



2018 Annual Report



↳ Eat Smart Move More

For the past nine years, FORWARD (Fighting Obesity Reaching healthy Weight Among Residents of DuPage) has ensured that obesity prevention remains a priority in DuPage County by creatively and consistently promoting healthy lifestyle choices. While obesity rates continue to climb in the United States and abroad, DuPage County rates continue to hold steady. This would not have been possible without hundreds of coalition members, partners, funders, volunteers, friends and leaders across the county, who made healthier choices for themselves, their families, students, colleagues and friends. We are thankful for your support and invite you to celebrate our accomplishments this past year.

From our voluntary grassroots beginning in 2008 until today, FORWARD DuPage has stayed true to our mission and values. Our goal of healthier lifestyle choices to improve the health of individuals of all ages so they are free from the chronic diseases associated with obesity, remains consistent. For the second time, FORWARD DuPage was chosen by Impact DuPage as a critical vehicle to assist in advancing the well-being of the DuPage County community by attending to their strategic priority of Health Status Improvement. From 2019 to 2021, in its new Strategic Plan, FORWARD DuPage will build on its history of past innovations by continuing our Collective Impact Coalition Model and related activities while redirecting our attention to an area of urgent need – DuPage County children.

Impact DuPage is a collaborative effort created to identify community needs and priorities to improve the well-being of the DuPage County community overall.

For many years, Body Mass Index (BMI) and blood pressure rates have been measured annually on children in DuPage County in an effort to steer FORWARD DuPage's priorities. This data reveals that currently DuPage County children ages 2-4 show obesity rates higher than the national average. To promote the establishment of a healthy foundation for these young children, FORWARD DuPage has set our sights to accomplish more and to become more efficient in order to produce our best outcomes. We will target specific efforts to address healthy lifestyle choices for this population. We believe this will help ensure healthy habits for a lifetime.

The success of FORWARD DuPage is a result of your investment in our work. We can all take pride in this collective success. On behalf of the FORWARD Board of Directors, we thank you for working toward the goal of a healthier DuPage County. Together we are making a difference!

With warm regards and appreciation,

Ann Marchetti *William F. Weidner*

Ann Marchetti
Consulting Director
FORWARD DuPage

Bill Weidner
FORWARD DuPage
Board of Directors'



↳ 2018 Coalition Impact Highlights

- ▶ **Educated 89 coalition members/community stakeholders** on behavior modification as a tool for obesity prevention, treatment and healthy lifestyle management through an Annual Coalition Meeting with an esteemed panel of physician experts.
- ▶ **Informed roughly 1,700 children and families** on Family Day at the DuPage County Fair through interactive healthy nutrition and physical activity stations with 12 partner organizations.
- ▶ **Provided education and information to over 1,300 organizations and individuals** through quarterly newsletters, Twitter tweets and Facebook posts on the importance of policy, systems and environmental change to improve healthy lifestyles.
- ▶ **Administered education and information monthly to over 7,000 organizations and individuals** through the YWCA e-newsletter.
- ▶ **Distributed 5-4-3-2-1 Go!® resources and presented health education programs to approximately 1,760 students** through a partnership with the DuPage County Health Department (DCHD).**
- ▶ **Educated and provided resources through more than 19,500 visits** to a newly created FORWARD DuPage website which includes healthy lifestyle tools, resources and educational materials for DuPage children and families to assist members and partners to advance obesity prevention and treatment.
- ▶ **Conducted a yearly measurement of Body Mass Index (BMI)** rates of kindergarten, sixth and ninth grade students and DuPage Women, Infants and Children (WIC) participants ages 2-4 in partnership with the DCHD and the Regional Office of Education.
- ▶ **Coordinated discussions and meetings with DuPage early childhood leadership community** to promote and advance healthy lifestyle options for children ages 0-5.
- ▶ **Reassessed the nutrition and physical activity programs, resources and outcomes** in 8 early childhood centers using the evidence based Nutrition and Physical activity Assessment for Child Care (NAP SACC) tool, developed action plans and delivered 40 hours of technical assistance on nutrition and physical activity serving 599 children.*
- ▶ **Shared information, resources and offered technical support** for 12 early childhood centers serving 957 children (This is a group FORWARD worked extensively with from 2015-2017).
- ▶ **Created evidence-based tip sheets on healthy eating, physical activity and screen time** for early child care providers and families. These can now be found on the FORWARD website at www.fowarddupage.org.
- ▶ **Wrote and implemented action plans for 6 schools** in order to improve wellness policies, practices and environments in partnership with Action for Healthy Kids (AFHK).*
- ▶ **Engaged 4 DuPage County schools by working with families and community members** to support Every Kid Healthy Week by advancing healthy nutrition and physical activities such as fun runs, healthy food tastings and yoga for students and staff in partnership with AFHK.
- ▶ **Assisted 2 DuPage based businesses (impacting 1,700 employees)** with improving their nutrition and physical activity policies, programs and environments.
- ▶ **Encouraged changes in food and beverage offerings** in 8 hospitals, the largest pediatric practice serving DuPage and the DCHD in order to create a healthier workforce.
- ▶ **Advanced policies, programs, resources and practices to improve nutrition, transportation and physical activities** at the municipal level by engaging municipal leaders with FORWARD DuPage's Active Transportation, Land Use and Planning Task Force.

