

## **Nutrition and Activity for Health and Wellness**

The Centers for Disease Control and Prevention (CDC) states 98 million Americans have obesity. Obesity reduces quality of life and increases individuals' risk for other diseases including diabetes, heart disease, and certain cancers.

The Division for Nutrition, Physical Activity, and Obesity supports healthy eating, active living, and obesity prevention by creating healthy childcare centers, hospitals, schools, and worksites.

**Find updated dietary guidelines, tips for parents, and more:**

<https://www.cdc.gov/nccdpHP/divisions-offices/about-the-division-of-nutrition-physical-activity-and-obesity.html>

**Recommended activities by age:** <https://www.cdc.gov/physical-activity-basics/guidelines/index.html>

**State of Michigan food assistance information:**

<https://www.michigan.gov/mdhhs/assistance-programs/food>