More than 200 Dearborn residents, businesses and others are joining Beaumont Health, the City of Dearborn and Dearborn Public Schools to promote healthy eating and active living in Dearborn.

A healthy Dearborn is good for your health. Join us.

Healthy Dearborn was launched by Beaumont Health in partnership with the City of Dearborn, Dearborn Public Schools and many others.

For more information: sara.gleicher@beaumont.org or 313.378.7052.
STRATEGIES:

• Increase knowledge on healthy lifestyles for families through the schools.
• Increase physical activity during the school day.
• Increase physical activity before and after school.

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STRATEGIES:

• Design & provide education for business owners about the benefits of employee wellness activities.

• Promote concept of healthy food availability in the workplace by assisting local vendors with marketing this concept to businesses.
HEALTHY Foods

STRATEGIES:

• Link people to healthy food options.

• Increase awareness, knowledge & skills about the importance of healthy foods to improve health & well-being.

• Support growing and consuming local food products.

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• Identify opportunities for indoor and outdoor physical activities including in the parks.

• Identify available programs that can enhance the social and emotional well-being of Dearborn residents.

• After gaps in programs and promotions are identified, increase healthy programming through joint collaboration.

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STRATEGIES:

• Promote public acceptance and support for non-motorized transportation.

• Develop a bicycle and pedestrian transportation master plan for the City of Dearborn by April, 2017.

• Using map of identified safe bicycling & walking routes, develop safe walking and bicycling routes within Dearborn.

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