

Strategy C-2: Improve Existing Public Spaces to Make them More Attractive and Usable for Physical Activity

ACTION [C-2a]: Evaluate and improve condition of existing Prairie Path and Forest Preserve areas/trails.

ACTION [C-2b]: Evaluate and improve outdoor recreation facilities and ensure equipment is usable and attractive.

Strategy C-3: Encourage West Chicago Residents to Use Existing Space for Physical Activity

ACTION [C-3a]: Provide coordinated Healthy West Chicago activities at outdoor parks as an incentive to get people using the park.

**THE ISSUES
AND RESEARCH**

A large number of studies have shown that adults living in walkable neighborhoods are more physically active.⁶³ Evidence also suggests that youth get more regular physical activity when they have opportunities to walk or ride a bicycle from home to school or other destinations.⁶⁴

According to one study, residents of communities with a mix of shops and businesses within easy walking distance have a 35% lower risk of obesity than residents of communities that do not have these services within easy walking distance.⁶⁵

**Leadership for Healthy Communities:
Action Strategies Toolkit**

**THE ISSUES
AND RESEARCH**

While unsafe environments are usually associated with violence, they also can include dilapidated, inadequate physical infrastructure that is unsafe for physical activity. Parents' perceptions of safety in their neighborhoods, from concerns about traffic to strangers, can determine the level of activity in which their children engage.^{66,67} In underserved communities, access to safe places to play, such as school playgrounds during after-school hours, improves the likelihood that children will be physically active.^{68,69}

**Leadership for Healthy
Communities: Action
Strategies Toolkit**

OBJECTIVE D. Ensure the safety of physical activity environments

Improve the safety of neighborhoods and residents' perceptions of safety in their neighborhoods so that children and families become more physically active.

Strategy D-1: Keep Communities Safe and Free From Crime to Encourage Outdoor Activity

ACTION [D-1a]: Draft a Safe Park Zones ordinance.

ACTION [D-1b]: Increase policing and other crime and violence prevention measures to ensure safe environments for physical activity.

ACTION [D-1c]: Create safe spaces (improved lighting and maintenance, supervised areas for children); promote community development; strengthen social networks.

Strategy D-2: Develop a Safe Routes to School Program and Policies. See Active Transportation Section (Physical Activity Objective B) of this Action Plan

OBJECTIVE E. Increase knowledge of residents about the availability and importance of physical activity opportunities

Providing access, education and resources that help people incorporate fun and meaningful physical activity into their daily lives can foster real change in the level of physical activity.

THE ISSUES AND RESEARCH

NATIONAL PHYSICAL ACTIVITY PLAN:

Physical activity is one of the most important steps that people of all ages can take to improve their health. The leading national and global public health authorities - the US Centers for Disease Control and Prevention, the U.S. Surgeon General and the World Health Organization - all have called upon the United States to adopt a national physical activity plan. In recent years many individual communities and organizations have developed programs and initiatives to encourage increased physical activity. Despite these efforts, no significant increase in physical activity has occurred.⁷⁰

National Physical Activity Plan

Strategy E-1: Create a Communications and Messaging Strategy That Inspires the West Chicago Community to Create a "Culture of Health"

Strategy E-2: Promote Programs and Facilities Where People Work, Learn, Live, Play and Worship to Provide Easy Access to Safe and Affordable Physical Activity

ACTION [E-2a]: Provide programs that are appropriate for people of both genders, diverse cultures, abilities, developmental stages and needs that have demonstrated positive physical activity outcomes.

ACTION [E-2b]: Develop and promote existing community events that incorporate healthy eating and physical activity.

ACTION [E-2c]: Provide community-wide communication on opportunities for physical activity.

ACTION [E-2d]: Develop programs that engage youth and adults in training other youth and adults on healthy eating/physical activity strategies.

Strategy E-3: Increase Social Marketing Efforts to Maximize Use of Recreation Programs and Facilities

ACTION [E-3a]: Educate residents about effective behavioral strategies for increasing physical activity.

ACTION [E-3b]: Maximize use of current parks, recreation, fitness and sports facilities to increase physical activity opportunities for less active groups through increased programming, social marketing and transportation.

ACTION [E-3c]: Create a Healthy West Chicago website with information, resources and events related to HWC.

Strategy E-4: Educate Residents About the Health Benefits of Physical Activity

ACTION [E-4a]: Provide regular health and fitness events that educate residents about the importance of physical activity.

ACTION [E-4b]: Incorporate healthy lifestyle education into after school programming and youth organizations.

V. MEASURING SUCCESS

The *Healthy West Chicago Community Action Plan* is filled with strategies and policies designed to increase healthy eating and physical activity within the community over the next decade. But how will the community know if it is achieving its goals and what progress it is making? By developing a set of success indicators and collecting data, the project will be able to periodically measure progress against the plan's primary goals. Becoming a healthy community is not something that happens overnight, and so indicators of success will need to be easily aggregated and measured over time so the community will see trends and know if the strategies are having an impact. They will also need to be easy to understand and easy to communicate, while being relevant enough to influence community decisions on future policies, strategies and budget allocations.

