

### 5.3 Benjamin Middle School

Girls on the Run is a life-changing, non-profit prevention programs for girls in the 5<sup>th</sup> grade run by Benjamin Middle School. The program's mission is to educate and prepare girls for a lifetime of self-respect and healthy living. The program meets every Monday and Friday from 2:45 p.m. to 4:00 p.m.

Contact: 28W300 St Charles Road, West Chicago, IL 60185  
(630) 876-7820 ext. 202  
<http://bms-bsd25-il.schoolloop.com/girlsontherun>

### 5.4 College of DuPage

Chaparral Fitness Center offers community members access to the facility through community fitness memberships

Contact: [http://www.cod.edu/athletics/pe\\_center/chaparral\\_fitness/index.aspx](http://www.cod.edu/athletics/pe_center/chaparral_fitness/index.aspx)

### 5.5 Wheaton Academy

Wheaton Academy works with the DuPage County health department to ensure that all food served at Wheaton Academy is fresh, healthy, and safe to eat for all students, faculty, and staff, each and every day.

#### **Food Services: Food Choices:**

Wheaton Academy partners with several local restaurants and caterers and is committed to serving nutritious, delicious, and healthy meals every day. They also have a complete salad bar for all students, faculty and staff.

Contact: 900 Prince Crossing Road, West Chicago, IL 60185  
(630) 562-7500  
[http://www.wheatonacademy.org/RelId/607192/ISvars/default/Food\\_Services.htm](http://www.wheatonacademy.org/RelId/607192/ISvars/default/Food_Services.htm)  
[http://www.wheatonacademy.org/RelId/621685/ISvars/default/Food\\_Choices.htm](http://www.wheatonacademy.org/RelId/621685/ISvars/default/Food_Choices.htm)

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## 6 CULTURAL INSTITUTIONS

### 6.1 West Chicago City Museum

#### **Current exhibits related to health and wellness:**

Be Well: Dialogues of Health and Wellness Through History

West Chicago City Museum presents a historical overview of concepts of health and wellness throughout West Chicago's 166-year past.

#### **Past exhibits related to health and wellness:**

2014: (Bi)cycle of Life Museum Exhibit

2013: Earth to Table Museum Exhibit

The West Chicago City Museum had a 2013 exhibit "Earth to Table," combining the history of West Chicago's gardens and farms with contemporary art that explores how plant life makes its way to our tables in the form of food and decoration.

**Main Street Walking Tour:**

Guided walking tours of the downtown area focus on the growth and development of West Chicago. The tour features the area encompassed by the original town of Turner and can be adapted to focus on business, architectural styles, railroad history or other areas of interest. (Grades 3-12, 30 minutes - 1 hour)

Contact: 132 Main Street, West Chicago, IL 60185  
(630) 231-3376  
museum@westchicago.org  
<http://www.westchicago.org/museum/programming.html>

**6.2 West Chicago Library****Northwestern Medical Health Workshops**

A Northwestern Medical doctor visits the West Chicago Library to discuss health. A healthy snack is also served.

**Introduction to Dance Classes**

The *Platinum Dance Academy* of West Chicago comes to the library during summer to give basic introductory classes to Ballet, Hip Hop, or Irish Step.

**Move to the Music**

On Wednesday evenings at 6:00, families can head to the West Chicago Library on the outside lawn to play a variety of outdoor activities and sports while listening to some tunes.

**Tottercize**

This program is designed to teach children at an early age about healthy movement, coordination, and balance in a gentle, introductory way. A variety of exercises are used, including yoga moves, dancing, and other physical activity.

**Hop N Bop**

The West Chicago Library hosts a morning of moovin' and groovin' with a variety of fun musical activities.

**Meditation for Healthy Living**

Michael Ribet, who has been meditating for over 40 years, teaches the community about a simple meditation technique that can melt away stress and be a powerful addition to a healthy living regimen.

Contact 118 W Washington St, West Chicago, IL 60185  
(630) 231-1552  
<https://il.evanced.info/westchicago/lib/eventcalendar.asp>



### **6.3 West Chicago Community Banner Project: A Picture of Health**

The West Chicago Cultural Arts commission followed the community-wide wellness initiative theme by using the theme "A Picture of Health" for their 2015 West Chicago Community Banner Project. The chosen artwork was transferred to vinyl panels that hang on street poles in Downtown West Chicago from May to September.