* Two schools funded by the One Dime at a Time Whole Foods Markets, in Hinsdale, Wheaton, Elmhurst and Willowbrook; two schools funded by Advocate Good Samaritan Hospital (for 2017-2018); three schools funded by DuPage Foundation Community Needs grant, and two schools funded by Advocate Good Samaritan Hospital (for 2018 - 2019); eight early child care centers funded by Chronic Disease and School Health Grant (CDASH).
** The 5-4-3-2-1 Go!® Message was created by the Consortium to Lower Obesity in Chicago Children (CLOCC).
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Taking Action

Our Vision

All children and families in DuPage County, regardless of age, income or ethnicity, will achieve and maintain a healthy lifestyle.

Our Mission

Lead DuPage County, through a broad-based community coalition, by promoting effective and sustainable policy, system, and environmental strategies regarding nutrition, physical activity, and the built environment.

Our Goal

By the end of 2018 reduce obesity prevalence by five percent through policy, system and environmental changes.

Guiding Principles

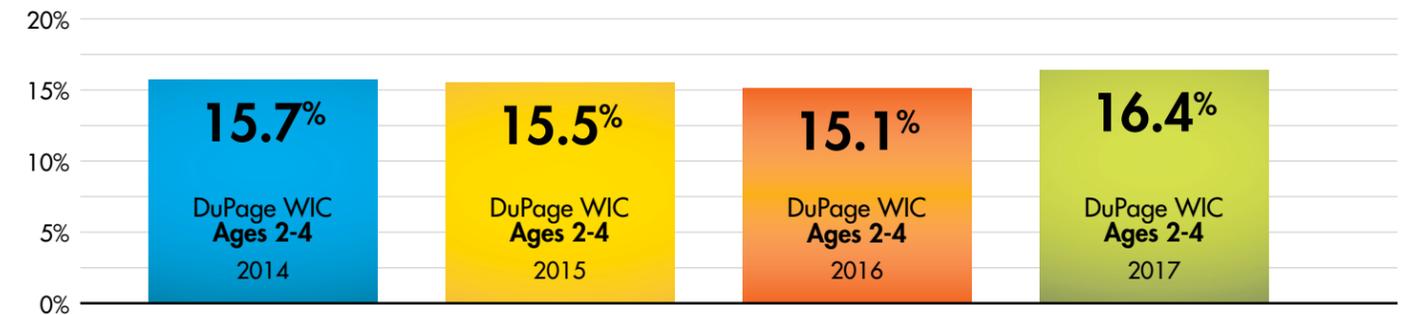
- ▶ **FORWARD DuPage practices data-driven decision making.** As an organization we are committed to understanding the changing prevalence of obesity in DuPage County and the associated risk factors. We work in partnership with DuPage County Health Department, the Regional Office of Education, and DuPage schools to monitor and report ongoing changes in BMI and blood pressure rates in kindergarten, sixth, and ninth grades, which allows us to focus our efforts in specific communities.
- ▶ **FORWARD DuPage inspires change.** By coordinating local technical assistance, tools, and other resources, FORWARD DuPage mobilizes community leaders, organizations, stakeholders, and individuals who have expertise, passion and influence in building healthy communities through policy, systems and environmental changes.
- ▶ **FORWARD DuPage educates decision makers.** With over 1,300 members, collectively the FORWARD DuPage coalition has a powerful voice. We equip members with data and knowledge regarding best practices to inform and educate local and state policymakers and advocacy groups.

