



# Healthy West Chicago Community Action Plan

Prepared for Healthy West Chicago  
by Seven Generations Ahead / 2015





**Our goal is to increase healthy eating and physical activity in the City of West Chicago to make West Chicago one of the healthiest communities in the region.**

# Healthy West Chicago Community Action Plan

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## I. Introduction

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 allow the healthy choice to be the easy choice. This *Healthy West Chicago Community Action Plan* addresses a number of community health and wellness topics including environmental quality, healthy food systems, public safety, sustainable transportation, parks and recreation, healthy urban design, and education about the importance of good nutrition and physical activity.

Healthy West Chicago was formalized in 2014 through funding from a grant from Northwestern Medicine (formerly Cadence Health) and supplemental support from WeGo Together for Kids through their partnership with the United Way of DuPage/West Cook. The Core Team (see Appendix A for a list of Core Team members) contracted with Seven Generations Ahead, a local healthy and sustainable communities non-profit organization, to develop 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 (see Appendix B for a list of Task Force members); 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.

For an Executive Summary of the recommendations of the *Healthy West Chicago Community Action Plan*, please see Appendix C.

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## II. Why a Plan?

Changes to the design of communities, healthy food access, built environments, and the prevalence of cheap, processed foods have 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 require changes in the way people live, work and play in West Chicago, and community-wide collaboration to make the healthy choice the easy choice.

### A. State of the Nation

#### THE PROBLEM

As a nation, the United States is faced with rising incidences of preventable diseases – including obesity and diabetes in both youth and adult populations. When compared to other countries,

Americans generally tend to be less healthy due in part to a lack of both physical activity and proper nutrition. Advancements in technology and transportation, increased length of the average work-week, and the adoption of a fast-paced, convenience-centered mindset have impacted every aspect of life for the American people. The rise of fast-food restaurants, pre-made meals, and grab-and-go food items has altered American eating habits and made the population less healthy.

Americans today are less active than in previous generations. The built environment caters to automobile transportation and discourages physical activity through walking and biking. Sedentary jobs have increased 83% since 1950, with physically active jobs making up less than 20% of our workforce.<sup>6</sup> In addition, schools have scaled back on engaging children in physical activity. Currently, less than half (48%) of all American adults meet the physical activity recommendations provided by the Center for Disease Control (CDC), and less than 3 in 10 high school aged students engage in at least 60 minutes of physical activity every day.<sup>7</sup> In 2006, only 2.1% of high schools, 7.9% of middle schools and 3.8% of elementary schools provided daily physical education or its equivalent (225 minutes per week for middle and high schools and 150 minutes per week for elementary schools) to all students for the full school year.<sup>8</sup> At the same time, youth have become more sedentary during their out-of-school hours. On a typical school day, 35.4% of adolescents in grades 9–12 spend three hours or more watching television.<sup>9</sup>

Lack of physical activity has been linked to increased prevalence of chronic illnesses with immediate and long-term effects on the health and well-being of those affected, including obesity, diabetes, and heart disease. The CDC reports that the number of Americans with diagnosed diabetes has more than tripled in the period from 1980 to 2011, growing from 5.6 million Americans to 20.9 million.<sup>10</sup> Statistics from 2014 support this trend. Currently, a reported 29.1 million Americans have diabetes, and over 86 million American adults – more than 1 out of 3 – are pre-diabetic.<sup>11</sup>

Furthermore, across all age groups, the prevalence of obesity has been steadily increasing. Over 69% of adults age 20 years and older are overweight, with roughly 35% of the American population categorized as obese.<sup>12</sup> Additionally, obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.<sup>13</sup>

— **FAST FACTS** —  
**AMERICA'S EATING  
HABITS**

**(CHANGES TO AMERICAN EATING)**

**Consume More Calories**

Americans' average daily caloric intake increased from 1,955 in 1975 to 2,195 in 2010 <sup>1</sup>

**Larger Portion Sizes**

Overall increase evidenced in portion sizes of food items sold at restaurants, fast-food shops, and grocery stores<sup>2</sup>

**Consume More Sugar**

American sugar consumption is nearly two times the USDA recommended intake<sup>3</sup>

**Increased Frequency of Eating Out**

63% of children age 1-12 years old ate at a restaurant 1 to 3 times per week (2002) <sup>4,5</sup>

**Between 1988–1994 and 2009–2012, the Percentage of Adults Aged 20 and Over with:**

**Grade 1 obesity**

[a body mass index (BMI) of 30.0–34.9] increased from 14.8% to 20.4%

**Grade 2 obesity**

(BMI of 35.0–39.9) rose from 5.2% to 8.6%

**Grade 3 or higher obesity**

(BMI of 40 or higher) doubled, from 3.0% to 6.3%<sup>14</sup>

Although obesity affects people of all demographics, the prevalence rates are most alarming for certain racial and ethnic minorities and lower-income families in the United States. Hispanic children are more likely to be obese or overweight than non-Hispanic White or non-Hispanic Black children. Among Hispanic children and adolescents ages 2 to 19, 38.2% are obese or overweight, compared with 35.9% of non-Hispanic Black and 29.3% of non-Hispanic White children and adolescents.<sup>15</sup> Moreover, 22% of children ages 10 to 17 from families below the poverty line are overweight or obese, compared with 9% of children in families making four times that amount.<sup>16</sup> Although there are many reasons that these disparities exist, a major factor is that lower-income populations, which include many minority or rural communities, lack adequate opportunities for safe physical activity and access to nutritious foods.

Today, obesity is the leading medical reason why applicants fail to qualify for military service. As 27% of young people aged 17 to 24 are too heavy to serve in the armed forces and because overweight employees

reduce workplace productivity, obesity is quickly becoming a significant national security concern. Of particular worry is the rapidly rising rates of obesity among children -- the future leaders and workers of the nation. The prevalence of this epidemic demands action before obesity further erodes American competitiveness and our national security. First Lady Michelle Obama said in prepared remarks: "Military leaders tell us that when more than one in four young people are unqualified for military service because of their weight, childhood obesity isn't just a public health threat, it's not just an economic threat, it's a national security threat as well."<sup>17</sup>

The impact of lack of physical activity and poor nutrition are far-reaching and affect the entire nation. The price of inactivity is costly, not only physically, but financially. As a nation, America spends 86% of its health care dollars on the treatment of chronic diseases, many of which are preventable.<sup>18</sup> In 2011, the CDC estimated that healthcare costs exceeded \$8,600 annually per capita, and that medical spending attributable to obesity was estimated to be more than \$1,400 higher than for normal weight individuals.<sup>19</sup> Obesity in the United States continues to rise, and the problem does not appear to be getting any better. According to the Centers for Disease Control and Prevention, the national obesity rate rose again in 2013 to 28.3% of the adult population. The growing epidemic is placing an increasingly greater burden on our health care system, and according to a 2013 study, the annual obesity-related health care costs are estimated to be as high as \$210 billion.<sup>20</sup>

## THE SOLUTION

The consequences and problems that stem from America's ill health demand attention at all levels. Where we live impacts our quality of life. Given that lower income communities are prone to more incidences of obesity, diabetes, and other preventable diseases, reversing this trend will require policy action at all levels of government. Policy actions are necessary to eliminate the barriers to

physical activity and healthy eating, and provide more opportunities for children and families to engage in healthy behaviors. The National Prevention Strategy is a comprehensive plan created by the National Prevention, Health Promotion, and Public Health Council in consultation with the public and an Advisory Group of outside experts. It recognizes that good health comes from stopping disease before it starts, from safe outdoor spaces for physical activity, healthy foods, violence-free environments and healthy homes. The National Prevention Strategy includes actions that public and private partners can take to help Americans stay healthy and fit.

## **NATIONAL PREVENTION STRATEGY**

— — —

“Prevention should be woven into all aspects of our lives, including where and how we live, learn, work and play. Everyone—government, businesses, educators, health care institutions, communities and every single American—has a role in creating a healthier nation.” <sup>21</sup>

There is significant evidence which indicates that many children do not have opportunities to be physically active or have access to healthy foods on a daily basis. Moreover, the environmental barriers to healthy behaviors are even larger in lower-income areas. Communities with high levels of poverty are significantly less likely to have places where people can be physically active, such as parks, green spaces, and bicycle paths and lanes.<sup>22</sup> And although easy access to supermarkets that offer fresh fruits and vegetables is associated with lower body mass index, many neighborhoods in racial and ethnic minority, lower-income and rural areas tend to be affected by inequitable access to food stores and affordably priced healthy foods.<sup>23</sup>

Communities have the ability to support residents who choose to exercise and eat right by making changes on the system and policy level. Improving the state of the nation's health requires us to build an environment in which the healthy choice is the easy choice, and to have that be reflected in all parts of the country.

## B. Local Regional Context

The City of West Chicago faces the same preventable health challenges being faced across the country. An examination of the demographic and chronic disease data for DuPage County and West Chicago gives a picture of where we are today and helps set some direction as we work to make West Chicago a healthier community. There are a number of county-wide and regional organizations already working to support improved nutrition and increased physical activity in communities and this section provides a brief overview of a couple of these initiatives to paint a regional picture of the work being done in this area.



*West Chicago Train Station*

### DEMOGRAPHIC INFORMATION

West Chicago is located in DuPage County, the second most populous county in Illinois with 918,608 people, 33 municipalities, and 42 school districts spanning 327 square miles.<sup>24</sup> West Chicago's population was 27,086 at the 2010 census. The population was 67.6% White, 2.5% Black, 0.6% Native American, 5.9% Asian, 0.1% Pacific Islander, and 2.7% from two or more races. 51.1% of the population was Hispanic or Latino of any race.

A population's demographic characteristics can impact the community health needs. Genetics, culture and age influence health

needs. Socioeconomic indicators also affect the volume and type of health needs in the community. These include income, education, English language literacy, employment, insurance, and immigration status. DuPage County has seen big changes in demographic and socioeconomic trends in the past two decades.

