

Did you know 68% of Saginaw County

residents have a serious weight problem? In fact, the data concludes Saginaw is in bad shape - lagging behind on both state and national averages.

What can we do? A new community health initiative is breaking ground called Step Up Saginaw with a mission to create a healthy and active community.

Our success of changing the shape of Saginaw requires a comprehensive community approach, as well as the dedication and strong commitment from partners who can foster change. Success is also about the participation of every citizen - including the inactive.

There are **three primary components** that drive the Step Up Saginaw health initiative. They are: Move more. Eat better. And, don't smoke.

This combination of physical activity, proper diet and nutrition, and the elimination of tobacco use will lead to **improved quality of life**, as well as the reduction of risks associated with many physical and psychological conditions that include: Cardiovascular Disease, Diabetes, Cancer, and Depression.

We have a vision - moving people forward through education to action for a heart-healthy, food smart and active Saginaw community.



Our Mission:

To create a healthy and active Saginaw community.

Our Vision:

Move people forward through education to action for a heart healthy, food smart and active Saginaw Community

Our Project Initiatives:

The Saginaw Rail Trail Health Education Project

-providing health information and education for walkers, bikers and other exercise enthusiasts along our County's Rail Trail

Prescription for Fitness

-prescribing physical activity through Saginaw County's health providers

Know Your Numbers

-educating the community on what their cholesterol, BMI, and important health numbers mean; and, providing the information and actions needed to change to healthy lifestyle

Employee Wellness Programs

-complete health initiatives for the workplace

Nutrition Education & Access

-putting out information on the right nutritional choices and providing everyone access to nutritious foods

To learn how you can become involved:

www.stepupsaginaworg

or call:

989-758-3805



Shaping a healthier community



What is **Step Up Saginaw?**

Mission: to create a healthy and active Saginaw community

increasing activity

educating kids

workplace wellness

knowing what to eat

A broad community partnership mobilized by the Saginaw County Department of Public Health including representatives from Saginaw YMCA, Saginaw Community Foundation, Saginaw County Board of Commissioners, Saginaw County Parks & Recreation, Saginaw Charter Township Planning, and the Saginaw County Medical Society, which is dedicated to creating healthy lifestyles in Saginaw's communities.

Our plan?

Community Awareness: To educate our community in order to provide a foundational understanding of a healthy and active lifestyle, and to create a cultural change where our citizens are embracing the opportunity to change their health habits.

Define Target Audiences: To utilize data to determine appropriate outreach groups including the inactive, youth, and worksites.

Interventions: To design and implement the appropriate community interventions that effectively promote healthy lifestyles.

Fundraising: To establish sustainable financial support for the Step Up Saginaw initiative.

Evaluation: Identify our current baseline health status and indicators to measure our progress.

Step Up Saginaw
Planning Team

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