Contact: (630) 231-3376  
museum@westchicago.org

### **6.4 West Chicago Historical Society**

The West Chicago Historical Society operates and manages the Kruse House Museum and hosts the West Chicago Garden Club restoration of historic gardens at the Kruse House Museum. Gardens are open to the public daily.

Contact: website:www.krusehousemuseum.org  
527 Main Street, West Chicago, IL 60185

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## **7 FAITH-BASED COMMUNITY**

### **7.1 Zumba at Faith Community Church**

Zumba classes are available to anyone free of cost on Mondays, Wednesdays, and Fridays.

Contact: 910 Main Street, West Chicago, IL 60185  
(630) 231-7996

### **7.2 Weight Watchers at First United Methodist Church**

Weight Watchers is an integrated approach that combines smarter eating, healthy habits, exercise and a supportive environment for weight loss. The plan guides participants toward nutritious eating choices so he or she can lose and maintain a healthy weight.

Contact: 643 E Washington St, West Chicago, IL 60185  
(800) 651-6000  
<https://welcome.weightwatchers.com/find-a-meeting>

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## **8 SENIOR SERVICES**

### **8.1 DuPage Senior Citizen Council**

DSCC's registers dietician gathers healthy information to share with seniors. Topics cover a broad range of subjects including exercise, nutrients, diabetic health and food trends, all tailored specifically for the needs of seniors.

Contact: (630) 620-0804.  
<http://www.dupageseniorcouncil.org/our-services/Community-Services/Health-and-Wellness-Topics-And-Activities.aspx>

## **8.2 Western DuPage Special Creation Association**

Western DuPage Special Creation Association offers fun recreational programs for children and adults of all ages with disabilities including:

- Special Olympics Sports
- Wheelchair and Adapted Sports
- Drama, Dance, Music and Art
- Social Clubs
- Trips and Outings
- Camps
- Bowling
- Special Events
- Inclusion Services

Contact: <http://wdsra.com>

## **8.3 Winfield Township Senior and Disabled Transportation Service**

A bus service for those age 65 and over and/or disabled (18 and older) who reside within Winfield Township Boundaries. This service is fully funded and administered Winfield Township, and is provided in a partnership with West Chicago Park District, which offers a wide range of Adult Programs. These include lunches, day trips, mall trips, and fitness or sports classes.

Contact: (630) 520-0054  
Email: [info@winfieldtownship.com](mailto:info@winfieldtownship.com).

## **8.4 DuPage Senior Citizens Council-Meals on Wheels (Carol Stream) In-Home Services**

Daily delivery of nutritional meals to the homebound, widely known as Meals on Wheels; daily Well Being Check Program that provides health and safety checks to seniors by volunteers during their meal deliveries; and the Minor Home Repair Program that helps make it possible for older individuals to remain in their homes by assisting with basic home maintenance.

### **DuPage Senior Citizens Council Community Services**

This program operates of a network of county-wide Community Dining sites that serve seniors a nutritious meal, along with an opportunity to socialize with other seniors in a friendly setting. Their Health & Wellness Program provides seniors with informative dietary and health-related educational materials prepared by experts. They also organize "Chore Days," a popular program partnering seniors with individual volunteers and volunteers from schools and local civic organizations. Together, Chore Days partners brighten homes and neighborhoods by helping with outside chores such as raking leaves, gardening, trimming shrubs, and other yard tasks.

Contact: DuPage Senior Citizens Council  
1990 Springer Drive, Lombard, IL 60148  
Phone: (630) 620-0804  
Fax: (630) 620-1158  
Email: [info@dupageseniorcouncil.org](mailto:info@dupageseniorcouncil.org)



### **8.5 Humanitarian Service Project**

The mission of the Senior Citizen Project is to provide nutritional food for the needy elderly in DuPage and Kane Counties every month of the year, and thereby alleviate the suffering and humiliation that poverty brings.

Contact: 465 Randy Road, Carol Stream, IL 60188  
(630) 221-8340  
Fax Number: (630) 221-8371

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## **9 COUNTY-WIDE SERVICES SUPPORTING WEST CHICAGO**

### **9.1 Access DuPage**

Access DuPage is a collaborative effort whose mission is to provide access to medical services to those people in DuPage County, IL who lack healthcare access because of economic reasons.

