



2021 - 2nd Quarter

## FORWARD Helps DuPage Achieve Healthiest Illinois County Ranking

According to the [2021 County Health Rankings List](#), DuPage County residents live in the healthiest county in Illinois. FORWARD DuPage was recognized as the contributing effort that has helped to improve healthy eating and active living opportunities for residents. We are grateful to our broad-based community coalition of more than 1,500 stakeholders. Without our partnerships, your enthusiasm and hard work, the County could not have achieved this success. We still have much work to do! The adult obesity rate continues to rise with one in four adults in the county considered obese and our children age 2 to 4 years enrolled in the Special Supplemental Nutrition Program for Women Infants and Children (WIC) exceed national obesity rates. These are two population groups that we must ensure receive the programming and support needed. In addition, we know from our data, that many of these children and adults are disproportionately affected due to racial and ethnic differences. As the county's healthy lifestyle expert, FORWARD is committed to ensuring that healthy lifestyle choices remain a top priority for **ALL** populations, specifically our diverse communities. Together we can make a difference!

## FORWARD's Coalition Meeting: Collaborating For an Equitable DuPage



At FORWARD DuPage, our commitment to diversity, equity and inclusion (DEI) is unwavering. We have monitored DuPage County's Body Mass Index data for more than a decade and are well aware that obesity disproportionately affects racial and ethnic minority groups. Join us on **Wednesday, May 26th from 9-10:30am** for a lively 90-minute discussion with "Dr. G" Mark Gomez and our panel of experts to better understand the impact that race plays in health outcomes and access to resources.

Understand the myths and facts and hear about the impact of racial injustice as we work collectively to interrupt oppressive systems and correct health disparities.

In addition, FORWARD's work has focused on removing the barriers that create these inequities community by community. We value having varied perspectives to help us generate better ideas to solve complex problems. Moving ahead, we are paving the way for deeper, more lasting and inclusive change. We have committed to aligning our culture and business practices to reflect diversity, equity and inclusion as they are central to our mission and are a reflection of the DuPage County we wish to nurture. Join us as we convene a DEI Committee to help guide our programs and overall actions. Any community member is welcome to join us in this effort. Please contact Tonia Batogowski at [toniabato@gmail.com](mailto:toniabato@gmail.com) to be included in the upcoming committee meeting.

## Healthier Habits For a Healthier Life: The Whole Body Approach

Check out and share these **FREE videos** focused on The Whole Body Approach. This program will help you build healthy habits that match your lifestyle. The approach encourages individuals to shift ideas of health away from calculated ideas of food, physical activity, and bodies and towards mindfulness, intuitive eating, enjoyable movement, and body acceptance. These videos will help you make small changes that equate to a big difference for your health!

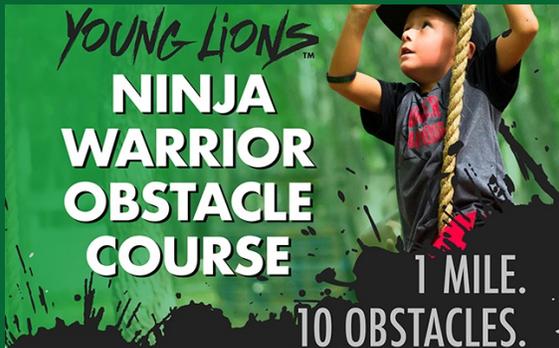


### Give the Gift of Equity

Please take a moment to support FORWARD DuPage's work. When you make a tax-deductible donation today, FORWARD can make an even bigger impact towards a healthy and equitable DuPage for everyone. Big or small, every dollar makes a difference and goes to supporting programs that make our mission a reality.

[Donate Now](#)

## FORWARD & ShapeUp U.S. Partner Up for Summer Event



This summer on **August 21st**, FORWARD DuPage is partnering with Shape Up US to bring the Young Lions Ninja Warrior Obstacle Course along with a **FREE Health and Wellness Expo** to the DuPage County Fairgrounds. This event is geared towards children and families of all ages. There will be 10 obstacles promoting physically active children by running, jumping, crawling, climbing and swinging.