Some counties and local communities are beginning to use Body Mass Index (BMI) as a measure of health among children and adults. The prevalence of diabetes is also an indicator of whether children and adults are eating a healthy diet and getting enough physical activity. These "outcome" indicators can be aggregated on an annual or bi-annual basis, and can be joined by other "process" indicators that measure specific activities that will most likely help achieve the project's primary goals. Some process indicator examples include:

- the percentage of fresh fruits and vegetables provided at local schools, hospitals, childcare centers, and institutions;
- farmers' market sales volume;
- number of residents enrolled in park district physical activity programs;
- the number of miles of bike lanes and trails;
- the number of institutions with workplace wellness policies and programs;
- the number of institutions with healthy vending policies; etc.

The Healthy West Chicago Core Team and Task Force – subsequent to the distribution of the Plan – will meet to decide which indicators the project will use to measure progress against the goals of the Plan.

VI. REPORTING

The goal of any community-wide plan is to enroll and engage community members in helping to implement the plan, share resources, and support the overall strategies. Residents as well as community institution leaders, taxing bodies, and sectors (businesses, faith-based congregations, non-profits) need to be informed on how the implementation of the plan is going. What strategies are being implemented? What are the success stories and challenges? Is their organization a part of this work? And are they having an impact on the health of the community?

A periodic community health "report card" is an effective way to answer these questions and communicate to the community when progress has been made, as well as areas that need improvement. A report card can show hard data related to the indicators the community is using to measure success. It can also be used as a tool for making presentations to community institution leaders and the general public to encourage investments in and implementation of the strategies and policies. A report card lets the community know if it is making an impact or spinning its wheels, and can be used to revise the existing plan so that better results can be achieved. The Healthy West Chicago project intends to produce its first report card after completing its first full year of implementation at the end of 2016.

VII. MOVING FORWARD

A. Implementation Process

The *Healthy West Chicago Community Action Plan* provides strategies for the next decade to increase healthy eating and physical activity in the community. Some strategies are easy to implement immediately, while others are mid- or long-term strategies that will take time. The Healthy West Chicago Core Team and Task Force will create an annual Implementation Work Plan, which will include a cross-section of strategies that will be the focus for any given year. The Work Plan will be completed by July 1, 2015, when implementation is officially scheduled to begin.

B. Organizational Plan

Every successful plan implementation process has the foundation of both an organizational structure and decision-making process, an entity or individual that drives the implementation, communication and reporting process, and a funding plan to carry the work forward. Seven Generations Ahead (SGA) as the facilitator of the plan development process recommends that the Core Team guide the implementation process and should have broad representation from community institutions and sectors. SGA recommends that the Healthy West Chicago Task Force continue to function as a larger "advisory" body that provides input on key decisions, supports funding and resource acquisition,

and also serves as an outreach arm of the project. SGA recommends the selection of a project facilitator, who is paid to drive the overall implementation process, facilitate communications, enroll community members and organizations in participating, aggregate data, oversee the production of an annual or bi-annual report card, support funding and resource acquisition, and keep the overall project moving forward.

VIII. ACKNOWLEDGEMENTS

The Healthy West Chicago team gratefully acknowledges the support of the following individuals and organizations:

Funding

Northwestern Medicine (formerly Cadence Health) and WeGo Together for Kids through their partnership with the United Way of DuPage/West Cook

Healthy West Chicago Core Team

For their guidance of the Healthy West Chicago planning process and development of the *Healthy West Chicago Community Action Plan*. For a list of the Core Team members, please see Appendix B.

Healthy West Chicago Task Force

For their support of the Healthy West Chicago survey and forums and in providing input to and reviewing the action plan. For a list of the Task Force members, please see Appendix C.

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IX. APPENDICES

Appendix A Healthy West Chicago Core Team Members

Appendix B Healthy West Chicago Task Force Membership List

Appendix C Healthy West Chicago Executive Summary of Recommendations

Appendix D DuPage FORWARD 2013-2014 Body Mass Index Surveillance Report

Appendix E Assessment of Existing Programs, Policies and Initiatives

Appendix F Survey Form in English and Spanish

Appendix G Defining Types of Strategies for Change

Appendix H Glossary

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Appendix A: Healthy West Chicago Core Team Members

Healthy West Chicago is directed by a Core Team of individuals and institutions invested in improving nutrition and physical fitness for people who live and/or work in the City of West Chicago. This team meets monthly and includes representatives from the City, school district, park district, Chamber of Commerce, county health department, hospital, Mexican cultural center and more.

First Name	Last Name	Organization	Title
Ruben	Pineda	City of West Chicago	Mayor
Rosemary	Mackey	City of West Chicago	Marketing and Communications
Tammy	Pressley	Northwestern Medicine (formerly Cadence Health)	Director of Community, Government and Public Affairs
Marjory	Lewe-Brady	WeGo Together for Kids/West Chicago Elementary School District 33	Director of Partnerships for Wellness, Safety, and Achievement
Gary	Major	West Chicago Park District	Executive Director
Ann	Marchetti	DuPage FORWARD	Consulting Director
Becky	McFarland	DuPage FORWARD	Community Initiatives Coordinator
Krystal	Kleinschmidt	DuPage FORWARD	Community Initiatives Coordinator
Sara	Phalen	West Chicago City Museum and People Made Visible	Director and Curator
Fernando	Ramirez	Mexican Cultural Center of West Chicago	President
David J.	Sabathne	Western DuPage Chamber	President and CEO
Gary	Cuneen	Seven Generations Ahead	Executive Director
Jen	Nelson	Seven Generations Ahead	Healthy West Chicago Project Director