Contact: (630) 510-8720  
<http://accessdupage.org/>

### **9.2 DuPage Community Clinic**

The DuPage Community Clinic is a free healthcare clinic providing primary medical care, specialty medical care, and mental health services to low income, medically uninsured residents of DuPage County.

Contact: <http://accessdupage.org/members/dupage-community-clinic/>

### **9.3 DuPage County Community Services**

DuPage County Senior Services offers a number of programs that facilitate an independent lifestyle for county residents, aged 60 or older, and provides information on other benefits for which seniors may qualify. Services include: DuPage Senior Citizens Council's (DSCC) Senior Nutrition Program, Home Delivered Meals, Community Dining Locations, Food Resources/Programs, Meal Preparation Services.

Contact: County Senior Services  
(630) 407-6500 or 1-800-942-9412  
Email: [seniorsvcs@dupageco.org](mailto:seniorsvcs@dupageco.org)

### **9.4 DuPage County Health Department - Early Intervention Programs**

The Early Intervention Program focuses on helping parent(s) develop healthy relationships with their children. Training fee is \$75.00/hour. Infant/Early Childhood Mental Health Consultation and training is available in both English and Spanish. Home visits are made.

Contact: 111 County Farm Road, Wheaton, IL 60187  
(630) 682-7979  
<http://www.dupagehealth.org/>

### **9.5 DuPage County Health Department - Healthy Families**

Home-visiting program that is available for first-time mothers, 20 to 29 years of age. It provides information and support through weekly home visits. Home visits cover child development, health & immunizations, developmental screenings, goal setting and coping skills.

Contact: 111 N. County Farm Rd, Wheaton, IL 60187  
(630) 682-7400  
<http://www.dupagehealth.org/women-children-health-healthy-families>

### **9.6 Forest Preserve District of DuPage County**

From archery to a variety of winter sports, visitors of all ages can enjoy their favorite activities at several DuPage County forest preserves. Each summer, the Forest Preserve District offers a variety of four- or five-day camps for kids ages 4 to 14. The Family Expeditions program encourages parents and children to get outside and experience quality programs and recreational opportunities through the District.

Contact: (630) 933-7243  
[http://www.dupageforest.com/Education/Just\\_For\\_Kids/Camps\\_For\\_Kids.aspx](http://www.dupageforest.com/Education/Just_For_Kids/Camps_For_Kids.aspx)  
[http://www.dupageforest.com/Education/Family\\_Expeditions/Family\\_Expeditions.aspx](http://www.dupageforest.com/Education/Family_Expeditions/Family_Expeditions.aspx)

### **9.7 Timber Ridge Forest Preserve (West Parking Lot)**

The forest preserves have trails for walking, biking, hiking, and running as well as snowshoeing and cross-country skiing in winter. Some preserves also have opportunities for fishing, boating, camping, wildlife watching, archery, and way finding. The Forest Preserve District of DuPage County also offers a free Family Expeditions program.

Contact: (630) 933-7248  
<http://www.dupageforest.com/>

### **9.8 DuPage County Forward (DuPage County Health Department)**

**FORWARD (Fighting Obesity Reaching healthy Weight Among Residents of DuPage)** is a coalition of partners dedicated to reversing the obesity trend in DuPage County by educating children and families about the importance of eating healthy and being physically active.

Contact: 111 N County Farm Rd, Wheaton, IL 60187  
(630) 221-7037  
<http://www.dupagehealth.org/forward>

### **9.9 Humanitarian Service Project**

It is the mission of the Humanitarian Service Project to alleviate the pain and suffering that poverty brings to needy seniors and children living in DuPage and Kane Counties, Illinois, by providing them food, without distinction of gender, race, creed, caste, or color.

Contact: (630) 221-8340  
<http://www.humanitarianservice.org/>



### **9.10 ProActive Kids (PAK)**

ProActive Kids Foundation (PAK) is a not-for-profit foundation with a mission of advancing child health and reversing the obesity trend one community at a time. The program educates children and their families on fun and sustainable ways to improve their health through weekly physical exercises, lessons, assignments and discussions. This innovative and personal life-changing experience is offered at no charge to children ages 8-14 who are considered obese or at risk.

