCare, Healthy Berrien Consortium, the Berrien County Health Department, the YMCA, Curious Kids Museum, MSU extension and many others. Several activities are planned for **We Can!** in the upcoming year including youth programs, parent programs and community outreach events.

Mark your calendars...

...for Saturday, September 26th, from 9-11am for the Berrien County **We Can! Family Walk to Wellness!** Bring your family and join others as we walk, run, skip or jump along the trail. Walk as long as you wish and get prizes, health tips and snacks. The event will take place on the Lakeland Center for Outpatient Services Campus at 3900 Hollywood Rd in St. Joseph. Contact Sheila for more information at 429-9622.

...for Sunday, October 11th, from 2-4 in Downtown Baroda for the Bike Rodeo and Safety Day. Come and enjoy McGruff the Crime Dog, firetrucks, free popcorn, games and safety demonstrations. Contact Suzanne for more details at 925-1137.

This information as well as much more about healthy lifestyles can be found at the **We Can! Healthy Berrien** website.

www.wecanhealthyberrien.net

family Walk to Wellness!

Saturday, September 26

**Prizes!
Health Tips!
Healthy Snacks!**

Walk anytime between 9:00-11:00 am
Lakeland Health Park
3900 Hollywood Road • St. Joseph
Center for Outpatient Services
Main Entrance

SPONSORED BY:

Benton Harbor-St. Joseph
YMCA Family Center
We build strong kids, strong families,
strong communities.

Special thanks to Theresa Green for her help in writing this article.

The Berrien County Health Department has four locations to serve you:

Benton Harbor	Niles	Three Oaks
769 Pipestone	1205 N. Front St.	21 N. Elm
P.O. Box 706	684-2800	756-2008
926-7121		
M-139 Office		
2106 S. M-139		
927-5623		

Or visit us on the web at www.bchdmi.org

Berrien County Health

Department:
Preventing Disease,
Prolonging Life and
Protecting the
Health of the
Community.



Check out our new Website
www.wecanhealthyberrien.net
For great tips on
healthy eating and exercise.

Select Michigan Week

In celebration of Michigan's rich agricultural history and farming tradition, Governor Jennifer Granholm has designated September 13-19 "Select Michigan Week." In celebration of this special week, you are personally inviting to "Buy Michigan" either at your local grocery or farmers market.

Did you know that local food and agriculture is Michigan's second largest industry? More than 200 commodities are grown in Michigan, contributing \$71.3 billion to our state's economy annually and employing more than one million Michigan residents.

By spending just \$10 a week on Michigan products, we can keep nearly \$40 million circulating in our economy each week. And, that's not small change.

Selecting Michigan-grown and Michigan-processed foods helps our economy, strengthens Michigan's family farms, and improves the quality of life for our citizens.

Locally-grown food is fresher and supports Michigan's local communities by improving the economic, environmental, and social well-being of those communities and the state.

For more information call the health department at 926-7121.

This page is sponsored by the Berrien County Health Department

