



CREATING A HEALTHY COMMUNITY TOGETHER



HEALTHY FOODS

Ensuring access to healthy foods and information about healthy eating.



HEALTHY AT WORK

Supporting employers and employees in making healthy choices at work.



HEALTHY SCHOOLS

Designing educational activities to promote healthy eating and active living before and after school



HEALTHY ENVIRONMENTS FOR PHYSICAL ACTIVITY

Creating walkable and bikable neighborhoods, and recreational spaces for people to be active.



INCLUSIVE HEALTH COMMITTEE

Ensuring that people with disabilities are fully included, engaged and benefit from all Healthy Dearborn community health and wellness initiatives.



HEALTH DISPARITIES/ HEALTH EQUITY

Dedicated to reducing health disparities and ensuring that Healthy Dearborn is inclusive and representative of Dearborn's diverse community in order to improve community health for all.



FOR MORE INFORMATION,
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HEALTHY DEARBORN COALITION

The City of Dearborn and Healthy Dearborn received the 2018 Governor's Fitness Award for "Active Communities".

The Healthy Dearborn coalition is a community-based group of partners who have been working together since 2015 to implement strategies aimed at promoting healthy eating and active living and achieving health equity. Led by a strong partnership between Beaumont, City of Dearborn and Dearborn Public Schools, the coalition consists of more than 400 representatives from neighborhood associations, health systems, non-profit and civic organizations, civic organizations, public health agencies and interested residents. Working together to create a culture of health in Dearborn, this robust coalition has made great strides – and will continue to do so, with your involvement.

WALK & ROLL

More than 1,000 people have participated in Healthy Dearborn walks and bicycle rides that are held weekly.

HEALTHY RESTAURANTS

Fifteen Dearborn restaurants have been recognized with a gold, silver or bronze window decal based on their utilization of stringent healthy restaurant criteria. More restaurants will be recognized as they meet Healthy Dearborn healthy dining guidelines.

NEW EDIBLE SCHOOL GARDENS & MORE

New edible gardens were built at eight Dearborn public schools. To impact obesity risk factors and instill lifelong healthy habits, Healthy Dearborn partnered with Wayne State University Center for Community Health & Impact, University of Michigan-Dearborn Environmental Interpretive Center, and ACCESS. In addition to the gardens, the partners collaborated to provide nutrition and physical education curricula and equipment, professional development for teachers, and family education. The project is funded by The Michigan Health Endowment Fund. Data shows significant increases in physical activity levels and nutrition knowledge among K-8 students in these schools.

MULTI-MODAL TRANSPORTATION PLAN

In addition to Walk & Rolls, the City of Dearborn now has a Multi-Modal Transportation Plan to attract federal, state and local funding for new bicycle and walking paths and redesigned streets for increased mobility among all users. For more information, visit walkbike.info/Dearborn.

NEW ACCESSIBLE PARK

With KaBOOM! funds, Healthy Dearborn and the City of Dearborn worked hand-in-hand with more than 100 residents to transform a vacant lot in an underserved east side neighborhood into an inclusive park with a mini-soccer field and state-of-the-art materials and equipment for maximum accessibility for people with disabilities.

SEED LIBRARY NOW OPEN

To encourage growing healthy foods, Healthy Dearborn started a new seed library, now housed at Dearborn Centennial Library, where residents can check out free vegetable seeds for their home and community gardens.

Connect with us on our Healthy Dearborn and Healthy Dearborn Walk & Roll Facebook pages.

Visit healthydearborn.org for more information and to sign up for our monthly newsletter.

