



Little Changes. Big Rewards.

Another way MCIR keeps your child healthy.

Health care providers and families working together for healthy weight in kids

- 5** Fruits and vegetables...more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% fruit juice.
- 2** Limit screen time to 2 hours or less a day.
- 1** Get in at least one hour of moderate to vigorous physical activity every day.
- 0** Drink less sugar. Try water and low-fat milk instead of sugar-sweetened drinks.



Michigan Department of Community Health



Rick Snyder, Governor
James K. Haveman, Director

To allow health care provider(s) to accurately assess height and weight status, access body mass index (BMI) assessment data, growth charts, and treatment recommendations, height and weight data may be entered into the BMI Growth Module in the Michigan Care Improvement Registry (MCIR). Individuals have the right to request that their health care provider not enter height and weight data into the BMI Growth Module in the MCIR.