Contact: 1101 Belter Drive, Wheaton, IL 60189  
(630) 681-1558  
<http://proactivekids.org/>  
[http://www.westchicago.org/08.24.12\\_pr\\_misc.html](http://www.westchicago.org/08.24.12_pr_misc.html)

### **9.11 Western DuPage Special Recreation Association**

Western DuPage Special Recreation Association (WDSRA) serves more than 4,500 individual children and adults with special needs in over 1,500 recreation programs, trips, and special events annually. They provide a safe learning environment with caring, dedicated, trained staff and offer a wide range of programs appealing to a variety of interests.

Contact: 116 N Schmale Road, Carol Stream, IL 60188  
(630) 681-0962  
<http://www.wdsra.com/>

### **9.12 United Way of DuPage**

The City of West Chicago is a United Way Neighborhood Network Community. Working with a lead partner in the community, United Way organizes and integrates a network of resources in education, income and health in a central location, usually a school. United Way acts as a coordinator among network partners to establish shared goals, deliverables, timelines and measurements to ensure accountability toward outcomes: more high school graduates, more financially stable households and more families with access to quality preventative health care.

Contact: <http://uw-mc.org/neighborhoodnetwork/>

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## 10 STRATEGIC & COMPREHENSIVE PLANS: HEALTHY EATING AND FITNESS

### 10.1 Cadence Health, Northwestern Medicine

#### **Delnor Community Hospital**

Upon lengthy review of both the Community Health Assessment and Community Health Improvement Plan, Delnor has identified four priority needs that will be addressed during Fiscal Year 2013. Each priority area will have specific and measurable goals, objectives and outcomes, which are outlined in the FY 2013 Community Benefit Plan. FY 2013 priority initiatives are:

- Access to care
- Obesity/nutrition

Delnor will continue its partnership with Kane County's Fit Kids 2020 Plan in addition to working with local school and park districts.

- Chronic disease
- Communicable disease

### 10.2 County of DuPage

#### **Regional Trail Development - West Branch DuPage River Trail**

The West Branch DuPage River Trail is a 23-mile trail which connects the communities of Hanover Park, Bloomingdale, Bartlett, Wayne, Carol Stream, West Chicago, Winfield, Warrenville, and Naperville along the West Branch of the DuPage River. This trail includes approximately eighteen miles of existing facilities such as Timber Ridge Trail and segments along the Great Western Trail through Winfield Mounds and Blackwell Forest Preserves, and through the City of Naperville. The trail connects several branches of the Illinois Prairie Path (at Timber Ridge, Winfield Mounds, and Warrenville Grove Forest Preserves).

This regional trail will link to community trail plans in Naperville, West Chicago, Winfield, Warrenville, and Carol Stream. The north end of the trail connects to the North Central DuPage Regional Trail which will provide a connection along Bartlett Road into northwest Cook County. The south end of the trail leads users into Will County (Naperville) and includes access to destinations like Knoch Knolls Park and Whalon Lake. There are conceptual plans to extend the trail further south.

The West Branch DuPage River Trail is an intergovernmental effort led by the Forest Preserve District of DuPage County and includes municipalities, park districts, and the DuPage County Division of Transportation.

More information: [https://www.dupageco.org/EDP/Bikeways\\_and\\_Trails/29857/](https://www.dupageco.org/EDP/Bikeways_and_Trails/29857/)



### 10.3 DuPage County Bikeway Planning

DuPage County prioritizes bikeway planning from a regional transportation perspective. They aim to provide safe, efficient, and coordinated regional movements by developing a bicycle transportation network. The 2008 DuPage County Bikeway Plan emphasized developing regional bike corridors, promoting non-motorized traffic, and identified 18 existing regional trails.

#### DuPage County Healthy Roads Policy

This policy allows for bicycle-friendly roadway designs, acquisition of right-of-way for nonmotorized improvements, and implementation of low-cost improvements such as restriping existing roadways and paving shoulders. The Healthy Roads Policy has had a significant impact on transportation infrastructure in DuPage County, with new pedestrian countdown signals being implemented at 50 intersections, 26 new bicycle and pedestrian friendly facilities, and 11 completed trail projects.

