

FORWARD Initiative Newsletter

September 2013

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OBESITY RATES DECLINE IN DUPAGE

September is National Childhood Obesity Awareness Month and FORWARD has released its most recent report on the rates of overweight and obesity among children in DuPage County.

Data were analyzed for 30,559 kindergarten, sixth and ninth grade students for the 2012-2013 school year. Among public school students, 29.9 percent were overweight or obese and 14.4 percent were obese. Our data reflect an improvement over the previous school year for public school students whose rates were 31 percent overweight or obese and 15.4 percent obese. Private schools were added to the sampling for the first time this year. Click [here](#) to see the full report.

FORWARD has been collecting body mass index (BMI) data since the fall of 2010 and now has over 90 percent of public schools and 15 percent of private schools participating. Further surveillance is needed to fully assess any trends in overweight and obesity in DuPage County.

Despite a small improvement, FORWARD will remain steadfast in its efforts to make the healthy choice the easy choice for DuPage County with the help of parents, healthcare providers, educators, civic leaders and other organizations. FORWARD is now collecting data for the 2013-2014 school year.

Get In The Action Mini Grant: EXTENDED Deadline

Mini Grant deadline is now October, 7th at 3:30 PM CDT.

Through our partners, Cadence Health System and the Wheaton, Willowbrook, Naperville and Hinsdale Whole Foods Stores, FORWARD is offering funding to groups that identify strategies to create healthier environments within their communities to bring about a reversal of obesity in DuPage County. Please visit the FORWARD [website](#) to view the application and guidelines. Government organizations (like schools and libraries), small businesses with less than 50 employees, and non-profit organizations are eligible to apply.

New Resources

Chronic Disease Burden Update

The Illinois Department of Public Health, Division of Chronic Disease Prevention and Control, recently published a [Chronic Disease Burden Update](#) in recognition of September as National Childhood Obesity Awareness Month. The Update focuses on childhood obesity in Illinois.

Walk or Bike to School Day: October 9

Registration is now open for the 17th Walk to School Day! This annual event in the United States is a part of an international effort to celebrate the many benefits of walking and bicycling to school. Walk to School Day 2013 will take place on Wednesday, October 9.

Walk to School Day event registration is free and available to individuals and organizations holding an October event. Events that register on the Walk to School [website](#) will be displayed on an interactive U.S. map, where neighboring communities, media and other organizations can identify who is walking in their area.

For more information on Walk to School activities, visit www.walkbiketoschool.org.

Take the Illinois Farm to School Challenge to WIN PRIZES for your school!

By entering the challenge you will become eligible to win prizes for your school garden including:
Fruit trees, Berry bushes, Vegetable and herb seeds, Vegetable plants, Herb plants, Garden preparation, Gardening books, Garden based Classroom curriculum

Who is eligible?

Schools, Principals, Teachers, School food service staff, Community advocates, Parents, and more!

How can I qualify?

You can start planning your activities for October now, or initiate your Farm to School future planning steps during October. When you have completed the activity, go to

<http://www.surveymonkey.com/s/FSChallenge> to enter all completed activities.

Winning schools will be chosen by number of Farm to School activities completed and logged on survey site. Prizes will be awarded in early spring 2014!

Click [here](#) for more information.

The Illinois Farm to School Challenge is brought to you by the University of Illinois Extension, the Illinois Department of Agriculture, National Farm to School Month, and National Farm to School Network.

Upcoming Events

Food Day Chicago Collective Event

When: Thursday, October 24, 8:00 AM-4:00 PM

Where: Chicago Daley Plaza, Chicago

Food Day Chicago Collective Event serves to celebrate of the year-long Food Day initiative in Chicago! In collaboration with the City of Chicago downtown Farmers Market, the Collective Event will showcase interesting and educational activities around food and "eating real"! Learn more at HealthierChicago.org/fooddaychi.

Enhance Physical Education (PE) Webinar Replay with live Q and A

When: October 8th, 10:00-11:00 AM

During this webinar, participants will learn about the specific recommendations put forth by the Enhance P.E. Task Force, including proposed changes to the learning standards. They will hear from Task Force Members, including the State Superintendent of Education, and representatives from the Illinois Principals Association, The Illinois Association of School Administrators, the Healthy Schools Campaign, and others.

The webinar is intended for school superintendents, principals, school board members, physical education staff, other school officials and community members looking to improve student health and academic achievement.

Click [here](#) to register.

**SAVE THE DATE:
FORWARD Coalition Meeting**

December 5, 2013

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