**AGE:** By 2030 the number of DuPage residents age 60 or over will have increased 133% from 2000, according to estimates by the U.S. Census Bureau.<sup>25</sup>

**RACE AND ETHNICITY:** Between 2000 and 2010, the number of White persons decreased by 65,836 (-8.3%), and the number of Hispanic residents grew by 40,140 people (+4.3%). About 26% of DuPage County's residents speak a language other than English at home and 10% do not speak English very well.<sup>26</sup>

**TABLE 1: RACE AND ETHNICITY DATA**

	White	Hispanic/Latino (any race)	African American	Asian	Other
<b>DuPage County</b>	70.3%	13.3%	4.4%	10.2%	1.8%
<b>West Chicago</b>	39.8%	51.1%	2.5%	5.9%	0.7%

*Source: American Community Survey, 2010, 2012*

In comparison with other DuPage County municipalities, West Chicago has the highest percentage of Latino or Hispanic residents (51.1%). West Chicago has a 15.1% poverty level (2<sup>nd</sup> highest in DuPage County), with 79% of its students receiving free/reduced lunch. In 2010, the median income for a household in the city was \$63,424, and the median income for a family was \$65,744. Males had a median income of \$39,723 versus \$27,285 for females. The per capita income for the city was \$19,287, the lowest in DuPage County.<sup>27</sup>

### CHRONIC DISEASE DATA

Blood pressure, cardiovascular disease, diabetes, cancer, eye disease, and other genetically linked conditions vary significantly among different racial and ethnic groups. DuPage County is experiencing demographic changes that call for examination of how the region and individual communities can support healthy choices and meet the healthcare needs of the people who live here. The rapid aging of the population will bring with it increased rates of chronic conditions and diseases. These include obesity, diabetes, arthritis, heart disease, cancer, and degenerative neurological conditions. In addition, acute conditions including heart attack, pneumonia, and stroke will increase. This will create a need for a range of services from wellness and prevention to management of chronic conditions to acute care.<sup>28</sup> The growing diversity of the population will bring with it a need for greater diversity in the healthcare workforce and inclusive approaches to delivering services that are sensitive to cultural needs. In particular, more resources will be needed to serve foreign-born populations that may not speak English and have different health and wellness traditions.<sup>29</sup>

**TABLE 2: DUPAGE COUNTY – PREVALENCE OF KEY ADULT CHRONIC DISEASE CONDITIONS (2012 DATA)**

	<b>Obesity</b>	<b>Diabetes</b>	<b>High Blood Pressure</b>	<b>High Cholesterol</b>
<b>DuPage County</b>	24.7%	10%	27%	29.2%
<b>Minority (Non-White)</b>	33%	13.9%	Not Available	Not Available
<b>Low Income</b>	36.7%	19.2%	Not Available	Not Available

Source: *Community Health Needs Assessment, Central DuPage Hospital, 2013*

“Latinos have among the highest rates of obesity, overweight, and type 2 diabetes. The health of our communities and the future of our nation depend on policy-makers’ ability to create a healthier, livable environment for our children.”

**ARTURO VARGAS**

**Executive Director, National Association of Latino Elected and Appointed Officials Educational Fund**

As indicated by Table 2, the priority populations in DuPage County are low-income and Hispanic/Latino residents due to higher rates of chronic disease. These populations require targeted strategies due to the existence of linguistic and cultural barriers that may hinder access to and use of preventive resources.

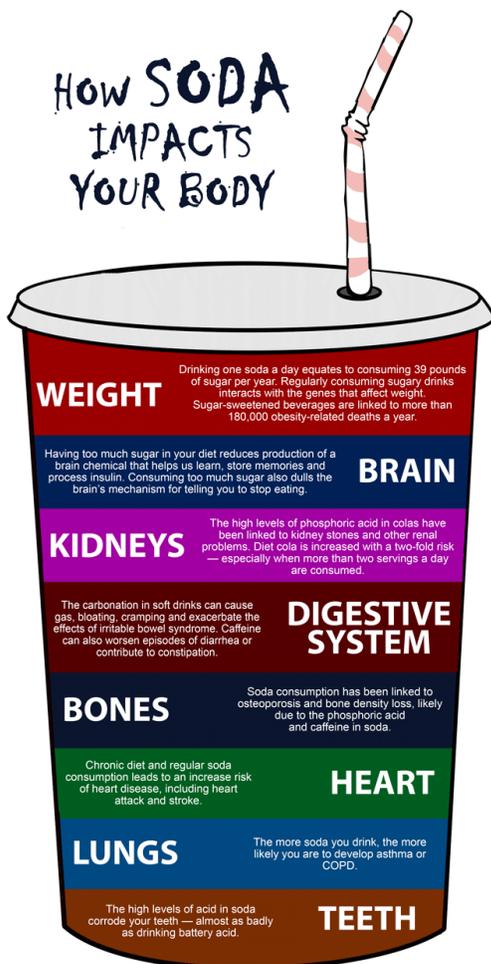
In 2013-2014, DuPage County had a child and adolescent obesity rate of 14.4%. The Northwest Region of the

county, where West Chicago is located, had an obesity rate of 15.8%, nearly 10% higher than the county and nearly 40% higher than the region with the lowest obesity rate.<sup>30</sup>

For more information on Body Mass Index reporting in DuPage County, please see Appendix D: DuPage FORWARD 2013-2014 Body Mass Index Surveillance Report.

## USING DATA TO GUIDE HEALTHY CHOICES

As was noted earlier, communities have the ability to support residents who choose to exercise and eat right by making changes on the system and policy level. When faced with unhealthy options that are easily accessible and affordable, it becomes harder to make healthy choices. An example of this can be seen with local soda consumption. The links between soda consumption and chronic diseases have been well established.



Credit: [www.ksl.com](http://www.ksl.com)

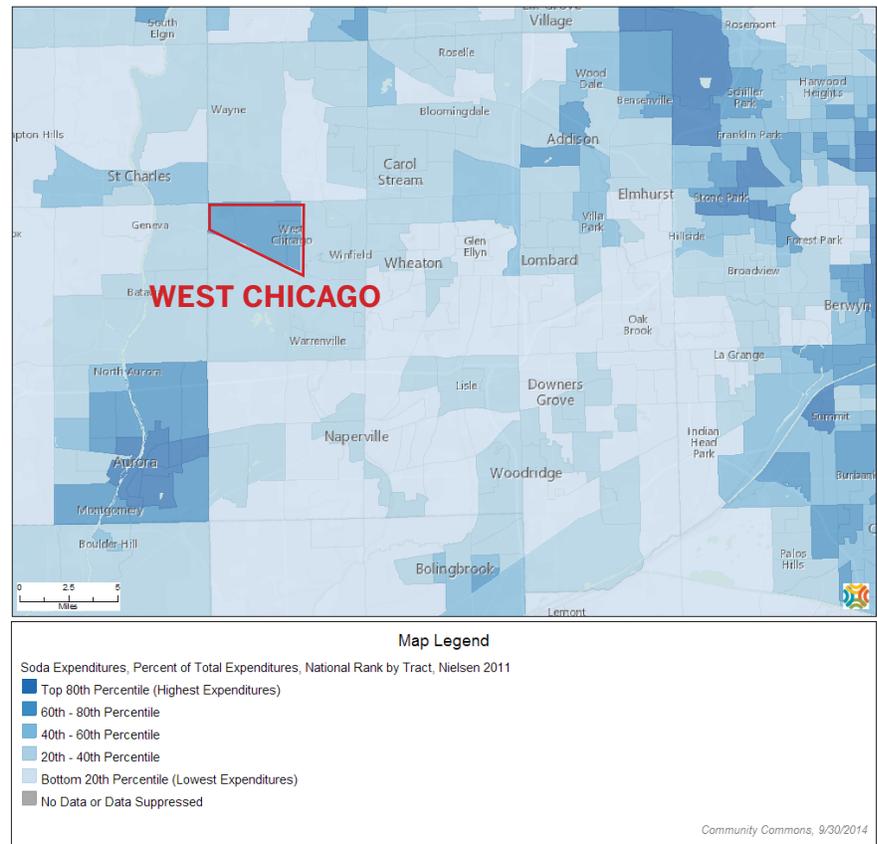
Soft drinks are the beverage of choice for millions of Americans, but sugary drinks increase the risk of type 2 diabetes, heart disease, and other chronic conditions.

- People who consume sugary drinks regularly—1 to 2 cans a day or more—have a 26% greater risk of developing type 2 diabetes than people who rarely have such drinks.<sup>31</sup>
- A study that followed 40,000 men for two decades found that those who averaged one can of a sugary beverage per day had a 20% higher risk of having a heart attack or dying from a heart attack than men who rarely consumed sugary drinks.<sup>32</sup> A related study found a similar link between sugary beverage consumption and heart disease.<sup>33</sup>
- A 22-year-long study of 80,000 women found that those who consumed a can a day of sugary drink had a 75% higher risk of gout than women who rarely had such drinks. 49 Researchers found a similarly-elevated risk in men.<sup>34</sup>
- Dr. Frank Hu, Professor of Nutrition and Epidemiology at Harvard School of Public Health, recently made a strong case that there is sufficient scientific evidence that decreasing sugar-sweetened beverage consumption will reduce the prevalence of obesity and obesity-related diseases.<sup>35</sup>

Image 1 shows regional soda expenditures as a percent of total expenditures. This image shows that West Chicago is in the 60<sup>th</sup> – 80<sup>th</sup> % for expenditures, an incredibly high percent.

We know that soda consumption is unhealthy. We know that lots of soda is being purchased in West Chicago. And now, we need a plan for helping to educate residents about the importance of making healthy choices and a plan to make these healthier choices easy and accessible.