Oak Park-based Seven Generations Ahead managed the project. Founded in 2001, Seven Generations Ahead's mission is to promote the development of ecologically sustainable and healthy communities. SGA works with local government, community and private sector leaders to help communities make the changes they need to create a healthy and sustainable future. Learn more at www.sevengenerationsahead.org

Appendix B: Healthy West Chicago Task Force Members

Name	Organization
Mayor Ruben Pineda	City of West Chicago
Rosemary Mackey	City of West Chicago
Marjory Lewe-Brady	WeGo Together for Kids/District 33
Ann Marchetti	FORWARD
Chris McElwee	Wheaton Bible Church
Dana Hofmann	West Chicago Park District
Dave J. Sabathne	Western DuPage Chamber
David Cassel	United Way
Dayell Houzenga	WSDRA
Dean Klapatch	Glen Arbor Church
Douglas Domeracki	Community High School Dist 94
Fernando Ramirez	West Chicago Cultural Arts
Frank Lenertz	WC Park District Board
Gary Cuneen	Seven Generations Ahead
Gary Major	West Chicago Park District
Natalie Gagliano	Wheaton Academy
Jeanne Ives	House of Representatives
Jen Nelson	Seven Generations Ahead
Mike Fitzgerald	Benjamin Middle School Dist 25
Julie Pearson	West Chicago School Dist 33
Kristin Aikenhead	National University of Health Sciences
Lorena Vaughn	United Way DuPage/West Cook
Lori Chassee	City of West Chicago
Mary Agnes Zellmer	ZCDF
Mary Jo McLoughlin	Aramark
Michael Fitzgerald	Benedictine University
Natalie Gagliano	Wheaton Academy
Benjamin Weseloh	West Chicago Public Library
Rebecca L. McFarland	DuPage County Health Dept.
Sara Phalen	People Made Visible
	Forest Preserve
Tammy Pressley	Northwestern Medicine, Cadence Health

Appendix C: Healthy West Chicago Executive Summary of Recommendations



Growing a Healthy West Chicago: Executive Summary

WHAT IS HEALTHY WEST CHICAGO?

Healthy West Chicago is a collaboration of community leaders in local government, education, healthcare, social services, faith-based congregations, businesses, and non-profit organizations who have organized to increase nutrition and physical activity in the City of West Chicago. Healthy West Chicago is committed to making permanent changes by enacting policy, systems and environmental changes to make the healthy choice the easy choice. The **Healthy West Chicago Community Action Plan** addresses a number of community health and wellness topics citywide and for individual neighborhoods including environmental quality, healthy food systems, public safety and social networks, sustainable transportation, parks and recreation, healthy urban design, and education about the importance of good nutrition and physical activity.

HISTORY

Healthy West Chicago was formalized in 2014 through funding from a grant from Northwestern Medicine (formerly Cadence Health) and supplemental support from WeGoTogether for Kids (with funds from the United Way of DuPage/West Cook). The Core Team developed the Healthy West Chicago Community Action Plan. The plan development process incorporated broad-based community outreach including: a) regular Healthy West Chicago Core Team and Task Force meetings; b) a citywide community survey; and c) a variety of forums with specific sector groups, organizations, technical experts, and the community at-large to develop the plan's core strategies. The team mapped and analyzed existing health conditions, assessing policies, programs and initiatives that support a healthy West Chicago. The culmination of these efforts is the **Healthy West Chicago Community Action Plan** – a plan that will serve as a road map with realistic, innovative, and clear policies and strategies to support West Chicago's goal of becoming a healthy community.

WHY DO WE NEED AN ACTION PLAN?

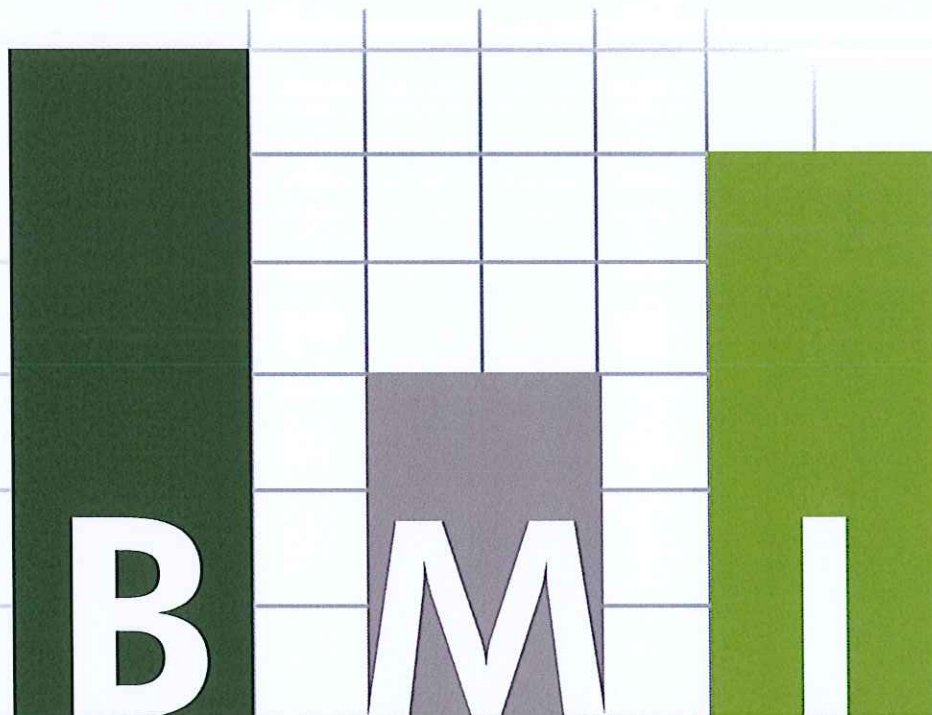
Changes to the design of communities, healthy food access, built environments, and the prevalence of cheap, processed foods have collectively altered the American lifestyle and the picture of health within our country. As a result, we are now a nation of people who are less physically active and who eat less nutritious foods. The City of West Chicago is no exception to these changes. Healthy West Chicago seeks to reverse these trends and make West Chicago one of the healthiest communities in the region. This shift will support changes in the way people live, work and play in West Chicago, and community-wide collaboration to make the healthy choice the easy choice.