Contact: Daniel Thomas, AICP  
Trails Coordinator/Principal Planner  
DuPage County Department of Transportation  
(630) 407-6883

Website: [www.dupageco.org/bikeways](http://www.dupageco.org/bikeways)

### 10.4 Illinois Bike Transportation Plan

The Illinois Department of Transportation (IDOT) Illinois Bike Transportation Plan (Plan) is the first state-wide bicycle plan in Illinois history. The Plan serves as the transportation alternatives chapter of the 2012 Illinois State Long Range Transportation Plan and follows the long range plan's theme of Transforming Transportation for Tomorrow. It provides the Department with policies, best practices and strategic direction for implementing a sustainable, multimodal transportation system in Illinois.

The Plan provides over 200 recommendations and action items designed to enhance IDOT's ability to provide safe and cost-effective accommodations for cyclists across Illinois. Some of the issues addressed in the plan include: a statewide and regional analysis of current accommodations, policies, and planning documents; an evaluation of IDOT's Complete Streets policy and other bicycling-related statutes; a review of national bicycling trends, best practices and their applicability in the Illinois transportation context.

More Information: <http://www.idot.illinois.gov/transportation-system/transportation-management/planning/illinois-bike-transportation-plan>

## Appendix F: Survey Form in English and Spanish



### Healthy West Chicago Community Survey

If you live or work in West Chicago, please take a couple minutes to complete this survey. The purpose of this survey is to get your opinions about what is important for wellness in West Chicago. The Healthy West Chicago Team will use the results of this survey and other information to identify ways to improve the health of our community. Your participation in this survey is voluntary and all answers will be kept confidential. Thank you!

#### Section 1 – HEALTHY WEST CHICAGO GOALS

**QUESTION 1- Is increasing healthy eating important to you and your family? CHOOSE ONE**

- ☐ Yes  
☐ No  
☐ Neutral

**QUESTION 2- Is increasing physical activity important to you and your family? CHOOSE ONE**

- ☐ Yes  
☐ No  
☐ Neutral

**QUESTION 3 – Do you think West Chicago is a “Healthy Community”: How would you rate West Chicago? CHOOSE ONE**

- ☐ Very Healthy  
☐ Healthy  
☐ Somewhat Healthy  
☐ Unhealthy  
☐ Very Unhealthy  
☐ Don't Know/Not Sure

**QUESTION 4 - How would rate your own personal health? CHOOSE ONE**

- ☐ Very Healthy  
☐ Healthy  
☐ Somewhat Healthy  
☐ Unhealthy  
☐ Very Unhealthy  
☐ Don't Know/Not Sure

#### Section 2- HEALTHY COMMUNITY STRATEGIES

**QUESTION 5-What aspects of PHYSICAL ACTIVITY do you think are important?**  
**RANK EACH ONE BY CHECKING A BOX**

	Very Important	Somewhat Important	Neutral	Somewhat Not Important	Not Important
Create more physical activity opportunities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make it easier to walk around West Chicago (add more pedestrian friendly areas).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make it easier to ride bicycles around West Chicago – add bike lanes and bike racks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Add more parks and green space.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Educate the public about the importance of physical activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**QUESTION 6 - What suggestions do you have to increase PHYSICAL ACTIVITY in West Chicago?**  
**WRITE ANSWERS IN BOX.**







## Healthy West Chicago Encuesta de Comunidad

Si usted vive o trabaja en West Chicago, por favor tome un minuto para completar esta encuesta. El propósito de esta encuesta es para obtener sus opiniones sobre lo que es importante para el bienestar de West Chicago. El equipo de Healthy West Chicago utilizará los resultados de esta encuesta y otra información para identificar formas de mejorar la salud de nuestra comunidad. Su participación en esta encuesta es voluntaria y todas las respuestas serán confidenciales. ¡Gracias!

### Sección 1 – HEALTHY WEST CHICAGO METAS

**PREGUNTA 1- ¿Es importante para usted y su familia aumentar la alimentación saludable?**

ELIJA UNA

- ☐ Sí  
☐ No  
☐ Neutral

**PREGUNTA 2- ¿Es importante para usted y su familia aumentar la actividad física?**

ELIJA UNA

- ☐ Sí  
☐ No  
☐ Neutral

**PREGUNTA 3 –¿Usted piensa que West Chicago es una “Comunidad Saludable”: Cómo calificaría a West Chicago?** ELIJA UNA

- ☐ Muy Saludable  
☐ Saludable  
☐ Algo Saludable  
☐ Insalubre  
☐ Muy Insalubre  
☐ No lo sé/No estoy seguro