- ▶ **FORWARD DuPage strategically leverages resources.** Through our extensive network of partners, FORWARD DuPage provides unique opportunities to identify and secure resources to manage, direct, support and sustain obesity prevention efforts in DuPage County.
- ▶ **FORWARD DuPage embraces collaboration.** Through multi-sectoral partnerships, we are able to creatively and collectively impact nutrition, physical activity, and the built environment.
- ▶ **FORWARD DuPage maintains continuous communication.** We maximize communication opportunities to disseminate best practices and lessons learned through the FORWARD DuPage website, social media, FORWARD DuPage task forces, and coalition and board meetings. In addition, FORWARD DuPage supports consistent messaging using 5-4-3-2-1 Go!® and other effective professional communications to promote healthy lifestyles in DuPage County.

Obesity Rates in DuPage County

Early Childhood

The obesity rate among DuPage County children aged 2 to 4 years enrolled in WIC*

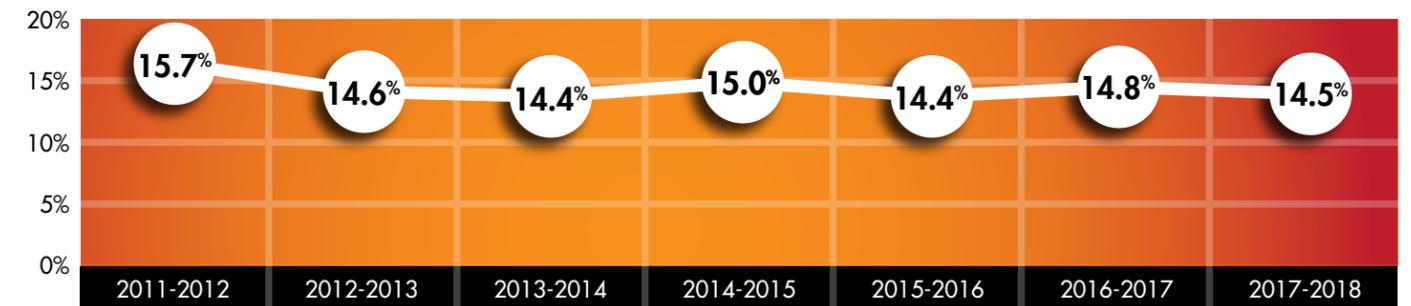


Source: DuPage County Health Department

* USDA's Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

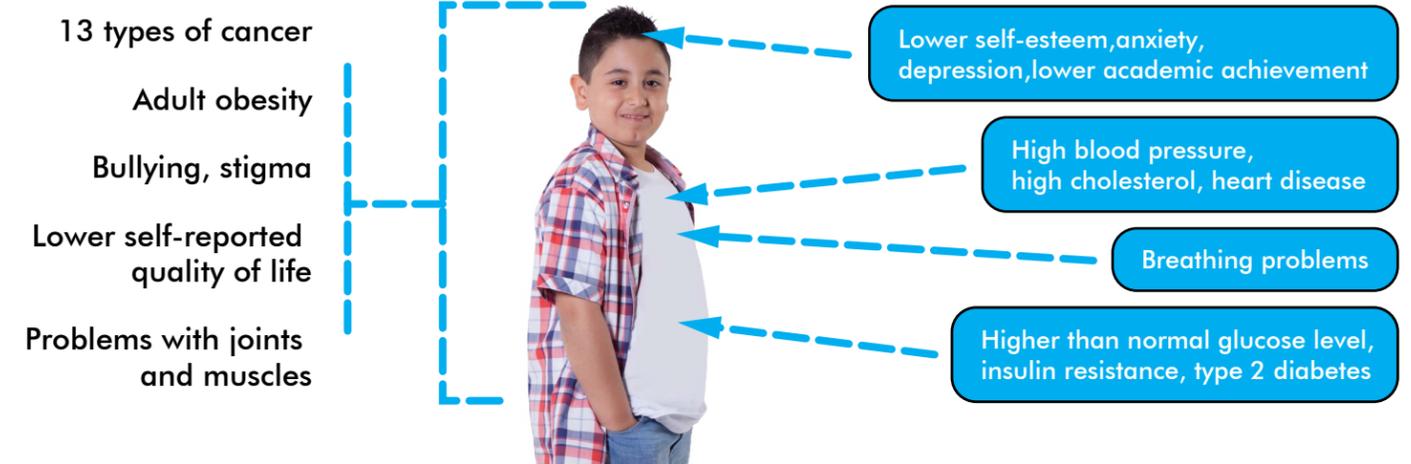
School-Aged Children

The obesity rate in DuPage County kindergarten, sixth and ninth grade public school students.