PLAN RECOMMENDATIONS

The **Healthy West Chicago Community Action Plan** recommendations are a culmination of community input (survey and forum participation) and technical expert input. Community residents and stakeholders identified objectives, strategies and action steps to help West Chicago to be a healthy community and technical experts reviewed these recommendations and offered expertise on how to reach the desired goals.



Appendix D: DuPage FORWARD 2013-2014 Body Mass Index Surveillance Report



2013-2014 BODY MASS INDEX SURVEILLANCE REPORT

Overweight and Obesity among DuPage County School Students

AUGUST 2014

KEY FINDINGS

For more details, please see the next page

DuPage rates were lower than national rates.¹

31.8%
NATIONAL
PREVALENCE¹

29.6%
DUPAGE
COUNTY
PREVALENCE

Overweight
or Obesity

16.9%
NATIONAL
PREVALENCE¹

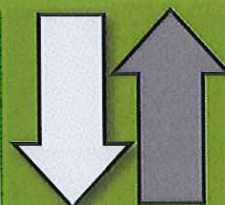
14.2%
DUPAGE
COUNTY
PREVALENCE

Obesity

Following a slight decrease in 2012-13, public school rates remained stable in 2013-14.



At least one in four kindergartners entering public school were already overweight or obese and higher rates were observed in 6th and 9th grade students.



Female public school student rates were significantly lower than male student rates.

OVERVIEW

In order to understand the prevalence of obesity in DuPage County, FORWARD partnered with the DuPage Regional Office of Education, 204 DuPage County public schools in 42 districts, Kane County School District U-46 and its eight schools in DuPage County, and 46 DuPage County private schools to obtain data to determine the prevalence of overweight and obesity among children and adolescents. The body mass index (BMI) data came from the students' 2013-2014 State of Illinois Certificate of Child Health Examinations (school physical) forms. "Overweight or obese" is defined as a BMI at or above the 85th percentile while "obese" is defined by a BMI at or above the 95th percentile.

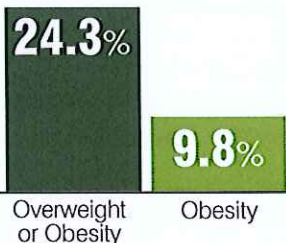
For 2013-14, of the 31,060 kindergarten, sixth grade and ninth grade students included, 29.6% were overweight or obese and 14.2% were obese. Records were received for 96.2% (227/236) of public school classes. Additional records were received for 19.3% of private school classes. FORWARD has collected 101,064 public and private school student records over the last four years with over 90% public schools participating for the past three consecutive academic years.

While national obesity prevalence in recent years has held steady, DuPage County experienced a 1% decrease in public school BMI percentile prevalence rates in 2012-13, with the 2013-14 rates remaining stable. Comprehensive approaches to preventing childhood obesity, like those being undertaken by FORWARD, are associated with modest declines in obesity rates.²

Participating Private School Students

Prevalence of Overweight and Obesity in Grades K, 6 and 9

2013-2014 (n=886)



