



Health & Well-Being

UW-Madison Division of Extension



We're helping make the healthy choice the easy choice.

The Health & Well-Being Institute works to catalyze positive change in Wisconsin families through evidence-based programs focused on nutrition, food security, food safety, chronic disease prevention, mental health, substance abuse and health insurance literacy.

Rooted in both urban and rural communities, we're working together to help solve the state's most pressing well-being needs and to ensure that all Wisconsinites live stronger, healthier lives.

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We:

- Empower families with limited incomes to choose healthful diets, reduce health disparities and successfully manage food resources.
- Empower individuals to adopt positive lifestyle choices to prevent chronic disease through exercise and nutrition programs.
- Work alongside community partners and through community coalitions to create policies, systems and environments that promote health and wellness by making the healthy choice the easy choice.
- Support youth and adults in developing effective stress reduction strategies for their body, mind and spirit.



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