**IMAGE 1 - REGIONAL SODA EXPENDITURES**  
Soda Expenditures at the Census Tract Level



Source: Community Commons (2014)

## DUPAGE FORWARD STRATEGIC PLAN

### FORWARD (Fighting

Obesity Reaching healthy Weight Among Residents of DuPage) is a coalition of partners dedicated to reversing the obesity trend

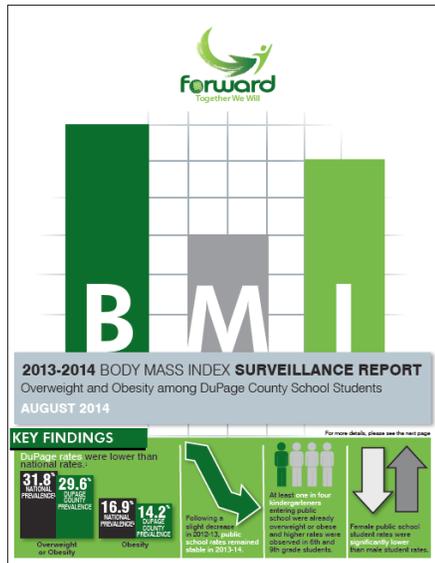
in DuPage County by educating children and families about the importance of eating healthy and being physically active. FORWARD's mission is to lead DuPage County, through a broad based community coalition, in promoting effective and sustainable policy, system, and environmental strategies for children and families to achieve a healthy lifestyle. FORWARD supports the promotion of evidence-based strategies that have been shown to have an impact on improving health, lowering chronic diseases caused by obesity, and reducing obesity rates. They include:

### Physical Activity/movement

- Improved biking/walkability
- Bike racks, bike safety
- Safe Routes to School programming
- Walking School Bus
- Safe vehicular vs. pedestrian design (Complete Streets)
- Trail design and use signage
- Improved physical activity

## Walking/jogging paths

- Brain Breaks throughout the school/work day
- Play/exercise equipment/curriculum available in schools and workplaces and in communities
- Physical activity policies--all engaged/curriculum and policy
- Shared use agreements



## Nutrition/Wellness

- Increased healthier breakfast and lunch choices in schools and workplaces
- Increased school/community gardens/edible gardens
- Increased farmers' markets
- Improved access to nutritional programming
- Extend nutrition curriculum – in grocery stores, schools, worksites
- Cooking/recipe workshops-kitchen design and equipment
- Improved wellness policies
- Vending policies
- Competitive food policies
- Increased access to fresh drinking water
- Re-fill stations
- Water bottle policies

FORWARD will use its network of partners and resources to help communities make the healthy the choice the easy choice. The guiding principles will enable FORWARD Coalition members to carry out work over the next five years in the following strategic areas: Schools, Municipalities, Healthcare, Early Childhood, and Worksites. FORWARD's 2020 roadmap will involve key partnerships with a variety of sectors to inspire change throughout DuPage County.

FORWARD works closely with DuPage schools to monitor and report ongoing changes in BMI and blood pressure rates in kindergarten, sixth, and ninth grades, which allows FORWARD to focus its efforts in specific communities. By coordinating local technical assistance, tools, and other resources, FORWARD Coalition members mobilize community leaders, organizations, stakeholders, and individuals who have influence, passion, and expertise in building healthy communities through policy, system and environmental changes. FORWARD equips its members with data and knowledge regarding best practices to inform and educate local and state policymakers and advocacy groups. FORWARD's extensive network of partners provides unique opportunities to identify and secure resources to support and sustain obesity prevention efforts in DuPage County. Through multi-sectoral partnerships, FORWARD is able to creatively and collectively impact nutrition, physical activity, and the built environment. FORWARD maximizes communication opportunities to disseminate best practices and lessons learned through the FORWARD website, social media, FORWARD task forces, and coalition and advisory board meetings. In addition, FORWARD supports ongoing, consistent messaging using 5-4-3-2-1 Go!® to promote healthy lifestyles county-wide.

## GO TO 2040

The Chicago Metropolitan Agency for Planning (CMAP) facilitated a comprehensive Chicago metro area community engagement process to develop the GO TO 2040 comprehensive regional plan. To address anticipated population growth of more than 2 million new residents, GO TO 2040 establishes coordinated strategies that help the region's 284 communities address transportation, housing, economic development, open space, the environment, local food, transportation, and other quality-of-life issues.

GO TO 2040 addresses key strategies on a regional level that will impact the health of West Chicago residents and stakeholders. Some of the key components of GO TO 2040 that are aligned with the *Healthy West Chicago Community Action Plan* include:

### Food Access

In most of our region, residents can buy food in large full-service groceries, smaller specialty shops, or even corner fruit stands. Increasingly prevalent neighborhood farmers' markets are becoming social gathering spots where consumers can meet the people who grow their food. Yet in parts of our seven counties, too many people lack access to nutritious food, putting them at increased risk for obesity, diabetes, and other nutrition-related conditions. Nine percent of our region's residents live in food deserts without a nearby grocery store. Instead of eating fresh, affordable food, they may depend on the closest convenience store where prices are high and nutrition is low.<sup>36</sup> Distance to the nearest grocer has been correlated to increases in cancer, cardiovascular disease, diabetes, and liver disease, especially in African American communities.<sup>37</sup> The region should pursue strategies that increase access to fresh food and that build public awareness of good nutrition, especially in food deserts. For example, expanding arrangements between local food producers and food banks would make fresh products more accessible to low-income people. So would permitting farmers' markets, community-supported agriculture, and nontraditional retail food outlets to accept hunger assistance benefits.



*Credit: www.bloominthyme.com*

### Local Food Production

Urban agriculture, converting under-used urban land to food production including community gardens, should be pursued in developed areas across the region. From commercial farms to community co-ops and even backyard gardens, emphasizing local food production and access can help to preserve farmland in traditionally agricultural communities or to revitalize neighborhoods by bringing agriculture to vacant, unused parcels in urban settings where it is usually absent. By promoting local food in federal agricultural policy and establishing procurement processes at the state level that favor local food, we can provide additional institutional support to local production.

## More Options for Transportation

By providing residents with safe, reliable, and economical transportation choices, more people will be able to walk, bike, and use public transit to get around — making driving a choice rather than a necessity. Having transportation options allows older residents to stay in their homes (called “aging in place”), improves mobility for disabled residents, and leads to better health overall. Without easy access to transportation, many of these individuals require assisted living facilities when they might otherwise live independently.

## Provide Green Connections

One way of establishing connections between parks and preserves is a greenway trail. The region has been very successful in developing off-street trails over the past two decades, and GO TO 2040 envisions organizations in the region continuing to use the Greenways and Trails Plan to establish connections between preserves and parks, as well as to support walking and bicycling alternatives. The plan recommends that the region should double existing greenway trail mileage by 2040.<sup>38</sup>

In conclusion, the City of West Chicago faces the same preventable health challenges being faced across the country. An examination of the demographic and chronic disease data for DuPage County and West Chicago gives a picture of where we are today and helps set some direction as we work to make West Chicago a healthier community. Communities can and should support residents who choose to exercise and eat right. Improving the health of West Chicago requires us to build an environment in which the healthy choice is the easy choice, and to have that be reflected in all parts of the city and county.

## C. West Chicago History and Culture

West Chicago was formerly named Junction and later Turner, after its founder, John B. Turner, president of the Galena and Chicago Union Railroad (G&CU) in 1855. The city was initially established around the first junction of railroad lines in Illinois and today is still served by the Union Pacific West Metra service via West Chicago station. According to the 2010 census, the city has a total area of 15.14 square miles.<sup>39</sup>

As part of the effort to attract industry, the community changed its name in 1896 to the Village of West Chicago. Area businessmen reasoned that the new name sounded more cosmopolitan, and would help draw prospective factory owners. The original settlers were primarily English and Irish, with Germans arriving in the 1860s and Mexican immigrants by the 1910s.



*Credit: chuckmanchicagonostalgia.wordpress.com*

West Chicago is proud of its rich history, diverse culture, active art community, and natural and public amenities. The West Chicago City Museum, Gallery 200, and its historic architecture and public art are among many of its great attractions. Some of West Chicago's favorite community festivals include Blooming Fest - a downtown garden festival that combines the West Chicago Garden Club's popular plant sale with the car show, a craft show, children's activities, music, and food; Railroad Days – a carnival with parade, fireworks, entertainment, food, Fine Arts Fiesta; and the colorful dance performances, festive music and equestrian pageantry of West Chicago's Mexican Independence Day Parade and Celebration.

The Illinois Prairie Path, a 61 mile recreational nature trail system that winds its way through West Chicago, provides residents with a glimpse of wildlife and beautiful scenery, with many hikers, runners, and bikers enjoying these areas. The West Chicago Prairie is one of northern Illinois' premier natural areas. The 316-acre site contains the greatest plant diversity in the county with over 600 plant and wildlife species. Many of the nine walking/hiking trails that meander through the site connect to the Illinois Prairie Path, which extends past the preserve boundaries into Reed-Kepler Park.



*West Chicago Prairie, DuPage County*



The West Chicago Park District's ARC Center (Athletics, Recreation, Community) is located in the heart of Reed-Kepler Park, and offers a variety of fitness options and programs for the entire family including a fitness center, locker rooms, 3-court gymnasium, tree house play area, walking/running track, multipurpose gym, dance and fitness studios and meeting rooms.



*The ARC Center*



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## III. PLAN DEVELOPMENT PROCESS

Healthy West Chicago began in early 2014 as a collaboration among many organizations committed to strengthening the health of West Chicago through increasing healthy eating and physical activity. The project was initiated by Mayor Pineda and the City of West Chicago with School District 33's WeGo Together for Kids, the West Chicago Park District, Western DuPage Chamber of Commerce, DuPage FORWARD, Cadence Health, and the Mexican Cultural Center of West Chicago. Funding and support for this project was provided by Cadence Health and WeGo Together for Kids through their partnership with the United Way of DuPage/West Cook. Seven Generations Ahead was contracted to facilitate the project.

The planning process brought together community residents, institutional leaders, stakeholders, and local and external technical experts in developing goals, goal targets and strategies, and identifying funding resources within a range of healthy community topic areas. The plan's goals of increasing healthy eating and physical activity are reflected in strategies that address transportation, food, community development, open space, biking and walking infrastructure, physical education, and broader community education. The process and resulting plan position the community for implementation of the plan's priority strategies in 2015.

- A. Core Team**
- B. Task Force**
- C. Community Surveys**
- D. Community Forums**
- E. Assessment of Existing Conditions**
- F. Action Plan**

### A. Core Team

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. For a complete list of Core Team members, please see Appendix A.

