

The latest on FORWARD's strategic goals and how you can make an impact



FORWARD's Three-Year Strategic Goals Focus on Worksites, Early Childhood, and Schools

Impact DuPage, a county-wide effort to address the complex needs of DuPage residents, gathered input about the health issues affecting our county. As a result of this data and community input, five priority areas were chosen for focused attention, improved coordination and resources: Healthy Lifestyles, Affordable Housing, Mental Health, Access to Health Services, and Substance Abuse.

Impact DuPage has asked FORWARD to provide the leadership to address the Healthy Lifestyles priority area. Over the next 3 years, FORWARD will work with community leaders and key stakeholders to improve nutrition and physical activity within schools, worksites, and for children in the early childhood years. This is where **YOU** come in! **Do you want to improve the health of your community? Do you work in a DuPage business ? Is your little one enrolled at a childcare center ? Does your child or youth attend school ? Are you engaged in your community in making change?** Then this work needs your help. We invite each one of you to become familiar with the three-year goals below and to partner with FORWARD to help us meet or exceed the objectives. When you are ready to assist in making change, you can check out resources and next steps here: for worksites, for early childhood centers, and for schools.

Healthy Lifestyles Goals for December 31, 2018 in DuPage County

Through policy, system, and environmental changes, reduce obesity prevalence from:

- 23.9% to 22.7% in adults aged 20 and older
- 15.1% to 14.4% in kindergarten, sixth grade, and ninth grade public school students
- 15.7% to 14.9% in 2-4 year olds enrolled in WIC (the USDA's Special Supplemental Nutrition Program for Women, Infants, and Children)

How Are We Going to Do It?

Partner with Worksites:

- Hospitals implementing strategies to reduce sodium in their cafeterias, vending and/or patient menus and improve their food and beverage environments and physical activity opportunities
- Worksites, including the DuPage County Health Department and the DuPage hospitals, receiving recognition from American Heart Association's Health Achievement Index, WELCOA, or other nationally-recognized worksite wellness recognition program

- Worksites implementing comprehensive employee wellness plans, including environmental, policy, and program supports

Partner with WIC and Early Childhood Centers:

- DuPage County Health Department partnering with an academic institution to conduct an intervention with DuPage County 2-4 year olds enrolled in WIC
- Early childhood centers completing the self-assessments of [Nutrition & Physical Activity Self-Assessment for Child Care \(NAP SACC\)](#), or other evidence-based assessment, and creating and implementing action plans
- Early childhood centers receiving recognition from [Let's Move! Child Care](#)

Partner with Schools:

- Schools creating or expanding district wellness committees/school health teams
- Schools creating action plans to implement school wellness policies and improve practices and environments
- Schools implementing [Action for Healthy Kids' Game On program](#) and/or activities aligned with [Learning the Namaste Way](#) to achieve school health policy, systems, and environment and practice changes
- Schools applying for [HealthierUS School Challenge](#), [Alliance for a Healthier Generation's Healthy Schools Program](#), or other approved recognition program
- Schools hosting events and expanding their relationships with parents, volunteers, and other community partners to support school health advancement

Need more information on [why worksites](#), [why early childhood](#), or [why schools](#)? Want to see the [full three-year plan with strategies](#)?

Ready to reach out to your worksite, early childhood center, or school to assist them in making change? Check out resources and next steps here: [for worksites](#) , [for early childhood centers](#) , and [for schools](#) .

Provide Your Feedback on FORWARD

FORWARD is looking for your feedback! In order to assess your overall satisfaction and the impact of FORWARD on DuPage County, please take [this short, two question survey](#).

Worksite Wellness the Focus of the 2016 Coalition Meeting

Worksite wellness is a win-win for employees and employers. Employees-who spend roughly a third of each workday at their jobs-can benefit from wellness programs that may help them eat better and get active, leading to increased management or prevention of chronic problems such as high blood pressure, cholesterol, and blood sugar. Employers benefit because a healthier workforce can lead to lower health care costs. Additionally, wellness programs produce healthier employees who are absent less, more productive, and experience fewer injuries.

FORWARD's June 14 Coalition Meeting made the case for worksite wellness. Dr. Donald Lloyd-Jones, President of American Heart Association's Chicago Metro Board, spoke of the importance of worksite wellness, the impact it can have, targeting [Life's Simple 7](#), and the health benefits. A panel of local businesses leaders, David Sabathne, President/CEO at Western DuPage Chamber of Commerce; Brian Lemon, President at Central DuPage Hospital; and Mike Feigenbaum, General Manager at The Westin Lombard Yorktown Center, shared their perspectives on worksite wellness and the changes they have seen implemented. The meeting wrapped up with table discussions led by Kasey Holloway, Healthy Lifestyles & Obesity Prevention Program Specialist at Illinois Public Health Institute, on how the audience can implement or improve worksite wellness at their place of employment.

The PowerPoint presentation is available for [download here](#); view pictures on [FORWARD's Facebook page](#).

A special thank you to Northwestern Medicine for providing the audio visual equipment and linens; Whole Foods Market for the breakfast; and Katie Sivak at BR Ryall YMCA for the

movement break. Danada House provided a beautiful setting for the event, and Illinois Department of Public Health (IDPH) CDASH funds supported the event.