**PREGUNTA 4 - ¿Cómo calificaría su propia salud?**

ELIJA UNA

- ☐ Muy Saludable  
☐ Saludable  
☐ Algo Saludable  
☐ Insalubre  
☐ Muy Insalubre  
☐ No lo sé/No estoy seguro

### Sección 2- Estrategias Comunitarias Saludables

**PREGUNTA 5-¿Cuales aspectos de la ACTIVIDAD FÍSICA piensa usted que son importantes?**

CLASIFICAR CADA UNO MARCANDO UNA CASILLA

	Muy Importante	Algo Importante	Neutral	Un Poco Sin Importancia	Nada Importante
Crear más oportunidades de actividad física	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Que sea más fácil caminar en West Chicago (añadir más zonas peatonales).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Que sea más fácil de montar bicicletas alrededor de West Chicago – añadir carriles para bicicletas y bastidores de bicicletas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Añadir más parques y espacios verdes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Educar al público sobre la importancia de la actividad física.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



**PREGUNTA 6 - ¿Qué sugerencias tiene para aumentar la actividad física en West Chicago?**

ESCRIBIR LAS RESPUESTAS EN CAJA.

**PREGUNTA 7 - ¿Qué aspectos de ALIMENTACIÓN SALUDABLE cree usted que son importantes?**

CLASIFICAR CADA UNO MARCANDO UNA CASILLA

	Muy Importante	Algo Importante	Neutral	Un Poco Sin Importancia	Nada Importante
Reducir la disponibilidad de bebidas azucaradas en las máquinas expendedoras y los edificios públicos.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tener alimentación sana y asequible disponible en las tiendas de comestibles, restaurantes, máquinas expendedoras y lugares públicos.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tener alimentos nutritivos para eventos y celebraciones escolares.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aumentar la disponibilidad y asequibilidad de los alimentos frescos y locales (en los supermercados y en las escuelas).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Educar al público sobre la importancia de la alimentación saludable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**PREGUNTA 8 - ¿Qué sugerencias tiene para aumentar la ALIMENTACIÓN SALUDABLE en West Chicago?**

ESCRIBIR LAS RESPUESTAS EN CAJA.

### Sección 3- INFORMACIÓN DE CONTACTO (OPCIONAL)

A medida que trabajamos juntos para hacer de West Chicago un lugar más saludable para vivir, esperamos que usted se mantenga involucrado y continuar ayudándonos a decidir que cambios tenemos que hacer y ofrecer opciones mas saludables. Por favor considere darnos su información de contacto para que podamos enviarse información actualizada sobre eventos futuros.

Nombre: \_\_\_\_\_

Usted...

MARQUE TODO LO QUE CORRESPONDA

☐ Vive aquí

☐ Asiste a la escuela aquí

☐ Trabaja aquí

☐ Otra \_\_\_\_\_

Teléfono/Correo electrónico: \_\_\_\_\_

**¡Gracias!**

Por favor, devuelva la encuesta completa a una caja de colección de Healthy West Chicago cerca de donde usted lo recibió (biblioteca, City Hall, consultorio medico, iglesia, etcétera) o enviar por correo a

**Healthy West Chicago, 1879 Neltnor Blvd., #181, West Chicago, IL 60185.**

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## Appendix G: Defining Types of Strategies for Change

### POLICY STRATEGIES

#### What is Policy Change?

Laws, regulations, rules, protocols, and procedures, designed to guide or influence behavior. Policies can be either legislative or organizational in nature. Policies often mandate environmental changes (see below) and increase the likelihood that they will become sustainable.

Examples of legislative policies include:

- provision of county or city public land for green spaces or farmers' markets
- complete streets policy mandating bike lanes and ped-friendly features

Examples of organizational policies include:

- a district ban on the sale of less than healthy foods throughout the school day
- menu labeling in restaurants

#### Healthy West Chicago Example:

Both West Chicago school districts have wellness policies addressing nutrition and fitness.

### BUILT ENVIRONMENT STRATEGIES

#### What is Environmental Change?

Physical, social, or economic factors designed to influence people's practices and behaviors.

Examples of alterations or changes to the environment include:

- Availability of healthy food choices in restaurants or cafeterias
- Creation of new walking paths
- Availability of affordable nutritious foods in grocery stores and farmers' markets

#### Healthy West Chicago Examples:

West Chicago Park District's new ARC Center gives increased access to fitness facilities and programs; West Chicago establishes a farmers' market to increase access to healthy food choices.