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](http://www.sevengenerationsahead.org)

### B. Task Force

The Healthy West Chicago Task Force is interested in achieving healthy community goals and ensuring a high quality of life for all community residents and stakeholders. The Task Force's interest is in

infrastructure and a built environment which makes the healthy choice the easy choice, supporting policies, systemic changes, educational programs, and messaging that supports healthy community goals. This team met every few months in 2014 to weigh in on key decisions, support implementation, and contribute to major Healthy West Chicago decisions.

The Healthy West Chicago Task Force included the Core Team and all top level institutional leaders or designees including the Mayor of West Chicago, CEOs, superintendents, executive directors, etc. of park district, schools, library, colleges/universities, township, county, business associations, major employers, health department, hospitals, faith-based congregation leaders, and other key institutions. For a list of Task Force members, see Appendix B.

The Task Force guided the overall project, and functioned as the decision-making body that worked directly with the Core Team. The Task Force collaborated with the Core Team to make decisions regarding community engagement, baseline metrics and success indicators, plan development, and establishment of a long-term organizational and financial infrastructure that supports ongoing implementation, data aggregation, communications, and reporting.

### C. Community Survey

The Healthy West Chicago project launched with a community survey, which was distributed on the City’s website, through local businesses, and at community events in both Spanish and English. A total 577 surveys were completed by people who live, work, and attend school in West Chicago. The goal of the survey was to measure residents’ perception of current community health status and gather opinions on how the community can improve health through better eating and increased physical activity.

The survey results identified a great disparity between current levels of health and the desire for healthy living. The surveys found that while more than 93% of respondents felt that increasing healthy eating and physical activity were important, only 26% of respondents felt that West Chicago was either “healthy” or “very healthy.”

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#### Question 1

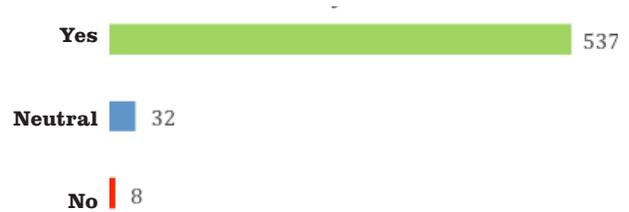
Is increasing healthy eating important to you and your family?




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#### Question 2

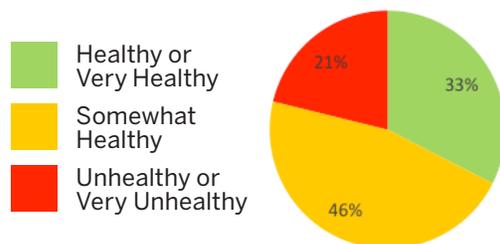
Is increasing physical activity important to you and your family?




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#### Question 3

Do you think West Chicago is a “Healthy Community”? How would you rate West Chicago?



## KEY FINDINGS

- Only 11% of residents reported their personal health as “healthy” or “very healthy.”
- Members of the community feel that there is a lack of affordable, healthy food in the community. 92% of respondents believe that increasing access to healthy food is important.
- Respondents suggested that West Chicago increase their opportunities for physical activity by increasing green space, parks, and bicycle/pedestrian access.
- The community views education about healthy living, especially for children, as a major driver to improve community health.
- Several respondents expressed concerns about equity in the community, as some individuals with fewer resources may not be able to afford many of the existing facilities and programs available in West Chicago.

## HEALTHY EATING BEHAVIORS

The primary concern among residents was the lack of availability of affordable fresh and local produce. While 92% of individuals responded that access to healthy food is “somewhat important” or “very important” to them, multiple community members expressed specific concerns about the cost and availability of healthy foods. Several respondents also mentioned a desire to expand the farmers’ market, create community gardens, and improve the nutritional quality of school snacks, breakfasts, and lunches.

## EDUCATION

Respondents identified education as a major priority for the West Chicago community. 91% of the survey results indicated that educating the public about the importance of healthy food is either “somewhat important” or “very important.” Many individuals expressed the desire for cooking, gardening, and nutritional community workshops. Furthermore, several respondents identified children as a leverage point for system wide changes throughout the entire community.

## PHYSICAL ACTIVITY

The survey responses indicated a widespread desire for more opportunities for physical activity, with 76% of respondents indicating that it was “very important.” Community-wide suggestions recommended increasing the number of organized sports, running/walking events, and other structured

“People, most importantly children, need to be empowered to make a healthy choice regarding food and exercise.”

**GINA STEINBRECHER**  
(lives and works in  
West Chicago)

“Teach kids why healthy eating is important and how to read labels to select minimally processed foods with real ingredients and to understand portion sizes. Maybe kids will teach the parents.”

(resident of  
West Chicago)

“[West Chicago] should consider offering and promoting open gardening space so that residents can easily grow healthy foods and offer these to the community.”

(resident of West  
Chicago)

group activities. Furthermore, the responses indicated a desire to make the community more bicycle and pedestrian-friendly to reduce their dependence on automobiles. Several respondents specifically mentioned the lack of safe walking and biking trails in West Chicago. Many people also requested that the city create more usable parks and green space, with over half of the survey respondents indicating that access to outdoor recreation and park areas is “very important.”

## D. Community Forums

Following completion of the Community Survey, Healthy West Chicago held community forums to provide residents and community partners with an overview of the Healthy West Chicago initiative; a summary of survey results on what West Chicagoans think are the top priorities for increasing healthy eating and physical activity in the community, and an opportunity to provide input on what strategies should be included in the *Healthy West Chicago Community Action Plan* to increase healthy eating and physical activity. The forums were for residents (parents, members of faith-based congregations, seniors and the community at-large); businesses through the Chamber of Commerce; teachers; youth; and leaders of West Chicago's community institutions (Park District, Library, City government, schools, congregations, community organizations, Chamber of Commerce, hospitals, and other large institutions). They were conducted in English and Spanish, and ideas were used for the creation of the *Healthy West Chicago Community Action Plan*.

The following forums were conducted

- Institutions – Healthy West Chicago Task Force
- Council of Governments (brief overview presentation)
- School Families
- PTO at Trinity Church Pre-School
- PTO at Wegner Elementary School
- Faith Based Forum
- Park District Employees
- We Go Together for Kids Service Providers
- Youth Forum (Community High School)
- Senior Forum
- Community Forum

An additional two sessions were held to provide input into the Action Plan recommendations.

- Plan review and input: Technical Experts
- Plan review and input: Healthy West Chicago Task Force

The first of those review sessions was a technical experts review which included participation and input from the following technical experts in the field of healthy communities: CLOCC (Adam Becker, Executive Director); Active Transportation Alliance (Nancy Wagner); DuPage FORWARD (Ann Marchetti, Consulting Director); DuPage County Health Department (Becky McFarland, Community

Initiatives Coordinator); DuPage County Division of Transportation (Dan Thomas, Trail Coordinator / Principal Planner); Northwestern Medicine/Cadence Health (Patricia Coleman, Manager of Nutrition Services); Kane County Health Department (Jackie Forbes, Health Planner); Community Health Planning for the City of Blue Island (Gita Rampersad, former Manager); and Seven Generations Ahead (Gary Cuneen, Executive Director and Jen Nelson, Program Manager). This experienced group of technical experts provided support for the draft recommendations that were presented and added input from their experience advancing nutrition and physical fitness in the region.

The suggestions from the Technical Experts were incorporated into the Action Plan recommendations which were then presented to the Healthy West Chicago Task Force for review and comment. The Task Force spent time reviewing and discussing the recommendations and provided input into the final recommendations incorporated into this *Healthy West Chicago Community Action Plan*.

## **E. Assessment of Existing Programs, Policies and Initiatives**

Creating a comprehensive *Healthy West Chicago Community Action Plan* required having a clear understanding of how the community is already working to support West Chicago being a healthy place to live. An assessment of existing programs, policies and initiatives helped to identify key opportunities for partnership and collaboration, and helped to demonstrate opportunities for improvement and growth to be integrated into the Action Plan.

This assessment was conducted by Seven Generations Ahead in collaboration with Healthy West Chicago Core Team and Task Force members. Online research and phone calls to agencies and institutions were used to identify a current list of programs, policies and initiatives in the City of West Chicago or DuPage County that support good nutrition and physical activity. The assessment provides only an overview of these resources and further details on each one can be found through the agencies/organizations/websites listed. Please see Appendix E for the Assessment of Existing Programs, Policies and Initiatives.

## **F. Community Action Plan**

The *Healthy West Chicago Community Action Plan* is a roadmap to guide the Core Team, Task Force and key institutional stakeholders in West Chicago. The Action Plan provides objectives to improve nutrition and physical activity. Each of the objectives has a detailed set of strategies and action steps. These are detailed in the next section of this plan.

As this multi-year plan is put into place, some objectives will be tackled in Year 1 and others may take longer to develop and implement. The intent is for this to be a 10-year plan with short, mid and long-term priorities. As strategies are addressed, it is recommended that Healthy West Chicago convene working groups with community-wide representation to address each strategy.

As Healthy West Chicago launches in May 2015, the next step for the Core Team is to work to define an implementation workplan for 2015-2016. This group will also need to work to define the leadership structure for Healthy West Chicago and work to obtain funding for both the administration of this plan as well as specific projects and actions.

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## IV. 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. These recommendations are meant to guide West Chicago over the next 5-10 years as we work to become the healthiest community in the region.

