

# FORWARD Newsletter

Working to Fight Obesity and Support DuPage Residents in Reaching Healthy Weight

April 2012

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## Note from the Director

Spring is in the air and as we emerge from the winter months, everything seems fresh once again and somehow life just feels a little easier. Spring is a great time for waking up your bikes and balls and taking advantage of the longer days and warmer weather. It's a time for enjoying the abundance of fresh fruits and vegetables coming into season. And so it is with the work of FORWARD, we have sprung into our next season--- FORWARD is three years old this May! From the hiring of Tamera Keller, new FORWARD Coordinator, to the acquisition of a *Healthy Kids, Healthy Families* grant from Blue Cross Blue Shield of Illinois to create a network of providers preventing and treating obesity, we are excited and see momentum building from all corners of DuPage County too as we make the healthy choice the easy choice. **More than ever**, we need you, our coalition partners, to step up to the challenge with us and help create additional, healthy opportunities, for our residents. Please share your ideas and stories of success by sending us an email at [forward@dupagehealth.org](mailto:forward@dupagehealth.org). We want to share the power of FORWARD and specifically, your efforts in future newsletters, on our websites, and of course, at our coalition meetings---the next meeting is June 21 from 7:30-9:30 am at Danada House in Wheaton. So, tell us what you have done, or want to do, and continue to help us help DuPage become the healthiest County in the U.S.

- Ann Marchetti

Director of FORWARD

## Contact Us

[Ann Marchetti](#),

Director

[Tamera Keller](#),

Coordinator

[Krystal Kleinschmidt](#),

Coordinator

[Sarah Carr](#),

AmeriCorps Member

## Spring Coalition Meeting - Save the Date

**SAVE THE DATE** for our next Coalition Meeting - June 21, 2012 at the Danada House from 7:30am to 9:30 am. Watch for the details on our website [FORWARDDupage.org](http://FORWARDDupage.org)

## FORWARD Receives Grant Funding

FORWARD is proud to announce that it is the recipient of funding from the Blue Cross Blue Shield of Illinois *Healthy Kids, Healthy Families* program. FORWARD will receive \$120,000 in 2012 to create an action

[forwarddupage.org](http://forwarddupage.org)

[forward@dupagehealth.org](mailto:forward@dupagehealth.org)  
630-221-7037

network among healthcare and school professionals while enhancing available clinical and community obesity interventions. We hope to accelerate best practices among providers and improve clinical and community linkages and referral sources for the prevention and treatment of obesity. Our goal is to decrease overweight and obesity rates for low-income, at-risk children and their families.

The FORWARD Action Network will:

- 1) Collect and analyze BMI data in DuPage County to determine highest risk communities and areas of need;
- 2) Build the capacity of DuPage County providers and school professionals to effectively address overweight and obesity for patients/children;
- 3) Develop and implement a network of referral sources and increase linkages between clinical care and community resources available for overweight and obese children and families; and
- 4) Adopt and spread a county-wide healthy living message.

If you'd like to learn more about the development of our clinical network and resources available for overweight and obese children and families, or to get involved, to contact us at [Forward@dupagehealth.org](mailto:Forward@dupagehealth.org).

## New Program Coordinator

FORWARD is pleased to announce the addition of a new Program Coordinator to its full-time staff located at the DuPage County Health Department. Tamera Keller comes to us from Nebraska where she has worked for the last 20 years in Child Protective Services at both the community and state levels. Tamera has her Master's Degree in Counseling and training in public relations and communication. She will be helping to coordinate our efforts with the YMCAs, building the FORWARD Coalition and supporting the FORWARD infrastructure in specifically expanding our resources and community partnerships. Tamera looks forward to supporting you in your endeavors to improve the health and wellbeing of the children and families in DuPage County by reversing the obesity trend. You can reach Tamera at 630-221-7148 or by email at [Tamera.Keller@dupagehealth.org](mailto:Tamera.Keller@dupagehealth.org).

To read more about the FORWARD staff and learn about FORWARD's work, please visit our website at [FORWARDDupage.org](http://FORWARDDupage.org).

## The Link Between Exercise and the Brain

The Glenbard Parent Series is proud to feature John Ratey, M.D., as he presents two workshops on "Spark: The Revolutionary Science of Exercise and the Brain", his latest bestseller. Dr. Ratey is a Clinical Professor at the Harvard Medical School, a highly sought-after speaker, the author of multiple best sellers including "Driven to Distraction", and a respected researcher. All are welcome to these free programs, and no registration is required. There are two opportunities to hear Dr. Ratey: Tuesday, April 17,

9:30 a.m.-12:30 p.m. at Glenbard South High School, 23W200 Butterfield Road, Glen Ellyn, IL 60137, and 7:00-9:00 p.m. at Glenbard East High School, 1014 South Main Street, Lombard, IL 60148. For further information, contact Gilda Ross, Glenbard District 87 Student and Community Projects Coordinator, at 630-942-7573 or [gilda\\_ross@glenbard.org](mailto:gilda_ross@glenbard.org). [Click here for more information.](#)

## Upcoming Events

### **5th Annual School Wellness and Recognition Conference on May 3rd**

Arm your school wellness team with the latest information they need to meet new regulations for school meals and school wellness policies. The keynote speaker will share inexpensive strategies, based on the psychology of choice, that schools can use to increase the selection of healthy options and keep participation up. [For more information and to register, click here.](#)

### **Rethink Your Drink Symposium on April 25th**

Illinois Public Health Institute, in collaboration with American Heart Association and the Illinois Alliance to Prevent Obesity, is hosting a symposium that explores clinical approaches to reducing sugar loaded beverage consumption and complementary policy and environmental changes. [For more information click here.](#)