The **FREE Health Expo** will offer healthy food options and live entertainment. The event will take place on Saturday, August 21st from 9am-1pm. To sign up for the Ninja Warrior Course click [here](#) - use discount code FORWARD. Limited scholarships are available for at-risk children. Contact Tonia at [toniabato@gmail.com](mailto:toniabato@gmail.com) for more information.

FORWARD is looking for partners to participate in the Health and Wellness Expo and to provide interactive games and healthy nutritional opportunities targeted to kids and families. If you would like to partner with FORWARD or would like more information, please email [toniabato@gmail.com](mailto:toniabato@gmail.com).

### Healthy Lifestyles in the News



#### **FORWARD DuPage Board of Director in the News!**

Hear Sidney Kenyon, Senior Transportation Planner of the DuPage County Division of Transportation discuss several upcoming plans and projects in store for the county

[Read More](#)

---

The bad news - and the good - about obesity and COVID-19

[Read More](#)

---

Study finds high rate of cardiovascular risk factors among U.S. Hispanic/Latino population

[Read More](#)

---

Top 5 health trends for 2021

[Read More](#)

---

Childhood diet and exercise creates healthier, less anxious adults

[Read More](#)

---

Regular exercise may help protect against severe COVID-19

[Read More](#)

---

5 things to know this Earth Day about how the environment affects health

[Read More](#)

---

Taking steps toward mobility justice - an invitation to learn more and take action

[Read More](#)



Upcoming Opportunities

## The Conservation Foundation

2021 Earth Day Benefit Month-Long Festival

April is Earth Month, and since it's not possible to gather for a traditional large Earth Day Benefit Dinner in person, a mix of in-person and virtual celebrations will be lighting up all of April and culminating in Earth Day Benefit LIVE! on Thursday, April 22nd. Click [here](#) for more info.

### DuPage Forest Preserve

Earth Week Spring Clean-Up

Tuesday, April 20

1:00pm to 3:00pm @ [St. James Farm](#)

4:00pm to 6:00pm @ [McDowell Grove](#)

Help the spring cleanup and beautification efforts. Click above links to register.

### Glenbard Parent Network

Mindfulness Webinar

Wednesday, April 21

12:00pm to 1:00pm

Join Dr. Matt Dewar to discover the latest breathing strategies to manage stress and live well. Click [here](#) to join webinar.

### DuPage Forest Preserve

Evening Forest Hikes

Every Wednesday beginning April 21-May 26 (different locations)

6:30pm to 8:00pm

Get some healthy exercise and enjoy the wonders of a DuPage forest preserve on a guided 3- to 5-mile hike. You must wear a mask that covers your nose and mouth. Ages 18 and up. \$10 per person. Register [here](#) or at 630.933.7248.

### Earth Day Stroll

Thursday, April 22

10:00am to 11:00am

Learn about the ways you can help the planet on a leisurely 1-mile stroll through the woods. You must wear a mask that covers your nose and mouth. Ages 12 and up; under 18 with an adult. \$5 per person. Register [here](#) or at 630.933.7248.

### Nature Walk

Every Saturday beginning April 24-May 29 (different locations)

Twice a Day @ 9:00am to 10:00am or 11:00am to 12:00pm

Discover nature facts and finds as you explore a preserve on a casual guided walk, which will be 2 miles or less. You must wear a mask that covers your nose and mouth. All ages; under 18 with an adult. \$5 per person. Register [here](#) or at 630.933.7248.

### Lantern-Lit Night Hike

Saturday, May 1 @ St. James Farm

Saturday, June 5 @ Wood Dale Grove

7:00pm to 9:40pm

Take a self-guided walk along a scenic 1- to 2-mile lantern-lit trail. Walks leave every 20 minutes to allow for social distancing between groups. All ages; under 18 with an adult. \$10 per person. Register [here](#) or at 630.933.7248.