Participating Public School Students

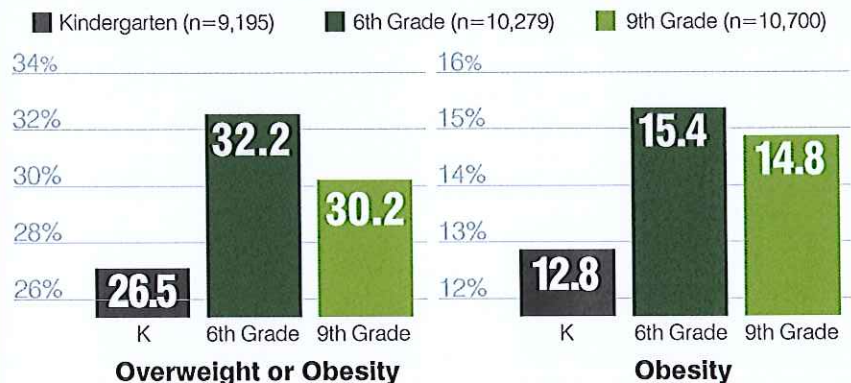
Prevalence of Overweight and Obesity

In Kindergarten, Sixth Grade, and Ninth Grade

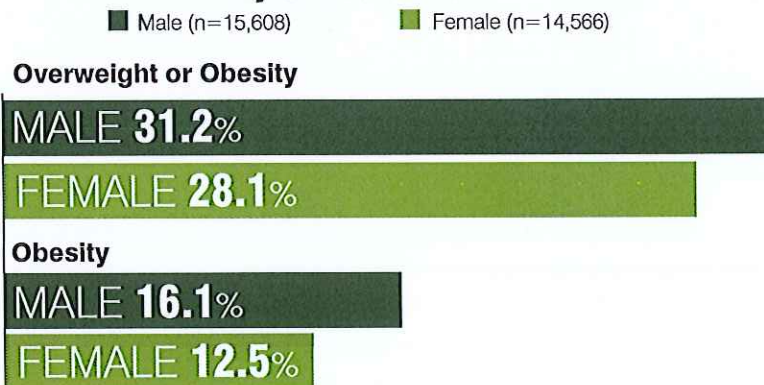
By Academic Year 2010 - 2014



By Class 2013 - 2014



By Sex 2013 - 2014



Public School Students Obesity Prevalence and Demographics by

FORWARD Region for the 2013 - 14 Academic Year*

Includes only participating schools and their students (n=30,174)

	North West	North East	Central East	South East	South West	All Regions
% Overweight or Obesity	31.2	35.5	34.0	26.3	25.8	29.7
% Obesity	15.8	18.5	16.6	11.8	11.3	14.4
% Low Income†‡	31.2	43.2	39.6	20.5	12.8	26.8
% Asian‡	10.6	4.8	9.4	9.7	18.0	11.4
% Black‡	5.8	2.3	8.7	7.9	8.8	6.7
% Hispanic‡	27.3	48.0	28.3	12.5	11.6	23.3
% White‡	53.0	42.0	50.4	66.4	56.8	54.9

In the 2013-14 academic year, the Northeast region had the highest rate (35.5%) of overweight or obese public school students as well as the highest rate of obesity (18.5%).

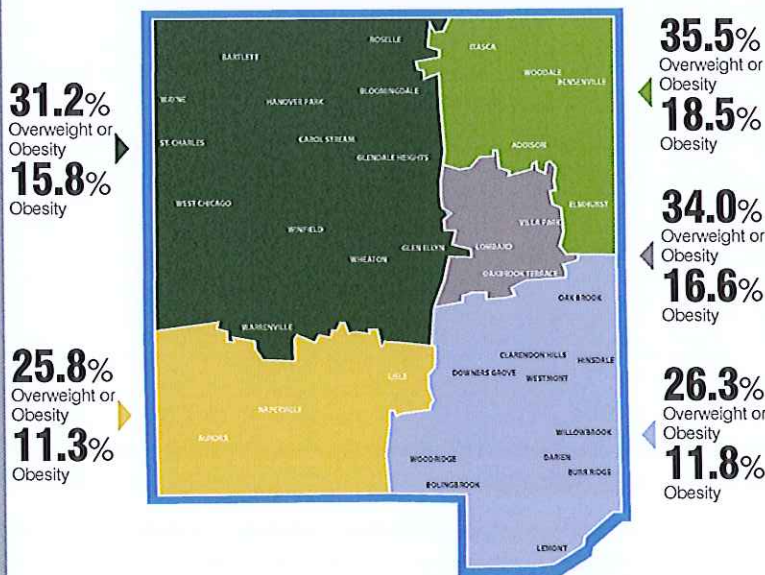
The Southwest region had the lowest overweight or obesity rate (25.8%) and the lowest obesity rate (11.3%).

* Although this report provides low income and race/ethnicity demographics at the school or grade population level, respectively, FORWARD could not collect that information for individual students when collecting BMI data. It cannot be determined if the overweight or obese children are the low income children or if they are Asian, Black, Hispanic, or White. Thus, correlations cannot be made between the effect of being low income or of being from any specific race/ethnicity on the prevalence of overweight or obesity. Observations may be made, however, of overweight and obesity rates among regional student populations of various low income and racial/ethnic compositions.

† Low income data were available at the school level, based on all enrolled students.

‡ Race/ethnicity data were available at the class level (e.g., grades K, 6, or 9) per school.

Public School Students Prevalence of Overweight and Obesity by FORWARD Region for the 2013 - 14 Academic Year

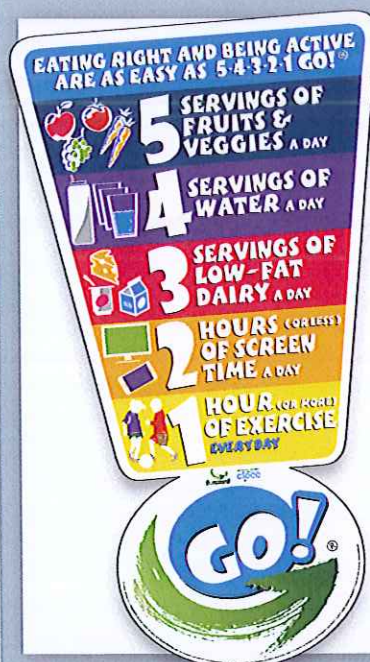


IMPORTANCE

With at least one in four kindergarteners entering school already overweight or obese, and even higher rates observed in subsequent grades, reducing obesity rates is critical to improving the health of DuPage County. Obese children are more likely to develop high blood pressure, high cholesterol, type 2 diabetes, and other serious health, social, and psychological problems as compared to healthy weight children.⁴ Due to these obesity-related issues, many are predicting that the life expectancy of today's children may be shorter than that of their parents.⁵

