

# FORWARD Initiative Newsletter

June 2013



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## The Building Healthy, Sustainable Communities Campaign Inspires Residents to Live Healthier

FORWARD's first-ever Building Healthier, Sustainable Communities Campaign took place throughout March and April, 2013. The successful campaign included: Presentations at DuPage County Physical Education Institute Day; FORWARD Day at Whole Foods Markets; Cooking Matters at the Store® Training (formerly Shopping Matters®); Glenbard Parent Series: Weight of The Nation showing with national and local experts; an Obesity Management Summit for healthcare providers including physicians and healthcare professionals; GreenTown: Building Healthy, Sustainable Communities Conference; and 4 community-wide (Naperville, Lombard, Elmhurst and Downers Grove)YMCA Healthy Kids Days®.



The goal of the campaign was to build awareness around healthy eating and active living and spur residents and coalition partners to take action. During the series of events, mayors, kids, parents, teachers, community leaders, and physicians pledged to make their communities healthier places to live, work, and play. FORWARD's Coalition numbers increased from 681 members to 1166 members, making our team stronger than ever. Event participants were asked to complete a plan for what they would do in the next 30 days and in the next 90 days to improve the health of themselves or their environments. FORWARD hopes these plans will help residents stay on track to create positive change for their lives and the communities of DuPage County.

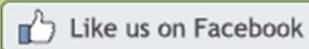
A heartfelt thank you goes out to all those who attended an event and to our funders who made this all possible: Action for Healthy Kids, Blue Cross and Blue Shield of Illinois, Cadence Health, DuPage County, DuPage County Health Department, DuPage Medical Group Charitable Fund, Edward Hospital and Health System, Glenbard District 87 and Glenbard Parent Series, Hotel Arista, Naperville District 203, Whole Foods Market (Naperville, Wheaton, Hinsdale, and Willowbrook), and DuPage YMCA's (BR Ryall, Fry Family, Indian Boundary, Elmhurst, Tri-Town).

FORWARD's events and initiatives would not be successful without all of you!



[FORWARD on Facebook](#)

"Like" FORWARD's Facebook page to see pictures, articles, and updates. You can also interact with us by posting comments and uploading pictures to our wall. It's the easiest way to keep up with us when you're not connecting with us face to face at events in the community.



## Active Transportation Task Force Update

FORWARD's Active Transportation Task Force, with guidance from the Active Transportation Alliance, has pulled together stakeholders interested in enhancing and enabling more active transportation in DuPage County. Stakeholders to date include: the DuPage County Division of Transportation, the Forest Preserve District of DuPage County, the DuPage Convention and Visitors Bureau, the Chicago Metropolitan Agency for Planning, Active Transportation Alliance, the DuPage Mayors and Managers Conference, local municipal leaders (Elmhurst, Warrenville, Lombard, Naperville), the Illinois Prairie Path, the League of Illinois Bicyclists, and Trails for Illinois.

The Task Force has been working on several projects to date, including leading three educational sessions at the GreenTown Building Healthy, Sustainable Communities Conference (Leave No Child Inside, Trails and County Connections, and Creating Bike and Ped Friendly Communities) and presenting a Municipal Strategy to the DuPage Mayors and Managers Conference Intergovernmental-Planning Committee.

If you would like to join the Active Transportation Task Force, please contact Krystal Kleinschmidt at [krystal.kleinschmidt@dupagehealth.org](mailto:krystal.kleinschmidt@dupagehealth.org).

## Nutrition Task Force Update

FORWARD's Nutrition Task Force has been hard at work to create more healthy food and beverage opportunities across the county.

The Policy Workgroup has partnered with the Illinois Alliance to Prevent Obesity and the American Heart Association to work with major hospitals and health systems in DuPage County to improve their food and beverage environments. Adventist Health System, Cadence Health, DuPage County Health Department, DuPage Medical Group, Edward Hospital and Health System, Elmhurst Hospital, and Good Samaritan Hospital have all agreed to work collaboratively with FORWARD in order to improve the food and drink choices served to their employees, patients, and visitors.

FORWARD has partnered with the F.I.T. City Initiative expand the number of restaurants in DuPage that offer healthy choices and meet the F.I.T. criteria:

1. A minimum of two menu items, other than salad, whose main ingredients are fresh, non-deep fried selections of fruits and vegetables
2. A minimum of two menu items whose grain component contains whole grain as the first ingredient (unless water is first)
3. No menu items with artificial trans fat
4. Only plant-based cooking oils, containing predominantly monounsaturated or polyunsaturated fats (including oils such as olive, canola, peanut, grape seed, rice bran, corn, sunflower or safflower), are used for frying entrées and side dishes
5. A non-deep fried fruit or vegetable is offered as an option for all meals that include french fries or chips

The F.I.T. City Initiative recommends all chefs and restaurateurs respect the health of our food systems by supporting local and sustainable agriculture, meat, and seafood. Please see the [F.I.T. City Consumer Brochure](#) for more information on their criteria.

[OMango](#), [Chefs for a Day](#), and [Two Mothers Foods](#) are three new F.I.T. City establishments in DuPage County.