### A. GOAL

#### **HEALTHY WEST CHICAGO GOAL**

**To increase healthy eating and physical activity in the City of West Chicago to make West Chicago one of the healthiest communities in the region.**

### HEALTHY EATING

- OBJECTIVE A** Increase the Availability of Nutritious Affordable Food Choices in Grocery Stores and Other Food Stores
- OBJECTIVE B** Improve Availability of Locally Grown Foods
- OBJECTIVE C** Increase the Availability of Healthy and Tasty Choices in Restaurants
- OBJECTIVE D** Increase the Availability of Nutritious and Tasty Food in Institutions (Schools, Childcare, Hospitals, etc.) and Limit Access to Unhealthy Food
- OBJECTIVE E** Increase Knowledge of Residents on Nutrition and Cooking Healthy Meals/ Snacks
- OBJECTIVE F** Regulate Food and Beverage Marketing

### PHYSICAL ACTIVITY

- OBJECTIVE A** Increase the Availability of Opportunities for Physical Activity that are Affordable and Accessible Throughout the Community
- OBJECTIVE B** Develop Safe Roads and Paths for Bicyclists and Pedestrians
- OBJECTIVE C** Improve the Use of Public Space for Physical Activity
- OBJECTIVE D** Ensure the Safety of Physical Activity Environments
- OBJECTIVE E** Increase Knowledge of Residents About the Availability and Importance of Physical Activity Opportunities

## B. HEALTHY EATING OBJECTIVES AND STRATEGIES

Healthy West Chicago is working to bring together schools, businesses, restaurants, park district, public health professionals, gardeners, urban planners, health practitioners, and community residents to create a place where access to healthy and local foods is easy and affordable. Healthy West Chicago will work in collaboration with our partners to shape local policies and improve the food system so that fresh and healthy foods are accessible and affordable to everyone living and working in the City of West Chicago. The following objectives will support meeting our healthy eating goal:

### **OBJECTIVE A: Increase the availability of nutritious affordable food choices in grocery stores and other food stores**

Increase access to grocery stores and markets that sell affordable fresh fruits and vegetables, which will improve the diets of residents, reduce body mass index (BMI) and contribute to the community's economic development.

#### **Strategy A-1: Encourage West Chicago Stores to Offer Healthier Foods That Are Affordable**

##### **ACTION [A-1a]: Create a Healthy West Chicago recognition program:**

- Develop parameters for stores to be recognized as a HWC Grocery Store for offering healthy options, conducting nutrition education, participating in the HWC item of the month program, etc.
- Stores could be recognized with a window decal, on social media, etc.

##### **ACTION [A-1b]: Create a Food Policy Council:**

- Pass a resolution for a food policy council or task force that advances healthy food options and includes supermarkets.
- Supermarket strategies may need to be part of a more comprehensive food retail development program, which could include farmers' markets, specialty food stores and other direct marketing programs.

##### **ACTION [A-1c]: Incorporate healthy food access strategies into city design plans or into the City's Comprehensive Plan.**

### **THE ISSUES AND RESEARCH**

Eating a healthier diet that includes more fresh fruits and vegetables helps to reduce the risk of obesity and chronic diseases.<sup>40</sup> Unfortunately, many communities across the United States lack access to healthy food options. Research suggests that greater access to supermarkets may be related to a reduced risk of obesity, while greater access to convenience stores may be related to an increased risk for obesity.<sup>41,42,43,44,45</sup>

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**ACTION [A-1d]: Create financial incentives for supermarkets:**

- Consider grants and other incentives that encourage grocery stores to locate in underserved areas.
- Consider Tax Increment Financing (TIF), which allows the redevelopment agency to use the increased property and sales taxes that result from redevelopment projects to repay debts incurred in financing such projects. When plans for TIF districts are reviewed, local governments can consider grocery store access.

**Strategy A-2: Evaluate the transportation needs of residents without vehicles to determine if additional transportation options are needed. See Active Transportation Section (Physical Activity Objective B) of this Action Plan.**

**THE ISSUES  
AND RESEARCH**

Local governments can help increase the availability of fresh, healthy and affordable food for children and families. Research on healthy food availability finds: food environments that offer a greater variety of healthy food options at affordable prices may lead to healthier food choices.<sup>46</sup>

Improving the availability and accessibility of farmers' markets is another strategy to increase fresh, healthy food options for children and families. At least two studies have demonstrated that the Farmers' Market Nutrition Programs for elders and lower-income women in the Special Supplemental Nutrition Program for Women, Infants, and Children may lead to improvements in their intake of fruits and vegetables.<sup>47,48</sup>

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**OBJECTIVE B. Improve availability of locally grown foods**

Increase the availability of fresh, local fruits and vegetables for children and families while supporting rural and urban economies, and in some cases, providing a space for neighbors to socialize.

**Strategy B-1: Develop a community food growing strategy**

**ACTION [B-1a]: Develop a plan and map for available open spaces for community gardens.**

**ACTION [B-1b]: Expand existing community garden program and work with experts to determine best practices.**

**ACTION [B-1c]: Work with the faith-based community and other civic groups to develop a network of community gardens.**

**ACTION [B-1d]: Implement City of West Chicago program to provide residents with the seeds for a garden bed in exchange for extra produce being donated to the food pantry.**

**Strategy B-2: Support a West Chicago Farmers' Market**

**ACTION [B-2a]: Support continuation and improvement of a West Chicago Farmers Market.**

**ACTION [B-2b]: Support relocating the West Chicago Farmers Market to a more accessible location.**

**ACTION [B-2c]: Encourage farmers' market managers to offer residents in lower-income areas products that are affordable by:**

- Accept Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and Supplemental Nutrition Assistance Program (SNAP) participants.
- Provide financial support to farmers' market operators at the outset. Market managers can then agree to lower vendor fees to farmers so they can offer lower prices.

**THE ISSUES  
AND RESEARCH**

Studies have indicated that nutrition information on restaurant menus empowers consumers and influences food choices.<sup>49</sup> Furthermore, research indicates that consumers want this information. Six nationally-representative polls have found that between 62 and 87% of Americans support the idea of requiring restaurants to list nutrition information.<sup>50,51</sup>

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**OBJECTIVE C. Increase the availability of healthy and tasty choices in restaurants**

Encourage people's food choices to shift to healthier items by providing more nutrition information. In order to offset the increase in the availability of fast food, policy-makers can help consumers make healthier choices by encouraging restaurants to offer healthier menu items, decrease portion sizes and post nutritional information on their menus.

**Strategy C-1: Encourage Restaurants to Offer Reasonably Sized Portions and Healthy Menu Options**

**ACTION [C-1a]: Create or adapt an existing program into a Healthy West Chicago restaurant recognition program:**

- Recognize restaurants that promote healthier foods and beverages and reasonably-sized portions.
- Help to connect diners to HWC restaurants through social media and citywide publicity.
- Provide restaurant owners with incentives for offering healthier food.

**ACTION [C-1b]: Encourage all West Chicago restaurants to offer a Healthy West Chicago meal or menu item.**

- Help to connect diners to these restaurants through social media and citywide publicity.
- Engage fast food restaurants in creating and highlighting a healthy menu option (eg, have a “Mayor’s Choice” healthy menu item.)

**ACTION [C-1c]: Establish voluntary agreements with restaurant owners who serve healthier options and educate them on the potential fiscal benefits of promoting healthier foods and reasonably-sized portions.**

**ACTION [C-1d]: Formally acknowledge participating restaurants through community events, websites, etc.**

### **Strategy C-2: Encourage Restaurant Menu Labeling**

**ACTION [C-2a]: Involve local universities or community-based groups to advocate for the support of menu labeling.**

**ACTION [C-2b]: Implement policies requiring restaurants to provide menu labeling, and work with restaurants to list healthier choices on menus.**

### **Strategy C-3: Create Policy Limiting Fast Food Restaurants and Supporting Restaurants with Healthy Menu Choices**

**ACTION [C-3a]: Enact zoning to promote healthy nutrition by reducing the density of fast food restaurants in West Chicago.**

**ACTION [C-3b]: Enact zoning to promote healthy nutrition by restricting fast food restaurants within a specified distance from schools.**

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## **OBJECTIVE D. Increase The Availability Of Nutritious And Tasty Food In Institutions (Schools, Childcare, Hospitals, Etc.) Limit Access To Unhealthy Food**

Help people maintain healthy weights by increasing access to nutritious food, incorporating nutrition education and limiting access to unhealthy food.

### **Strategy D-1: Analyze Food Pricing and Messaging Within Key Community Institutions That Serve Food (Schools, Hospitals, Park District, Etc.)**

**ACTION [D-1a]: Review food service and food and beverage vendor contracts, and work with vendors to offer healthier options.**

**Strategy D-2: Ensure That Children in Childcare Facilities Have Appealing, Healthy Food and Beverage Choices**

**ACTION [D-2a]: Support the implementation of state childcare licensing policy changes that require meeting specific nutrition and physical activity standards.**

- Encourage accessing Gateway training for childcare centers.
- Explore Illinois Department of Public Health funding for training.

**ACTION [D-2b]: Incorporate the YMCA’s Healthy Eating and Physical Activity (HEPA) Standards into marketing strategies and training targeting all institutions that provide child-care or after school care services.**

**Strategy D-3: Ensure That Students Have Appealing, Healthy Food and Beverage Choices In Schools**

**ACTION [D-3a]: Pursue the certification of West Chicago schools through the Alliance for a Healthier Generation School Food and Nutrition certification and the USDA Healthier School Challenge, and access technical assistance and training from these organizations to assist with certification.**

**ACTION [D-3b]: Support strong local wellness policies to ensure healthy school food environments by limiting low-nutrient, energy-dense foods in vending machines, à la carte lines, school stores and during school celebrations, as well as by offering healthy snacks.**

**ACTION [D-3c]: Conduct an assessment of school cooking infrastructure and develop funding to support school salad bars and other equipment that will facilitate healthy meals preparation.**

**ACTION [D-3d]: Encourage fundraisers and classroom rewards that are healthy or do not involve food. Policies can address the availability of healthy foods for school meals and before- and after-school programs, and incorporate cafeteria staff training.**

**THE ISSUES AND RESEARCH**

The Issues and Research  
The school food environment can have a large impact on the dietary intake of children and adolescents—up to 50% of total daily energy intake can be consumed at school. The U.S. Department of Agriculture (USDA) sets nutrition standards for these school meal programs, but has less authority to set nutrition standards for competitive foods sold à la carte, in school stores and in vending machines. Although most schools that sell competitive foods offer some nutritious food and beverage options, less nutritious alternatives also have been commonly available. Studies have shown promotion strategies can increase students’ purchases of fruits, vegetables and low-fat foods.<sup>52, 53, 54, 55</sup>

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**ACTION [D-3e]:** Enact and support state, district or school policies that prohibit the sale or distribution of high-fat, high-sugar snacks during school celebrations, before or during mealtimes and as fundraisers.