Children who are obese during childhood are more likely to be obese as adults.⁴ Additionally, if either parent is obese, the child has a significantly greater risk of obesity in adulthood.⁶ This is especially concerning since more than one-third of adults in the United States are obese.¹ Changes made now will not only affect today's children but will have a positive, compounding effect as those children enter adulthood and have their own families.





RECOMMENDATIONS

Given the magnitude of the obesity epidemic and the multitude of factors contributing to it, approaches targeting solely the individual are not sufficient.⁷ Experts agree that "the environment, rather than biology, is driving this epidemic."⁸ While "individual-level changes are important, individuals are more likely to sustain healthy lifestyles when the environment in which they live supports those behaviors. Individual level approaches are most effective if they are matched with policy, systems, and environmental change strategies" with efforts directed toward making the healthy choice the easy choice.⁷ Policy, systems, and environmental changes can broadly affect a large population and are more likely to be sustainable. Additionally, research supports focusing prevention efforts on children and getting them on a healthy path early in life.⁸

FORWARD recommends the following:

- Implement policy, systems, and environmental (PSE) changes to make the healthy choice the easy choice.
- Implement changes where you or your family work, learn, play, worship, and live (your home and community).
- Increase opportunities for healthy eating and drinking.
- Increase physical activity opportunities.
- Support schools in promoting healthy eating and physical activity. "Healthier kids perform better on tests, are more focused in class, behave better, are absent less, and have higher self-esteem."⁹

Follow the 5-4-3-2-1 Go!® guidelines.^{10,11}

A Note on Sensitivity: When talking with children about nutrition and physical activity, FORWARD agrees with many experts that weight should not be the primary focus; healthy food choices and increased physical activity should be the focus with a shared goal of promoting healthy self-esteem and a healthy body image.

FORWARD (Fighting Obesity Reaching healthy Weight Among Residents of DuPage) is a countywide coalition comprised of leaders in communities, schools, health care, faith, and businesses working together to reverse the obesity trend. FORWARD strives to make policy, systems and environmental changes so all children and families in DuPage County can achieve and maintain a healthy lifestyle. FORWARD invites anyone working towards a similar goal to join us in this effort.

For additional information, visit www.dupagehealth.org/bmi.

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11. 5-4-3-2-1 Go!® materials and information can be found at <http://www.dupagehealth.org/54321go>.



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Appendix E: Assessment of Existing Programs, Policies and Initiatives



Healthy West Chicago Assessment of Existing Nutrition and Physical Activity Programs, Policies and Initiatives – 2015

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1 BACKGROUND

The problem of adult and childhood obesity has become an epidemic, both nationally and locally. It is widely recognized that being overweight or obese can lead to a variety of chronic diseases including heart disease, diabetes, hypertension, cancer, stroke and osteoarthritis. With both a large young population and a growing aging population, it is critical to address this issue to enhance the health and well-being of West Chicago residents. Efforts to change nutrition and physical activity should address not only individual behaviors, but also policies and environments that support these behaviors in settings such as schools, worksites, healthcare organizations and communities.

This assessment lists a variety of current services and programs available to City of West Chicago residents to improve nutrition and to increase physical activity. The information was obtained through internet searches and input from the Healthy West Chicago Core Team and Task Force members. Information was not verified with the individual organizations listed. This information was updated May 2015.

2 HEALTHCARE

Both Central DuPage and Delnor are operated now by Cadence Health, part of Northwestern Medicine. The renowned Central DuPage Hospital, located in neighboring Winfield, and Geneva's Delnor-Community Hospital both stand as Level II-designated Trauma Centers and offer a full range of health services and programming within a modern medical environment.

2.1 Central DuPage Hospital (CDH) – Cadence Health, Northwestern Medicine

Healthy Hannah; Eat Smart

This program is for elementary age students and it echoes the healthy messages being introduced in the preschools. The elementary program utilizes the USDA's Team Nutrition Two Bite Club program and the hospital facilitates the teachers in receiving a grade-appropriate nutrition curriculum, and each student is provided with a copy of the educational Two Bite Club storybook to read with their parents.

Contact: 630.933.4234

Kits For Kids - Nutrition and Fitness

This program provides materials for teaching a class about nutrition and fitness, which contain everything a parent, scout leader or teacher needs to present a lesson, including scripts, worksheets, interactive demonstrations and general information. The nutrition and fitness kit provides information for groups on the importance of proper nutrition and daily physician activity. The kit also contains a jump rope, activity posters and a flash drive with a letter to parents. The materials are designed for preschool through second grade.