FORWARD also thanks the following organizations for partnering on this event: American Heart Association, Illinois Public Health Institute, and the Forest Preserve District of DuPage County.

Like Us on Facebook

A lot can happen between meetings and emails. Be sure to [Like Us on Facebook](#) to get timely information about webinars, events, resources, etc.



5-4-3-2-1 Go!® Magnets and Stickers Now Available in Spanish

Looking for a simple healthy-lifestyle message made for children but useful for us all? 5-4-3-2-1 Go!® is that message! Many resources are available to help you utilize the message in your DuPage County organization, school, early childhood center, etc. [This document provides a list of FREE resources](#), most in English and Spanish, to support your use of the message; resources include [flyers](#), posters, magnets, stickers, crowns (all in English and Spanish), [elementary lesson plans](#), [activity booklets](#), bucket toss game, and [in-person lessons for schools](#). [Contact FORWARD via email](#) if you'd like to request materials.

Want someone to come to your DuPage County school to provide an in-person lesson on 5-4-3-2-1 Go!®? The DuPage County Health Department's Health Promotions team has lessons for preschool/kindergarten through high school. Examples of courses include Scramble and Rethink Your Drink and Deciphering Food Labels. Check out their Menus: [preschool/kindergarten](#) , [elementary school](#) , [middle school](#) , and [high school](#) .

Whole Foods Market Donation to Support FORWARD's Work in Schools

In January, February, and March of this year, FORWARD was chosen by Whole Foods Market to be the recipient of their One Dime at a Time program at the Hinsdale, Wheaton, Elmhurst, and Willowbrook Whole Foods Market locations. Through the generosity of patrons, Whole Foods Market raised \$9,513.82 to support FORWARD's strategy to improve the health environment in DuPage schools.



Other News for You

Sign-On Letter Opportunity for SNAP Healthy Local Food Incentives Fund Bill; July 20 Deadline

Illinois Public Health Institute has drafted an organizational sign-on letter to urge Governor Rauner to sign HB 6027 into law. HB 6027 supports double-value coupon incentive programs at farmers markets for Supplemental Nutrition Assistance Program (SNAP; called LINK in Illinois) participants. HB 6027 passed the Illinois House and Senate without opposition and has now been sent to the Governor. If your organization would like to sign the letter, please contact Janna Simon at janna.simon@iphionline.org by Wednesday, July 20 for a copy of the letter and to provide her with your name, title, and organization.

American Heart Association (AHA) Worksite Wellness Resources

AHA offers free worksite wellness resources. Check out their [Food and Beverage Toolkit](#), their [Workplace Health Solutions](#), or join them for their next Workplace Wellness Committee on August 4, 2016 from 8:30am-10:00am at 208 S. LaSalle St., Ste. 1500, Chicago, IL 60604 (email [Laura Coulton](mailto:Laura.Coulton) to RSVP).

Save the Date for the 2016 Change Institute: A Food Summit

On September 30 and October 1, join other professionals to understand the impact of food on public health. Hear the latest in nutrition science and the impact of food on chronic diseases, population health and the health of our planet as well as gather new knowledge and resources from national and local experts on strategies aimed at increasing access or availability of healthier options. Featured national speakers include T. Colin Campbell, PhD and Richard Openlander, DDS. [More details](#).

Save the Date for Illinois Alliance to Prevent Obesity's In-Person Coalition Meeting

On September 28, hear about IAPO's legislative and advocacy successes, provide input on the 2017 IAPO advocacy agenda, and hear from funders on national trends and best practices in obesity prevention. More details will be released later this summer on [IAPO's website](#).

New for 2016-17: Fitness Assessment in Illinois Schools

As of the 2016-17 school year, Illinois will begin administering scientifically-based, health-related fitness assessments to all Illinois students every year for grades 3-12. The [new law](#) that established fitness assessments will help the state measure the impact of [State Goal 20](#), which is for students to achieve and maintain a health-enhancing level of fitness. For more details, [click here](#).

School Food Service Resource: Smart Food Planner

Alliance for a Healthier Generation has a new resource for schools including product recommendations, kid-friendly recipes, and menu planners all meeting school nutrition standards. Check out the [Smart Food Planner](#).

School Grant Opportunity for School Breakfast Participation; Due July 29

If your school participates in CEP or offers universal (no charge) breakfast AND has an alternative method of serving breakfast, check out [Action for Healthy Kids' breakfast grants](#). Two grants are available, one to promote breakfast (\$1,000) and another to further family engagement (\$500).

Seeing the Fruit of FORWARD's 2013 Mini-Grant Program

Blueberries purchased through funds received in 2013 from FORWARD's mini-grant program are ready to be enjoyed at Wm. Hammerschmidt Elementary School in Lombard. Children can enjoy this sustainable environmental change year-after-year!



Opportunity to Share Ideas For Bringing Visitors to DuPage

The DuPage Convention and Visitors Bureau is seeking positive and creative suggestions for bringing visitors to DuPage. Find out how to [attend one of their three in-person workshops](#) July 25 & 26 to provide input.

*The 5-4-3-2-1 Go!® message was created by the Consortium to Lower Obesity in Chicago's Children (CLOCC). 5-4-3-2-1 Go!® is a registered trademark and Copyright © 2004 Ann & Robert H. Lurie Children's Hospital of Chicago. All rights reserved. www.clocc.net.

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