## SYSTEMS CHANGE STRATEGIES

### What is Systems Change?

Change that impacts all elements, including social norms of an organization, institution, or system; Policies are often the driving force behind systems change.

Examples are:

- Implementing the National School Lunch Program across the state school system
- Provision of health insurance discounts for participation in a fitness program

### Healthy West Chicago Example:

School District 33 and WeGoTogether4Kids improve nutrition of school breakfasts and lunches.

## PROGRAM STRATEGIES

### Healthy West Chicago Example:

Let's Be Healthy: District 33's Wellness Initiative to eat more fruits and vegetables and be active every day; After-school programs in West Chicago have nutrition and fitness components.

## EDUCATION/EVENT STRATEGIES

### Healthy West Chicago Example:

Healthy West Chicago has a Community Calendar to share events related to nutrition and fitness; Team Pineda promotes running and walking in West Chicago; District 33 has running clubs.

Note that **Healthy West Chicago** examples are not necessarily the result of Healthy West Chicago. Some of these strategies were planned and/or implemented before this planning process was launched. They do represent strategies in place in West Chicago that help to make the healthy choice the easy choice.

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## Appendix H: Glossary

**Body Mass Index (BMI)** is a weight-to-height ratio that aides in determining the health of an individual.

**Built environments** are human-made surroundings that provide the setting for human activity, ranging in scale from buildings, parks or green space to neighborhoods and cities that can often include their supporting infrastructure, such as water supply or energy networks.

**Community gardens** are a single piece of land gardened collectively by a group of people. Community gardens provide space for community members to grow healthy food and improve the nutrition of their communities, provide opportunities for physical activity, and improve the community through beautification and citizen engagement.

**Complete streets** are streets designed to function in ways that enable safe access for all users. Pedestrians, bicyclists, motorists and bus riders of all ages and abilities are able to safely move along and across a complete street.

**Edible gardens** are gardens that contain flowers, herbs, seeds, berries, and plants that you can eat.

**Environmental barriers** limit or prevent a person from fully participating in social, occupational, and recreational activities.

**Food deserts** are areas where it is difficult to buy affordable and good quality fresh food.

**Food policy councils** are designed to support local agricultural economies and provide fresh produce to communities and schools. Food policy councils convene citizens and government officials to examine state and local food systems. They make recommendations about policies and programs that include food policies, local food procurement, farm-to-school programs and community gardens.

**Geographic Information System (GIS) mapping** is a technological tool for capturing, managing, analyzing and displaying all forms of geographically referenced information. In the form of maps, globes, reports, and charts, GIS mapping allows one to view, question and interpret data in many ways that reveal relationships, patterns and trends.

**Greenways** are linear open spaces that link parks and communities around the city, such as paths or trails. They provide public access to green spaces and opportunities for residents of all ages and abilities to be physically active.

**Health impact assessments** are a combination of procedures, methods and tools by which a policy, program or project may be judged as to its potential effects on the health of a population and the distribution of those effects within the population.

**Open space** is land that has been set aside for public use. It is typically void of any man-made structures.



**Safe Routes to Schools** is a national and international movement to create safe, convenient, and fun opportunities for children to bicycle and walk to and from schools.

**Sedentary jobs** are jobs that require little movement and activity of the individual.

**Shared use agreements** are formal agreements between two separate government entities—often a school and a city or county—setting forth the terms and conditions for shared use of public property or facilities.

**Streetscaping** includes improving traffic management, adding landscaping, sidewalks, building fronts and street amenities, such as garbage cans and benches.

**Walkable communities** facilitate pedestrian transportation by locating homes, businesses, schools, shops and other services, which are connected by sidewalks, bicycle lanes and trails, within an easy and safe walk from each other.

**Walkability audit** is an unbiased examination/evaluation to identify concerns for pedestrians related to the safety, access, comfort and convenience of the walking environment. The audit also assesses potential policy, educational or enforcement alternatives or solutions.

**Walking school bus** is a group of children walking to school with one or more adults.

**Tax Increment Financing (TIF)** is a method of financing the public costs associated with a private development project.

**Urban agriculture** is the practice of cultivating, processing, and distributing food in or around a village, town, or city.

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