Contact: 630.933.4234
kitsforkids@cadencehealth.org

Contact: 25 North Winfield Road, Winfield, IL 60190
Customer service: (630) 933-1600
<http://www.cdh.org/>

Overeaters Anonymous Support Group

When: Saturdays, 9:00 am - 10:00 am
Location: Behavioral Health Services at Central DuPage Hospital
Contact: 27 W 350 High Lake Road, Winfield, IL 60190
(708) 346-0000

Weight Management Information Session

These programs focus on general information for those seeking possible treatment for obesity and include a question-and-answer session with the bariatric nurse clinician or dietitian* associated with Cadence Health weight management services. Adults only please.

Contact: Northwestern Medicine Central DuPage Hospital
25 North Winfield Road, Winfield, IL 60190
(630) 933-4234, TTY (630) 933-4833

2.2 Delnor-Community Hospital – Cadence Health, Northwestern Medicine

Contact: 300 Randall Rd, Geneva, IL 60134
(630) 208-3000
<http://delnor.com/>

Cadence Fitness and Health Center - Active adult fitness programs

These aquatic and land classes will help you increase muscle strength and endurance while also improving your flexibility and balance. Gentle exercise can help manage pain and improve overall quality of life. Call for date, time and cost.

Contact: Delnor Fitness & Health Center
296 Randall Road, Geneva, Illinois 60134
(630) 938-9000, TTY (630) 933-4833

Weight Management Information Session

These programs focus on general information for those seeking possible treatment for obesity and include a question-and-answer session with the bariatric nurse clinician or dietitian* associated with Cadence Health weight management services. Adults only please.

Contact: Delnor Hospital, 351 Building
351 Delnor Drive, Geneva, Illinois 60134
(630) 933-4234, TTY (630) 933-4833

Weight Management Cardio/Circuit Conditioning

Appropriate for all ages 18 and over and all fitness levels, this class offers exercises for cardiovascular endurance, fat burning, strength training and stretching. This program is designed to aid in weight loss and to provide support to bariatric patients. If you are a surgical or medical weight management patient new to Cadence Health weight management services, please call 630.933.2613 to learn about participation and eligibility. A physician's clearance is required for all participants. Thursdays 4:45 pm - 5:45 pm. Please call for dates and fees.

Contact: Delnor Hospital, 351 Building
351 Delnor Drive, Geneva, Illinois 60134
(630) 933-4234, TTY (630) 933-4833

2.3 Kid Care Medical

Kid Care Medical provides a variety of services, including well-child care, school and sports physicals, immunizations (including the flu shot), hearing tests, vision tests, and fluoride varnishing to prevent dental cavities. Kid Care Medical speaks English, Spanish, Mandarin, Cantonese, Thai, Lao, Vietnamese, Tagalog, Burmese, Telugu, and Hindi.

Contact: Multiple locations including: KCM - West Chicago
526 Main Street, West Chicago, IL 60185
(630) 293-3835
<http://www.kidcaremedical.com>

2.4 Access West Chicago Family Medical Center

Services: Pediatrics, Behavioral Health, Endocrinology, Family Medicine
Languages: Spanish, English

Contact: 245 W. Roosevelt, Bldg 14, Suite 150, West Chicago
(630) 293-4124
<http://www.accesscommunityhealth.net/location-detail?i=36>

2.5 Pediatric Health Associates

Besides providing preventative care services, Pediatric Health Associates offer enhanced care for patients with ADHD, Allergies, Autism, Nutrition/Obesity Management and Sports Medicine. It has resources available for parents of multiples, breastfeeding mothers and expectant parents. It offers care coordination for special needs children through our Medical Home Program. Travel Vaccination advice and administration, ear piercing and fluoride treatments are also available.

Contact: Multiple locations including:
946 North Neltner Blvd., Suite 120, West Chicago, IL 60185
(630) 876-4460
<http://www.pedhealth.net/Office/Locations/West-Chicago.aspx>

2.6 West Chicago Public Health Center

West Chicago Public Health Center is catering to the health related needs of community through its following departments:

- Behavioral Health
- Dental
- Disease Control
- Emergency Preparedness & Response
- Environmental Health
- Family Health
- Food Safety
- FORWARD
- Health Promotions
- Population Health
- Women's Health

Contact: 245 West Roosevelt Road, Building 14 # 148, West Chicago, IL 60185
(630) 682-7400
<http://www.dupagehealth.org/map-and-locations>

3 COMMUNITY GROUPS AND PROGRAMS

3.1 Healthy West Chicago

Healthy West Chicago is a collaboration of community leaders in local government, education, health-care, social services, faith-based congregations, businesses, and non-profit organizations that have organized to increase nutrition and physical activity in the City of West Chicago. Healthy West Chicago is committed to making permanent changes by enacting policy, systems and environmental changes to allow the healthy choice to be the easy choice.

Contact: Facebook: <https://www.facebook.com/HealthyWestChicago>
Website: <http://www.healthywestchicago.com>

3.2 Team Pineda

From April through September, weather permitting citizens can join Mayor Pineda as he walks the streets of West Chicago to promote fitness. Mayor Pineda wishes to promote Wellness throughout the West Chicago Community, and invites everyone to participate to improve his or her physical fitness, and overall health. Together we can develop a Healthy West Chicago!

