

# FORWARD Initiative Newsletter

January 2014

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## FORWARD Coalition Meeting: Thank You!

FORWARD is pleased to be celebrating its 4th year. With more than 1100 Coalition Members across DuPage County, the healthy choice is becoming the easier choice.

Thank you to everyone who attended the Coalition Meeting on December 5. We had over 120 people who heard about the accomplishments of the FORWARD Coalition and the work of all of our partners.

In addition, attendees learned about the improvements being made to the food and beverage environments in the DuPage healthcare and hospital systems. Thank you to our speakers: Susan Earley and Pat Sutor, Elmhurst Memorial Healthcare and Edward Hospital and Health Services; Tammy Pressley, Cadence Health; Dawn Curley, Adventist Midwest Health; and Lori Lovell, Advocate Good Samaritan Hospital. Thanks to Janna Simon, Illinois Public Health Institute, for being a wonderful moderator.

Attendees also enjoyed Zumba, led by certified instructor Lisa McDaniel, and a delicious breakfast provided by Whole Foods. FORWARD would especially like to thank the DuPage County Forest Preserve for hosting our meeting at Danada House. Cadence Health generously provided the linens and the audiovisual.

If you missed the meeting, you can view pictures on FORWARD's [Facebook page](#). You can also download the meeting [presentation](#) and [handouts](#).

## Congratulations 2013 Mini Grant Recipients!

Congratulations to our 2013 *Get in the Action* Mini Grant recipients. See the full list of projects [here](#).

Funding and support for the grants was provided by Action for Healthy Kids, Cadence Health, DuPage County Health Department, Edward Hospital and Health Services, and the Hinsdale, Naperville, Wheaton, and Willowbrook Whole Foods Stores. The mini grants totaled over \$42,000 and went to groups that have identified strategies to create healthier environments within their communities and bring about a reversal of childhood obesity in DuPage County.

# Funding Opportunities

## SHIP Video Challenge

The Illinois Department of Public Health, in conjunction with the State Health Improvement Plan Implementation Coordination Council (SHIP ICC), wants you to make a video showing how your organization is transforming the health of people in your community. The SHIP ICC will select up to 10 awardees and each will receive \$1,500 in grant funding to continue their health transformation work.

To learn more about how to apply, click [here](#). Applications are due by March 17, 2014.

## Community Innovation Grants

The American Heart Association (AHA) - Midwest Affiliate is pleased to be able to provide mini-grants, up to \$5,000, for local community projects that help advance their 2020 Impact Goal to improve the cardiovascular health of all Americans by 20% while reducing deaths from cardiovascular diseases and stroke by 20%. The application and more information are available [here](#). The deadline for submission is February 13, 2014.

## General Mills Champions for Healthy Kids Partnership Grants

The General Mills Foundation provides \$500,000 in annual grants for innovative nutrition and physical activity programs being implemented by 501(c)3 charities that enlist the expertise of registered dietitian nutritionists. For 2014, General Mills will double this amount, providing \$1 million to make these grants available.

Through the Champions for Healthy Kids grant program, 50 grants of \$20,000 each will be awarded to nonprofit organizations implementing programs promoting healthy eating and physical activity. Applications will be available in February 2014.

For more information click [here](#) or email [kids@eatright.org](mailto:kids@eatright.org).

# Upcoming Events

## DuPage Energy Summit

**When:** January 23  
**Where:** Hotel Arista, Naperville  
**Cost:** Free!

The Conservation Foundation and the DuPage County Green Government Council invite you to the DuPage Energy Summit. The topic for 2014 is "Making DuPage a Cool County." Please click [here](#) to learn more and to register.

## New Resources

### Guidelines for Healthy and Energized Meetings

The Illinois Department of Public Health, Division of Chronic Disease Prevention and Control recently released [Guidelines for Healthy and Energized Meetings](#) to assist with planning for successful meetings. There are four parts to the guidelines: general meeting planning considerations, food and beverage suggestions, physical activity break suggestions, and a checklist to ensure your meeting promotes good health for all participants.

### School District Active Transportation Policy Builder

ChangeLab Solutions and the Safe Routes to School National Partnership have released an [interactive tool](#) that allows school boards and advocates to custom-build an active transportation policy for their district.

This tool walks the user through a series of policy options to help build a customized Safe Routes to School policy for school districts, which they can then download for school board adoption. School districts play a role in encouraging families to allow their children to walk or bike to school. By putting good policies in place, districts can create an environment that supports walking and bicycling.

Safe Routes to School (SRTS) is a movement that is changing communities and making children healthier by getting them to use their own power to get to and from school.

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