Source: DuPage County Health Department

Having obesity during childhood increases immediate and future health risks.

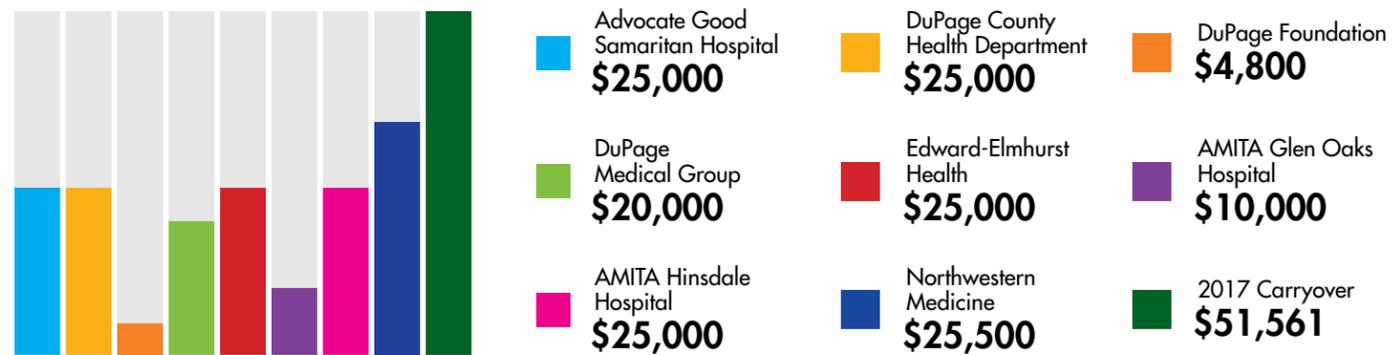




2018 Financial Highlights

FY18 FORWARD Revenue

\$211,861



In addition to the cash donations received, FORWARD DuPage has been fortunate to be the recipient of over \$21,000 of in-kind contributions from our partners and donors.

FY18 FORWARD Expenses

\$203,276



Thank you to our donors for making it a landmark year!

 Advocate Good Samaritan Hospital

Healthy Lifestyles was selected as one of the key health needs for the hospital's primary service area. Focus is on obesity prevention, proper nutrition and physical activity in an effort to decrease the rate of chronic disease. In addition, Advocate funds Action for Healthy Kids (AFHK) to work in 2 DuPage schools and assist with implementing action plans in order to improve wellness policies, practices and environments.

 AMITA HEALTH

AMITA Health's community partner to help with one of their 3 priority areas - nutrition, physical activity and weight (preventing diabetes, heart disease and stroke). Their goal is to provide opportunities for children to be physically active in their daily lives throughout the county.

 DUPAGE COUNTY HEALTH DEPARTMENT
Everyone. Everywhere. Everyday.

DCHD was a founding leader of Impact DuPage, a county-wide initiative aimed at creating a common understanding of community needs, gaps, and priorities that will advance the well-being of DuPage County. FORWARD DuPage was selected as the vehicle to influence residents and partners to make positive choices regarding nutrition, physical activity, and the built environment.

 DuPage Foundation

Through the DuPage Foundation's Community Needs Grant Program, they support programs and projects that improve and enrich the quality of life for DuPage County residents. In 2018, a special initiative grant was given to support FORWARD DuPage's partners to help improve the physical activity and food choices at the DuPage County Fair. In addition, AFHK was the recipient of a grant to assist 3 DuPage schools with implementing action plans in order to improve wellness policies, practices and environments.

 DuPage Medical Group CHARITABLE FUND

DuPage Medical Group (DMG) is actively involved in philanthropy and community service as a way of giving back to the community in which it lives and works. DMG has partnered with FORWARD DuPage to promote healthy lifestyles through healthy choices since 2009.

 Edward-Elmhurst HEALTH

FORWARD DuPage's efforts align with Edward-Elmhurst Health's (EEH) goal to improve the overall health and well-being of children and families in DuPage County. The organization prioritizes initiatives around improving access, addressing the obesity epidemic, and enhancing mental health, heart disease and stroke, and cancer screening and prevention efforts.

 Northwestern Medicine

Northwestern Medicine is actively working to improve the health of communities they serve by participating in community-based health initiatives aimed at promoting healthy lifestyles. Part of their goal is to reduce risk factors for heart disease, stroke, cardiovascular disease and other chronic diseases.

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DuPage County
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