Contact: <https://www.facebook.com/TeamPineda>

3.3 The West Chicago Garden Club

The Garden Club meets once a month to exchange plants and gardening tips. Additionally, monthly meetings include gardening presentations from guest speakers. Past presentations have included talks on Perennials, Organic Gardening, Composting, Creating a Backyard Wildlife Habitat, Vintage Roses, Building a Backyard Pond and Shade Perennials.

Contact: Website: <http://www.westchicagogardenclub.org/about/>
Location: Faith Community Church
Time: Fourth Thursday of the month at 6:45 PM

3.4 Keeper's Garden

Residents of West Chicago are invited to rent a garden plot and learn more about gardening through the non-profit group, People Made Visible, in collaboration with St. Michael's United Church of Christ and The Contreras-Gabriel Project.

Contact: info@peoplemadevisible.com
(630) 473-0268

3.5 People Made Visible

People Made Visible, Inc. is a local nonprofit that facilitates community through art and cultural programming. Current runs a community garden, mother's group, monthly local music event, Gallery 200 artist co-op gallery, international artist-in-residency program, artXposium, pop-up art shows, community art shares, hosts local theater.

Contact: website www.peoplemadevisible.com

4 FITNESS

4.1 West Chicago Park District

The Athletics Recreation Community (ARC) Center features a fitness center, locker rooms, 3-court gymnasium, tree house play area, walking/running track, multipurpose gym, party room, dance studio, spin room, fitness studio and meeting rooms. West Chicago Park District consists of 13 parks, totaling just under 400 acres. Visit one of the parks, walk one of many trails or relax and bring your family to one of the neighborhood park playgrounds.

Contact: 201 W. National Street, West Chicago, IL 60185
(630) 231-9474
Email: info@we-goparks.org

4.2 Illinois Bike Plan

The website tool allows users to interactively recommend new bikeways by tagging a map of Illinois. Users can also "support" proposed bikeways and identify specific barriers to bicycling such as intersection design, traffic speed, and lack of bicycle parking.

Contact: IllinoisBikePlan@altaplanning.com
Project Manager Gabriel Sulkes at the Illinois Department of Transportation (312) 793-1494 or Gabriel.Sulkes@illinois.gov.

4.3 West Chicago, Illinois Trails and Maps

Find the top rated trails in West Chicago, whether you're looking an easy walking path or a long bike trail, you'll find what you're looking for. Click on a trail to find trail descriptions, trail maps, photos, and reviews.

Contact: <http://www.traillink.com/city/west-chicago-il-trails.aspx>

4.4 Charter Fitness of West Chicago

Charter Fitness of West Chicago offers a clean and comfortable workout environment. The Charter Fitness of West Chicago personal trainers help clients learn proper techniques for working out and how to use the club's equipment. The club stays active in the local community by participating in health fairs, as well as food and clothing drives and their Chicago personal trainers offer unprecedented dedication to their members.

Contact: 1987 Franciscan Way, West Chicago, IL 60185
(630) 293-1100
<http://www.charterfitness.com/location/charter-fitness-of-west-chicago/>

4.5 The Fitness Station - West Chicago Park District

The Fitness Station is located at 103 West Washington Street in West Chicago. The Fitness Station houses karate programs, expanded fitness classes, personal training, cardio and free weight equipment, towel service, lounge, and vending.

Contact: 103 West Washington Street • West Chicago, IL 60185
(630) 293-5620
<http://we-goparks.org/fitness.asp>

4.6 Wheaton Sport Center

In addition to their cardio and strength training equipment, Wheaton Sport Center has a swimming pool and indoor track. They provide activity-based childcare, as well as classes and programs for all ages, including tennis, karate, and dance lessons for children.

Contact: 1000 W. Prairie Ave., Wheaton, IL 60187
(630) 690-0887
<http://www.wheatonsportcenter.com/>

5 SCHOOLS / UNIVERSITIES

5.1 West Chicago Elementary School District 33

West Chicago Elementary School District 33 conducts an annual wellness walk/run for students to sensitize them on healthy activity of walk and running.

WeGo Together for Kids:

Program aims to address the health, safety and well-being of students and families through a collaborative, coordinated and comprehensive approach for West Chicago schools and community. The vision is for all members of the community to support each other in creating an environment for growth, wellness, safety, happiness, and wisdom.

Healthy for Life:

District 33 schools continues to provide fresh fruits and vegetables, whole grains, lean protein choices, low and non-fat dairy options, 100% fruit juice and water. ARAMARK, the school district's contracted food servicer, continues to reduce added fats, sugar and salt; eliminate added trans fats; and promote and expand the availability of breakfast. The educational components of the Healthy for Life program allow parents and guardians to aid children in taking small steps each day to develop good health habits. These practical tools include monthly nutrition tips, "Ask the Dietician" and other informational resources for parents. Healthy menu messages and icons, posters and other materials highlight nutrition information and wellness messages for students.

Contact: Marjory Lewe-Brady, Director of Partnerships for Wellness, Safety, and Achievement
Email: Lewe-bradym@wego33.org
(630) 293-600 ext. 225

5.2 Educare of West DuPage

Educare is a program to prepare young at-risk children for school by implementing the approaches and practices that science tells us are necessary to help young children grow up safe, healthy and eager to learn.

Contact: 851 Pearl Rd, West Chicago, IL 60185
(630) 957-5500
<http://www.educareofwestdupage.org/>