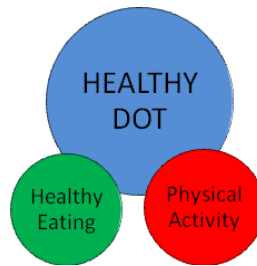


HEALTHY DORCHESTER COMMUNITY ACTION PLAN



Long Term Vision

Dorchester residents (1) recognize the relationships between food, fitness and long-term health, (2) embrace the concept of a healthier Dorchester, and (3) recognize that by increasing our daily exercise and our consumption of healthy foods, we can greatly improve our individual and collective health.

Goals

- **Nutrition:** By Increasing the % of healthy options and decreasing % of non-healthy options being sold and provided to community members, choosing nutritious food and drink becomes an easy option for Dorchester residents at work and at home.
- **Physical Activity:** Increase the amount of walking by Dorchester residents.
- **Community Engagement:** The coalition actively engages Dorchester residents, organizations and businesses in improving the health of Dorchester.

Components of Healthy Dot

Healthy Dot Loop: winding through Dorchester is a continuous walking pathway easily accessible to all Dorchester residents. The Dot Loop consists of parks, business districts, neighborhood walkways, shopping centers, school yards, walks to mass transit, etc.

The Loop also connects to:

- **other opportunities for physical activity**
 - outdoor –sports fields, basketball courts, golf courses, bike paths, etc
 - indoor – gyms, pools, YMCA's, Boston Center for Youth & Family sites, indoor sports facilities
- **places to purchase and/or grow nutritious, affordable food/drink**
 - Participating corner stores
 - Participating supermarkets
 - Community Gardens
 - Farmer's Markets