

Government Information You Can Use



Third Quarter, 2015
Volume 6, Issue #2

Government Resources on Healthy Living



The federal and state government offer numerous resources on managing health and staying active. These are just a few of the many tools available to encourage Americans to be healthy for years to come.



www.choosemyplate.gov/

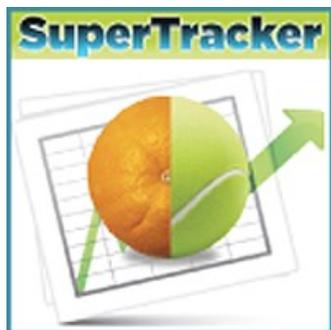
ChooseMyPlate.gov provides practical information and interactive tools to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.



www.nutrition.gov

Nutrition.gov provides easy access to vetted food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers.

Since dietary needs change throughout the lifespan, specialized nutrition information is provided about infants, children, teens, adult women and men, and seniors.



www.supertracker.usda.gov

SuperTracker from the US Department of Agriculture, can help you plan, analyze, and track your diet and physical activity. Find out what and how much to eat; track foods, physical activities, and weight; and personalize with goal setting, virtual coaching, and journaling.



www.letsmove.gov

Let's Move! Combining comprehensive strategies with common sense, Let's Move! is about putting children on the path to a healthy future during their earliest months and years; giving parents helpful information and fostering environments that support healthy choices; providing healthier foods in our schools; ensuring that every family has access to healthy, affordable food; and, helping children become more physically active.



Healthy Ohio The Bureau of Healthy Ohio is a key component of a comprehensive health care reform initiative and is located in the Ohio Department of Health (ODH). Healthy Ohio's goal is to improve the health of all Ohioans to create a better quality of life, assure a more productive workforce and equip students for learning, while also contributing to the more efficient and cost-effective use of medical services. www.healthy.ohio.gov

A Smarter Ohio

Government Information You Can Use is published by the State Library of Ohio. The vision of the State Library of Ohio is a Smarter Ohio where every Ohioan can access the necessary resources to be engaged citizens, excel at their jobs, participate in the workforce, and pursue their passions and interests.

Government Resources on Healthy Living

Million Hearts® is a national initiative that was launched by the Department of Health and Human Services in September 2011 to prevent 1 million heart attacks and strokes by 2017. The site includes recipes, articles and action guides to help Americans stay heart healthy.



millionhearts.hhs.gov/

Heart360

Heart360® is an online tool which helps you track and manage your heart health and provides helpful advice and information.

[Get Started](#)

Heart Attack Risk Calculator

Discover your 10-year risk of heart attack or dying from coronary heart disease... and what you can do about it.

[Calculate My Risk](#)

My Life Check®
Live Better With Life's Simple 7

In just a few minutes with My Life Check, you can learn the state of your heart and what you can do to live a better life.

[Get My Assessment](#)



www.healthypeople.gov

Healthy People provides science-based, 10-year national objectives for improving the health of all Americans. For three decades, Healthy People has established benchmarks and monitored progress over time in order to:

- Encourage collaborations across communities and sectors.
- Empower individuals toward making informed health decisions.
- Measure the impact of prevention activities.

FARMERS → **USDA FOODS** → **FAMILIES**

USDA purchases more than 2 billion pounds of food worth nearly \$2 BILLION from American farmers each year.

USDA helps support American Farmers, keeping local agriculture strong and stimulating the economy.

USDA FOODS are 100% American Grown, meeting the highest safety and nutrition standards.

USDA FOODS include high quality fruits, vegetables, dairy products, whole grains, lean meats, poultry and fish.

USDA works to ensure **USDA FOODS meet the Dietary Guidelines for Americans**, including reduced levels of fats, sodium and sugars.

USDA distributes USDA Foods to food banks, soup kitchens, disaster feeding organizations, Indian Tribal Organizations, charitable institutions and other feeding organizations, helping families **stretch their food budgets** and ensuring that all Americans have **healthy foods within reach**.

USDA foods are also offered to schools in order to help them provide **healthy, high quality lunches** to more than **32 million children daily**.

Healthy Choices. American Grown.

To learn more about USDA Foods, visit:
www.fns.usda.gov/USDAFoods
www.fns.usda.gov/USDAFoods/mobile