

Obesity and Michigan's 4x4 Plan

www.michigan.gov/healthymichigan

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1 out of 3
Michigan Children
ages 2 - 5 & low income
are overweight or obese¹



2 out of 3
Michigan Adults
are overweight or obese¹

Complications of Obesity:
Type 2 Diabetes
Cardiovascular Disease
Depression
Sleep Apnea

4 x 4 Plan Objective

Provide a systematic approach to address obesity and chronic illness in Michigan. **Please encourage your constituents to adopt the 4 healthy behaviors and know their 4 health measures.**

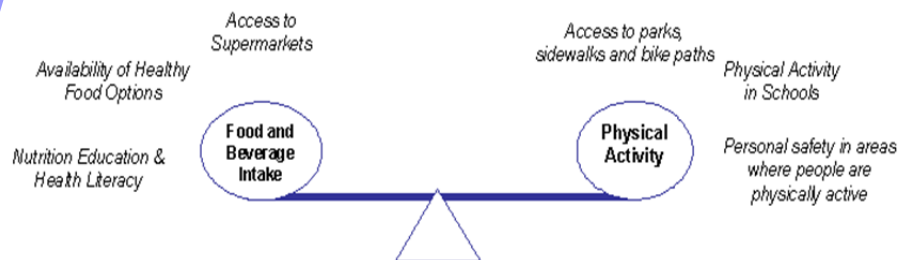
4 Key Health Behaviors

- Healthy Diet
- Exercise
- Annual Physical
- Avoid Tobacco

4 Key Health Measures

- Body Mass Index (BMI)
- Blood Pressure
- Cholesterol
- Blood Glucose

Related Solutions to Combat Obesity



Michigan could save \$545 M
by investing \$10/person/year into preventative care²



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Citations

¹Centers for Disease Control and Prevention. (2012). *Michigan State Nutrition, Physical Activity, and Obesity Profile*.

<http://www.cdc.gov/obesity/stateprograms/fundedstates/pdf/Michigan-State-Profile.pdf>

²Dall et al. The Economic Burden of Diabetes. *Health Affairs* 29(2): 1-7, 2010.