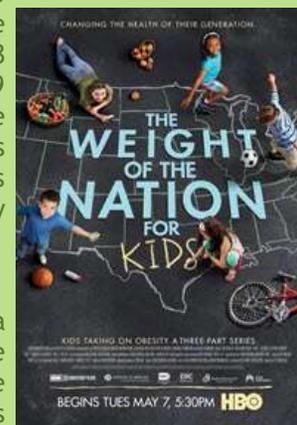
If you are interested in learning more or joining the Task Force please contact Becky McFarland at [Rebecca.mcfarland@dupagehealth.org](mailto:Rebecca.mcfarland@dupagehealth.org)

## NEW RESOURCES



### Weight of the Nation for Kids

The Centers for Disease Control and Prevention (CDC) recently announced the release of HBO's new documentary film, *The Weight of the Nation for Kids*. The documentary takes a look at the issue of childhood obesity. With 31.8 percent of children and teens age 2-19 now either overweight or obese, the issue has never been more urgent. This three-part series of 30-minute films sheds light on solutions to the obesity problem at home and in school.



*The Weight of the Nation for Kids* is a fun, family-friendly companion to the 2012 four-part documentary, *The Weight of the Nation*. The series was developed by HBO and the Institute of Medicine, in partnership with the CDC and the National Institutes of Health. *The Weight of the Nation for Kids* focuses on what some kids are doing at home and in communities to make healthy changes to their diets, school menus, and every day activities.

[Click here](#) to view all episodes of *The Weight of the Nation for Kids*.



## Illinois Bicyclists Learn to Stay Safe

[bikesafetyquiz.com](http://bikesafetyquiz.com) has been developed to help both child and adult bicyclists as well as motorists learn the rules of the road when it comes to cycling. League of Illinois Bicyclists' Executive Director, Ed Barsotti, says, "The quiz is a great way to get basic information out to a large number of people." Individuals can test and expand their knowledge in an enticing, interactive quiz format. Teachers of 4th-6th graders, driver education students, and leaders of other youth groups can easily assign their class a quiz by visiting [bikesafetyquiz.com/teacherpage](http://bikesafetyquiz.com/teacherpage). This fall, \$2500 in FORWARD grant money will be awarded to DuPage schools with high participation rates.

For more information on League of Illinois Bicyclists, visit [www.bikelib.org](http://www.bikelib.org)

## Communicating Food for Health Newsletter

If you are a teacher or foodservice director of an elementary or high school, you can receive a grant for a free basic membership to the Communicating Food for Health (CFFH) Newsletter and Library Service. Deadline to apply is June 30, 2013.

You can gain full access to the library and receive:

- access to thousands of articles and handouts, recipes, health calendar and activity ideas,
- a CFFH newsletter delivered to your inbox along with the weekly premium Fresh Start Monday and Fabulous Friday emails
- 20% discount in their store

You must have a school email address to qualify. If you are already a member, CFFH will add another year to your subscription. [Click here for more information.](#)

CFFH is a membership and subscription service for food and nutrition educators.



## June is National Dairy Month

June is Dairy Month! For nearly 100 years, the National Dairy Council has shared your passion for healthy kids.

Visit this [link](#) to read a note from the National Dairy Council's president on how they're leading the way to improve child health.

Also in this edition of their newsletter:

- [Making the Learning Connection](#)

- [Partners Working Together on Summer Meal Programs](#)
- [Share Our Strength Reveals How Breakfast Can Change Lives](#)
- [Tips to Build a Healthier Plate](#)

General Mills is offering Fuel Up 2013 Breakfast grants for up to \$2000 for eligible schools. This grant program is available to schools that identify creative and sustainable ways to expand their USDA School Breakfast Program outside the cafeteria. Qualified schools must participate in the Fuel Up to Play 60 program, have a school enrollment of at least 500 students and a current breakfast participation at 40% or less.

[Click here to view the grant application](#)

[Click here for more information.](#)

## UPCOMING EVENTS



### Part 1: Ready for Recess: Changing Policy and Practice to Support Students' Physical Activity

Part one of this two-part Web Forum series, hosted by the Public Health Institute, is designed to promote more physically active recess in schools. Click [here](#) to register for Part 1.

Part one is intended for school administrators, public health practitioners (e.g. school wellness coordinators), and parents who want to learn how to influence policies and practices that support the overall health and well-being of students.

Jennifer Huberty, Ph.D. and Aaron Beighle, Ph.D., experts in improving physical activity in children, will discuss the Ready for Recess program, which works to reverse the trend of childhood obesity with specific strategies and tactics to maximize the benefits of recess. This program is based on research conducted by Drs. Huberty and Beighle, which showed that children are most active at recess when environments support physical activity participation.

During this Web Forum, presenters will discuss:

- The academic and health benefits of recess being frequent and efficient;
- Which tools are needed to encourage children to be physically active at recess;
- What administrators can do to support teachers and staff to implement activities at recess; and
- How parents and public health practitioners can advocate for recess that promotes more physical activity.

### Part 2: Get Your School Ready for Recess!

Part two is intended for teachers and other school staff who are directly involved with leading recess activities. The Ready for Recess program can help prevent and alleviate childhood obesity

by increasing students' ability to be more physically active during recess through practice and environmental changes. click [here](#) to register for Part 2.

During this Web Forum, presenters will discuss:

- The academic and health benefits of recess being frequent and efficient;
- Easy and fun activities teachers and staff can implement to get students more active;
- How support and participation can motivate children to be more active; and
- How to be creative with equipment, space and temperature to promote physical activity.

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