**ACTION [D-3f]:** Develop policies encouraging cafeterias to display healthy side items and snacks at eye level on shelves and positioned near the point of purchase. Additionally, they can request that cafeterias move less healthy options to the back of food displays.

**ACTION [D-3g]:** Work with school wellness committees to support/develop an action plan to meet measurable goals related to nutritious foods and health education. Invite local chefs and nutrition and health experts to serve on the committee.

**ACTION [D-3h]:** Connect food service directors to local farm food aggregators and distributors and track healthy, local food procurement.

**Strategy D-4: Adopt Vending Machine Policies That Either Prohibit the Sale of Unhealthy Foods and Beverages in Facilities or Restrict Vending Machine Sales to Healthy Snacks**

**ACTION [D-4a]:** Develop policies encouraging vending machines to display healthy side items and snacks at eye level.

**ACTION [D-4b]:** Develop policies encouraging vending machines to contain more healthy items than not healthy items.

**ACTION [D-4c]:** Develop policies encouraging vending machines to provide healthy items priced in the same range as other items.

**ACTION [D-4d]:** Eliminate sugar sweetened beverages (sodas, sports drinks, etc.) from vending machines.

**Strategy D-5: Provide Nutrition Education Through Experiential Learning Curricula**

Experiential learning curricula can include school gardens and farm-to-school programs, as well as other educational components that can encourage parents to introduce and provide nutrient-rich foods to children.

**Farm-to-School Programs**

Develop policies and programs that support farm-to-school programs. Farm-to-school programs encourage schools to use locally grown produce for school cafeteria meals, thereby improving nutrition while also providing hands on learning for students.

**ACTION [D-5a]:** Create pilot projects to implement farm-to-school programs.

**ACTION [D-5b]: Partner with local farmers or farming organizations, nearby universities and colleges, non-profit organizations and the national Farm-to-School organization to develop a program.**

**ACTION [D-5c]: Develop a team to support food service directors implementing farm-to-school activities.**

## **THE ISSUES AND RESEARCH**

A growing number of states and school districts are turning to farm-to-school programs to increase the quality and availability of fresh, healthy foods for their students. This program has been in existence in the United States for nearly a decade.<sup>56</sup> School garden programs are another way to connect youth with fresh, healthy foods. According to a study, after students completed their gardening program, their perceptions of vegetables significantly improved, as did their preferences for fruits and vegetables—no such improvements were evident in the control group.<sup>57</sup>

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### **School Gardens**

Edible school gardens integrate gardening and fresh seasonal cooking into curricula, culture and food programs. In addition to the health benefits, edible school gardens involve students in all aspects of farming the garden, including preparing, serving and eating the food.

**ACTION [D-5d]: Create edible school gardens that integrate gardening and fresh seasonal cooking into curricula, culture and food programs.**

**ACTION [D-5-e]: Convene teachers from various disciplines to utilize curricula that incorporate math, science, nutrition, physical education and other subjects into school garden activities. For example, students can develop and perform taste tests on food from the garden and graph the results.**

**ACTION [D-5f]: Invite representatives from the farming community to serve on the school wellness committee.**

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## **OBJECTIVE E. Increase knowledge of residents on nutrition and cooking Healthy meals/snacks**

Empower people to make healthy food choices. Provide hands-on nutrition education activities to give people a chance to explore, prepare, and enjoy fresh, affordable foods.

### **Strategy E-1: Support People in Adopting Healthy Eating Behaviors**

Encourage residents to focus on eating a healthful diet — one that focuses on foods and beverages that help achieve and maintain a healthy weight, promote health, and prevent disease.

**ACTION [E-1a]: Provide a variety of opportunities to learn about nutrition guidelines, including:**

- conducting healthy cooking/nutrition classes,
- providing nutrition information through nutritionists at the gym
- holding Nutrition Fairs,
- providing education about preventable diseases that can be impacted by improved nutrition.

**ACTION [E-1b]: Educate about how to read recipes and nutrition labels to understand which foods support healthy eating.**

**ACTION [E-1c]: Provide childcare for families during healthy eating education opportunities.**

**Strategy E-2: Provide Consistent Healthy Eating Messaging and Education Throughout the Community**

**ACTION [E-2a]: Develop a program of Healthy West Chicago Ambassadors to educate about healthy eating choices.**

- Incorporate Consortium to Lower Obesity in Chicago Children (clocc) 5-4-3-2-1 Go! public education messages containing recommendations for children and families to promote a healthy lifestyle.

**ACTION [E-2b]: Incorporate the YMCA's Healthy Eating and Physical Activity (HEPA) Standards into marketing strategies and training targeting all institutions that provide child-care or after school care services.**

**ACTION [E-2c]: Pursue the implementation of the YMCA USA Diabetes Prevention Program that targets adults over the age of 18 who are overweight and at risk for type 2 diabetes.**

**ACTION [E-2d]: Provide healthy recipes and cooking demonstrations.**

**ACTION [E-2e]: Provide classes on canning foods and healthy cooking demonstrations at the farmers market.**

**ACTION [E-2f]: Implement programs and hold events to educate about healthy eating and provide consistent messaging throughout the community.**

- select a Healthy West Chicago healthy ingredient of the month to highlight throughout the community (schools, library, City, Park District, grocery stores, and more.)

### Strategy E-3: Encourage Healthy Eating Options at Community Events

**ACTION [E-3a]:** Host health and wellness events as part of larger community events and festivals.

**ACTION [E-3b]:** Improve nutrition of foods offered at community events.

## OBJECTIVE F. Regulate food and beverage marketing

Increase the chances that people will adopt healthier behaviors that will last a lifetime by eliminating the marketing of junk foods to children while encouraging healthy food consumption.

### THE ISSUES AND RESEARCH

Food and beverage marketing intentionally targets children who are too young to tell advertising from the truth—and most encourages them to eat low-nutrient, energy-dense junk foods.<sup>58</sup> According to the Institute of Medicine, food and beverage marketing practices geared to children and youth are out of balance with healthful diets and contribute to an environment that puts their health at risk.<sup>59</sup> Coupled with the increased availability of competitive foods in U.S. schools, increased food and beverage marketing to children can have detrimental effects on children’s food choices.

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### Strategy F-1: Regulate the Marketing of Unhealthy Food and Beverages

**ACTION [F-1a]:** Adopt vending machine policies that prohibit the marketing and sale of unhealthy foods and beverages in youth centers, school facilities, and parks department facilities, as well as other facilities owned or operated by state and local governments.

**ACTION [F-1b]:** Prohibit all advertisements and promotions on campus, ban all food and beverage advertisements and promotions on campus, or forbid the marketing of products that are not permitted to be sold on campus.

**ACTION [F-1c]:** Decline offers from food and beverage marketers to sponsor before- and after-school programs, and turn down donations (e.g., a new scoreboard with a beverage company logo on it or new uniforms for sports teams with food and beverage logos.)

**ACTION [F-1d]:** Limit or restrict vending machine covers, book covers and other “giveaways,” etc., from food and beverage companies.

**Strategy F-2: Implement the Rethink Your Drink Campaign**

**ACTION [F-2a]: Encourage schools, businesses, public buildings and organizations to post informational materials about the Rethink Your Drink campaign near all beverage vending machines.**

**ACTION [F-2b]: Encourage schools, businesses and organizations to take the Rethink Your Drink pledge to drink more water and fewer sugar-loaded beverages.**

**ACTION [F-2c]: Encourage schools, faith based organizations, and community events to use the Rethink Your Drink campaign materials to teach about healthy beverage choices.**

**ACTION [F-2d]: Require access to free and safe drinking water in public places.**

## C. PHYSICAL ACTIVITY OBJECTIVES AND STRATEGIES



*The ARC Center*

Healthy West Chicago is working to bring together school administrators, park district officials, public health professionals, urban planners, transportation engineers, community residents and others to create a place where access to physical activity is easy and affordable and it is easy to add activity to everyday life. An active community is a community with:

- many types of opportunities for recreation
- residents who regularly use biking, walking and transit for transportation
- vibrant local businesses patronized by local residents

Healthy West Chicago will work in collaboration with our partners to shape local policies and improve the built environment and systems so that opportunities for physical activity are accessible and affordable to everyone living and working in the City of West Chicago.

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### OBJECTIVE A. Increase the Availability of Opportunities for Physical Activity that are Affordable and Accessible Throughout the Community

#### Strategy A-1: Ensure That Every Child in West Chicago Receives 60 Minutes of Physical Activity Each Day

**ACTION [A-1a]:** Implement training on new physical education strategies that actively engage all children in physical activity.

**ACTION [A-1b]:** Incorporate the YMCA's Healthy Eating and Physical Activity (HEPA) and State standards into marketing strategies and training targeting all institutions that provide childcare or after school care services.

**ACTION [A-1c]:** Review Change Lab Solutions model policies for increasing healthy eating and physical activity and develop plans for pursuing specific policies on a community-wide and institutional level (Change Lab Solutions provides model policies and technical assistance related to healthy planning and public health issues.)

#### Strategy A-2: Build, Maintain, and Increase Access to Parks, Athletic Facilities, and Recreation Areas

**ACTION [A-2a]:** Continue to offer extended hours at The ARC Center later in the evening to meet the needs of youth (teens) and working adults.

**ACTION [A-2b]:** Provide indoor recreation space targeting specific age groups on specific days/times.

**ACTION [A-2c]:** Identify and communicate opportunities for physical activity in the community.

**ACTION [A-2d]:** Provide childcare for caregivers wanting to do physical activity.

**ACTION [A-2e]:** Develop additional recreational sports opportunities for adults and children.

**Strategy A-3:** Increase Community Access to Gyms, Ball Fields, and Other Recreation Areas at Schools, Non-Profits, and Businesses or Corporate Campuses, Through Joint-Use Agreements

**ACTION [A-3a]:** Develop cooperative agreements both within West Chicago and with neighboring communities to provide for additional physical activity opportunities.

