

# Preventing Youth and Adult Obesity in Southeast Michigan

Through evidence-based public health programs, *Leaders Advancing and Helping Communities* empowers children and families by providing them with the skills to make healthy choices to reduce and prevent obesity in Dearborn, Detroit, and Livonia.



## PUBLIC HEALTH ISSUE

- 33% of adults in Wayne County are obese.
- 32.6% of children in Michigan are overweight or obese.
- 13% of Southeastern Michigan children get the recommended physical activity.



## PROGRAM ACTION

- Facilitated healthy living sessions in GSRP-6<sup>th</sup> grade classrooms to 1592 students in Dearborn, Detroit & Livonia.
- Pivoted to virtual learning during COVID-19 to deliver engaging lessons to both students and adults.
- Hosted virtual and in-person community engagement events, including family fitness fun events, youth workouts, health and wellness panel discussions and family cook along.



## RESULTS

- 76% of participants listed “strongly agree” when asked if they would continue doing the exercise they learned in class.
- 94% of program participants in LAHC Adult Healthy Living series listed that they “strongly agreed” that the workshops were helpful.
- 63% of parents observed their children were “choosing healthier snacks”.



## CONTACT

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