**ACTION [A-3b]:** Market physical activity opportunities aggressively to low income Latino residents.

**Strategy A-4:** Provide Low- or No-Cost Physical Activity Programs, Facilities, or Equipment (e.g. Bicycles) for Children, Families, and Adults of All Ages

**ACTION [A-4a]:** Provide Healthy West Chicago opportunities for physical activity free of charge.

**ACTION [A-4b]:** Develop and track a Healthy West Chicago Passport Program that provides stamps for achievements (eg, walking miles on city trails).

**ACTION [A-4c]:** Create a system of city trails with signage and mile markers. Provide residents with a map of trails and mileage.

**ACTION [A-4d]:** Make West Chicago a bikeable and walkable community. See Active Transportation Section (Physical Activity Objective B) of this Action Plan.

**ACTION [A-4e]:** Evaluate and communicate about pricing of Park District and other fitness activities and membership.

## THE ISSUES AND RESEARCH

Evidence shows that providing safe sidewalks, bike trails, and traffic calming devices can lead to increased physical activity.<sup>60</sup>

To increase physical activity opportunities in neighborhoods and combat some of the safety issues, many communities have adopted approaches ranging from Safe Routes to School (SRTS) programs to complete streets policies, with positive results. An analysis of 33 studies demonstrated that children in neighborhoods with sidewalks and controlled intersections were more physically active than children in neighborhoods with road hazards and unsafe intersections.<sup>61</sup> Another study found that adding and improving bicycle lanes, traffic signals, sidewalks and crosswalks increased the number of children walking or bicycling to school. Students were three times more likely to start walking or bicycling on routes that included improvements than they were before these improvements were made.<sup>62</sup>

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## OBJECTIVE B. Develop Safe Roads and Paths for Bicyclists and Pedestrians

Make bicycling and walking easy and provide safe transportation options by creating a built environment that supports safe, active transportation.

### **Strategy B-1: Develop a Master Plan That Assesses the Environment for Pedestrians and Bicyclists, and Makes Infrastructure Improvements that Enhance Safety, Bikeability and Walkability**

- Active transportation plans, complete streets: Develop or re-evaluate long-term transportation plans that explicitly set “active transportation” goals for walking or biking as modes of transportation. Implement complete streets in neighborhoods. The following list includes some complete streets measures that improve safe walking and biking options in communities:

**ACTION [B-1a]: Conduct an active transportation health impact assessment.**

**ACTION [B-1b]: Develop a comprehensive plan and a bicycle master plan to identify ways to expand trails and connections. Integrate the connection of paths, sidewalks, trails, services and facilities into broader transportation planning.**

**ACTION [B-1c]: Partner with local entities to ensure that organizational comprehensive plans incorporate physical activity opportunities.**

**ACTION [B-1d]: Promote adoption of complete streets policy.**

### **Strategy B-2: Implement Built Environment and Infrastructure Changes to Support Biking and Walking**

**ACTION [B-2a]: Support policies and funding that build trails through neighborhoods to connect homes with schools, which would allow children to ride a bicycle or walk to school without having to cross busy, unsafe streets.**

- Consider policies that ensure sidewalk continuity and direct routes for pedestrians and bicyclists, including connections between dead-end streets and cul-de-sac.
- Trails and sidewalks should connect to a variety of town resources, such as schools, grocery stores, libraries and other facilities.

**ACTION [B-2b]: Increase bike racks and shelters near public transit and in other key community locations.**

**ACTION [B-2c]: Establish separate traffic lanes for bicyclists and sidewalks for pedestrians.**

**ACTION [B-2d]: Promote moderate traffic speeds, especially on local residential and commercial streets, by designing narrower streets, sidewalk curbs, raised and clearly painted crosswalks, raised medians, wide sidewalks and streetscaping, which can include adding trees, hedges and planter strips.**

**ACTION [B-2e]: Employ other critical safety measures including appropriately timed lights, pedestrian signals, crossing guards near schools and sufficient street lighting at night.**

### **Strategy B-3: Implement Walk to School and Safe Routes to School Programs**

Build upon and expand existing Safe Routes to School programming, and incorporate parent surveys, route development, and the development and implementation of recommendations to make routes to and from school easier and safer for children to traverse.

**ACTION [B-3a]: Collaborate with community partners, such as city planners and health officials, to identify streets or improve multi-use pathways that would result in increased bicyclist and pedestrian use.**

**ACTION [B-3b]: Conduct a walkability audit to identify places for improvement and assess the degree to which their community enables active living.**

**ACTION [B-3c]: Use Geographic Information System (GIS) mapping to determine safe routes to school or improvements to sidewalks, bicycle lanes, trails and street connectivity.**

**ACTION [B-3d]: Begin developing Safe Routes to School programs by working with parent organizations, students, school administrators and teachers, local law enforcement, city planners, health officials and other stakeholders to identify barriers that make it difficult for students to travel to school safely.**

**ACTION [B-3e]: Develop and implement engineering strategies to create safer environments for walking and bicycling to school through improvements to the infrastructure surrounding schools.**

- Focus improvements on reducing motor vehicle speeds and conflicts with pedestrians and bicyclists, and establishing safer and fully accessible crossings, walkways, trails and bikeways.

**ACTION [B-3f]: Develop and implement education programs targeting children, parents, caregivers and neighbors, teaching how to walk and bicycle safely and informing drivers on how to drive more safely around pedestrians and bicyclists.**

- Education programs can also incorporate health and environment messages.

**ACTION [B-3g]: Implement enforcement strategies to increase the safety of children bicycling and walking to school by helping to change unsafe behaviors of drivers, as well as pedestrians and bicyclists.**

- A community approach to enforcement involves students, parents or caregivers, school personnel, crossing guards and law enforcement officers.

**ACTION [B-3h]: Encourage activities that promote walking and bicycling to school by children, parents and community members.**

- Events such as Walk to School Day, contests such as a Frequent Walker/Bicyclist challenge, or on-going programs such as a Walking School Bus or Bicycle Train can promote and encourage walking and bicycling as a popular way to get to school.

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## **OBJECTIVE C. Improve the use of public space for physical activity**

Increase opportunities for physical activity, help reduce pollution and improve economic development by providing green space and walkable, mixed-use development.

### **Strategy C-1: Re-Evaluate Urban Design and Comprehensive Land-Use Plans to Improve Active Living**

**ACTION [C-1a]: Assess the connection between public transit stations, sidewalks and bicycle routes to inform plans that will encourage public transit, walking and biking.**

**ACTION [C-1b]: Work with planners to foster walkable, safe communities by locating businesses, recreation centers, parks, libraries and other facilities near public transportation and major roads.**

**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.<sup>63</sup> 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.<sup>64</sup> 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.<sup>65</sup>

**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.<sup>66,67</sup> 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.<sup>68,69</sup>

**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**

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**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**

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**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.<sup>70</sup>

**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.**

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## 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.

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## 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.

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## 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.

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## 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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Rosemary Mackey (City of West Chicago for press releases)  
Sara Phalen (People Made Visible and HWC Core Team for Facebook, website and Twitter development and maintenance)

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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

**Appendix I** References

## 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](http://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

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## 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

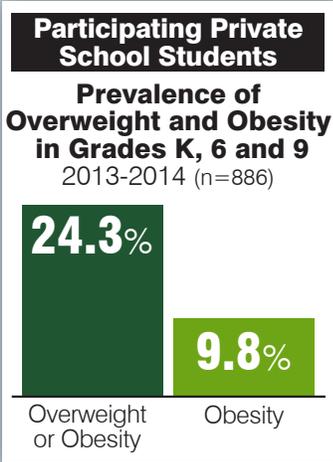
<p><b>DuPage rates were lower than national rates.<sup>1</sup></b></p> <table border="0"> <tr> <td><b>31.8%</b> NATIONAL PREVALENCE<sup>1</sup></td> <td><b>29.6%</b> DUPAGE COUNTY PREVALENCE</td> </tr> <tr> <td><b>16.9%</b> NATIONAL PREVALENCE<sup>1</sup></td> <td><b>14.2%</b> DUPAGE COUNTY PREVALENCE</td> </tr> </table> <p><b>Overweight or Obesity</b>                      <b>Obesity</b></p>	<b>31.8%</b> NATIONAL PREVALENCE <sup>1</sup>	<b>29.6%</b> DUPAGE COUNTY PREVALENCE	<b>16.9%</b> NATIONAL PREVALENCE <sup>1</sup>	<b>14.2%</b> DUPAGE COUNTY PREVALENCE	<p>Following a slight decrease in 2012-13, public school rates remained stable in 2013-14.</p>	<p>At least one in four kindergarteners entering public school were already overweight or obese and higher rates were observed in 6th and 9th grade students.</p>	<p>Female public school student rates were significantly lower than male student rates.</p>
<b>31.8%</b> NATIONAL PREVALENCE <sup>1</sup>	<b>29.6%</b> DUPAGE COUNTY PREVALENCE						
<b>16.9%</b> NATIONAL PREVALENCE <sup>1</sup>	<b>14.2%</b> DUPAGE COUNTY PREVALENCE						

# 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.

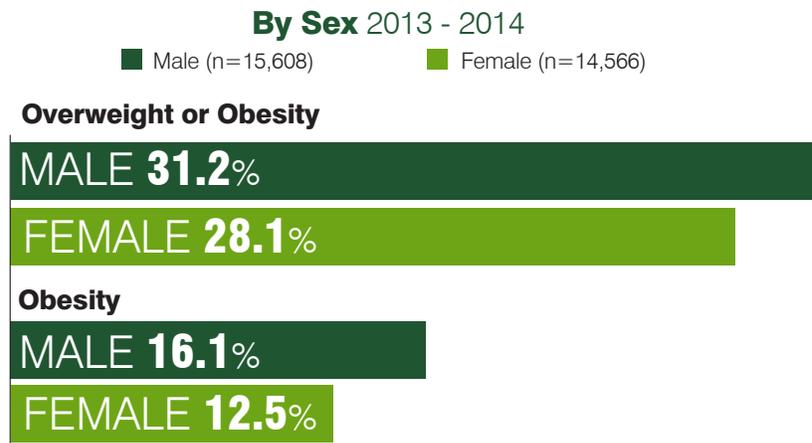
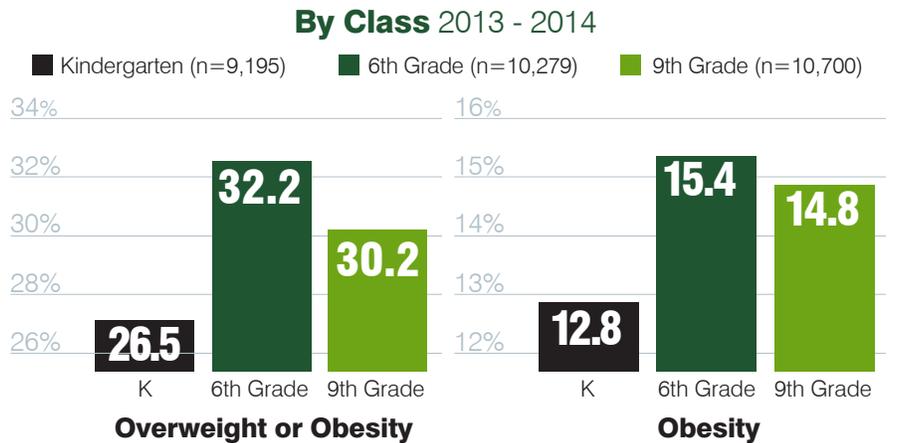
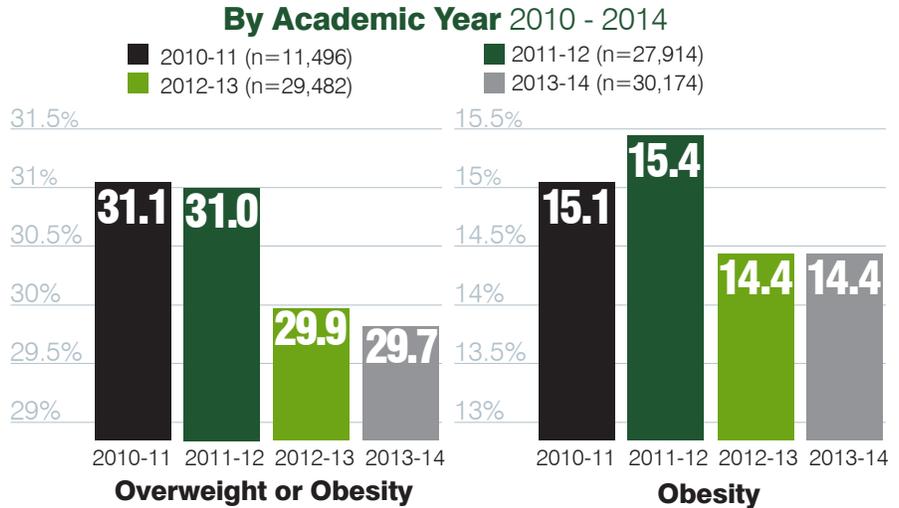
For 2013-14, of the 31,060 kindergarten, sixth grade and ninth grade students included, 29.6% were overweight or obese and 14.2% were obese. Records were received for 96.2% (227/236) of public school classes. Additional records were received for 19.3% of private school classes. FORWARD has collected 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.<sup>2</sup>



## Participating Public School Students Prevalence of Overweight and Obesity

In Kindergarten, Sixth Grade, and Ninth Grade



## 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
<hr/>						
% Low Income†‡	31.2	43.2	39.6	20.5	12.8	26.8
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% 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%).

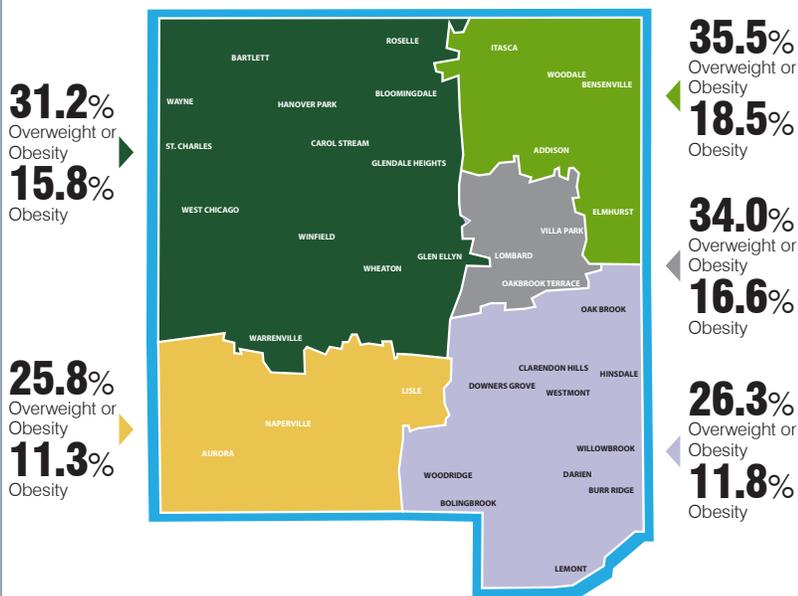
The Southwest region had the lowest overweight or obesity rate (25.8%) and the lowest obesity rate (11.3%).

\* 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

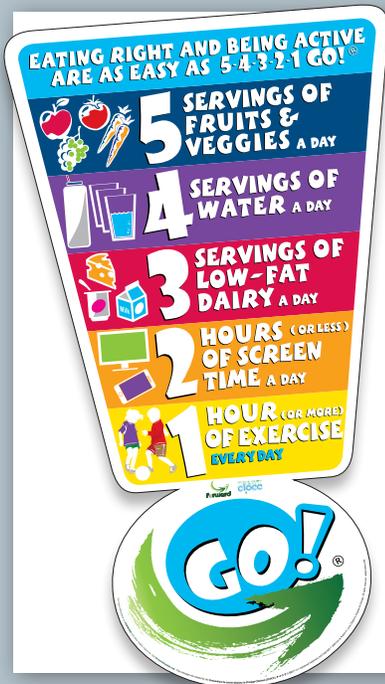


## IMPORTANCE

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.<sup>4</sup> 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.<sup>5</sup>

Children who are obese during childhood are more likely to be obese as adults.<sup>4</sup> Additionally, if either parent is obese, the child has a significantly greater risk of obesity in adulthood.<sup>6</sup> This is especially concerning since more than one-third of adults in the United States are obese.<sup>1</sup> 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.<sup>7</sup> Experts agree that “the environment, rather than biology, is driving this epidemic.”<sup>8</sup> 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.<sup>7</sup> 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.<sup>8</sup>

### 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.”<sup>9</sup>

Follow the 5-4-3-2-1 Go!® guidelines.<sup>10,11</sup>

**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](http://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.

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## 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 Neltnor 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>

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## 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](mailto: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](http://www.peoplemadevisible.com)

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## 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](mailto: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](mailto:IllinoisBikePlan@altaplanning.com)  
Project Manager Gabriel Sulkes at the Illinois Department of Transportation (312) 793-1494 or [Gabriel.Sulkes@illinois.gov](mailto: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/>

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## 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](mailto: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/>

### 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"/>				
Make it easier to walk around West Chicago (add more pedestrian friendly areas).	<input type="checkbox"/>				
Make it easier to ride bicycles around West Chicago – add bike lanes and bike racks.	<input type="checkbox"/>				
Add more parks and green space.	<input type="checkbox"/>				
Educate the public about the importance of physical activity.	<input type="checkbox"/>				

**QUESTION 6 - What suggestions do you have to increase PHYSICAL ACTIVITY in West Chicago?**

WRITE ANSWERS IN BOX.

**QUESTION 7 - What aspects of HEALTHY EATING do you think are important?**

RANK EACH ONE BY CHECKING A BOX

	Very Important	Somewhat Important	Neutral	Somewhat Not Important	Not Important
Reduce availability of sugar-sweetened beverages in vending machines and public buildings.	<input type="checkbox"/>				
Have healthy and affordable food available in grocery stores, restaurants, vending machines and public places.	<input type="checkbox"/>				
Have nutritious food for school events and celebrations.	<input type="checkbox"/>				
Increase the availability and affordability of fresh and local food (at grocery stores and in schools).	<input type="checkbox"/>				
Educate the public about the importance of healthy food.	<input type="checkbox"/>				

**QUESTION 8 - What suggestions do you have to increase HEALTHY EATING in West Chicago?**

WRITE ANSWERS IN BOX.

**Section 3- CONTACT INFO (OPTIONAL)**

As we work together to make West Chicago a healthier place to live, we hope that you will get involved and continue to help us decide where we need to make changes and offer more healthy options. Please consider giving us your contact information so that we can send you updates on future events.

Name: \_\_\_\_\_

**Do you...**

CHECK ALL THAT APPLY

- Live here                       Go to school here  
 Work here                               Other \_\_\_\_\_

Phone/Email: \_\_\_\_\_

**Thank you!**

Please return your completed survey to a Healthy West Chicago collection box near where you received it (library, City Hall, doctor’s office, church, etc.) or send it by mail to:

**Healthy West Chicago, 1879 Neltnor Blvd., #194, West Chicago, IL 60185.**

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"/>				
Que sea más fácil caminar en West Chicago (añadir más zonas peatonales).	<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"/>				
Añadir más parques y espacios verdes.	<input type="checkbox"/>				
Educar al público sobre la importancia de la actividad física.	<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"/>				
Tener alimentación sana y asequible disponible en las tiendas de comestibles, restaurantes, máquinas expendedoras y lugares públicos.	<input type="checkbox"/>				
Tener alimentos nutritivos para eventos y celebraciones escolares.	<input type="checkbox"/>				
Aumentar la disponibilidad y asequibilidad de los alimentos frescos y locales (en los supermercados y en las escuelas).	<input type="checkbox"/>				
Educar al público sobre la importancia de la alimentación saludable.	<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 ayudandonos a decidir que cambios tenemos que hacer y ofrecer opciones mas saludables. Por favor considere darnos su información de contacto para que podamos envirole 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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