### Fresh Air Friday

Friday, May 7 & Friday, June 4  
12:00pm to 1:00pm

Breathe deep on a scenic guided walk. You must wear a mask that covers your nose and mouth. Ages 18 and up. \$5 per person. Register [here](#) or at 630.933.7248.

### Basic Kayaking - Herrick Lake

Saturday, May 22  
9:00am to 11:00am

Learn paddling strokes and safety tips in a one-person kayak. Equipment provided. You must wear a mask that covers your nose and mouth. Ages 12 and up; under 18 with an adult. \$20 per person. Register [here](#) or at 630.933.7248.

### Summer Solstice Sunrise Hike - Blackwell

Monday, June 21  
4:30am to 6:00am

Relax on a hike atop Mount Hoy as you soak in the first rays of summer. Learn about early morning wildlife and the secrets of the summer solstice. Ages 18 and up. \$10 per person. Register [here](#) or at 630.933.7248.

### Women's Outdoor Adventure Series - Kayaking

Saturday, June 26  
9:00am to 11:00am

Enjoy great camaraderie (and a lot of fun!) as you learn basic techniques. Equipment provided. You must wear a mask that covers your nose and mouth. Ages 18 and up. \$20 per person. Register [here](#) or at 630.933.7248.

### Breath of Fresh Air - Centering Meditation Walk

Thursday, May 27, June 24 (different locations)  
5:00pm to 6:30pm

Rediscover your center during a peaceful walk that will head in each of the cardinal directions, making stops for guided meditation, opportunities for reflection, journaling and relaxation. Ages 18 and up. \$15 per person. Register [here](#) or at 630.206.9566.

### The Resiliency Institute

Earth Day Celebration

Thursday, April 22  
3:30pm to 5:00pm

### The GardenWorks Project

Clean Up Volunteer Event

Saturday & Sunday, [April 24-April 25](#)  
11:00am to 12:00pm

Come celebrate Earth Day in Ferry Forest Garden. There will be light refreshments. Click [here](#) for more info.

Join in for an Earth Week event cleaning up a Bensenville community garden. Click on the dates above to RSVP.

### America Walks

'Notorious' MUTCD-Why Fixing a Federal Manual is Critical to Safety, Equity & Climate

Monday, April 26  
2:00pm to 3:00pm

Hear from our panel of experts on why the MUTCD matters, what's wrong with it, what needs to be done next, and how you can help make a difference. Click [here](#) for more info and to register.

### Action for Healthy Kids

Every Kid Healthy Week

Monday, April 26 thru Friday, April 30  
12:00pm to 1:00pm

Whether you're planning for a schoolwide virtual event, class-sized celebrations, or a simple series of activities to do with your family, there's no shortage of options. Click [here](#) for more info.

### FORWARD DuPage

Benefits of Gardening: How to Cultivate Your Health Naturally

Tuesday, April 27  
11:30am to 12:15pm

Gardening offers a wide range of positive health benefits and increases our quality of life and satisfaction. Join to learn why your health and well-being will benefit from time spent in the garden and growing food for yourself. Click [here](#) to register.

### NCH2

Thriving Nature Virtual Discussion

Wednesday, May 5  
1:00pm to 2:30pm

May is mental health awareness month. Join this important discussion to kick off the month. Click [here](#) to register.

### Glenbard Parent Network

The Addiction Inoculation Webinar

Tuesday, May 7  
7:00pm to 8:00pm

Join Jessica Lahey to learn how to enable kids to grow up healthy, happy, and addiction-free. Click [here](#) join webinar.

### Meetup of Downers Grove

Health Optimization in a Toxic World: Learn and Share Healthy Lifestyle Choices

Tuesdays at 6:45pm  
[May 11](#) & [June 8](#)

The research is clear. The first alternative, that we owe ourselves, is to use natural means to maintain and restore our health. No one else is responsible for this - not

even our doctors or nutritionists or anyone else. Click on the date above to register.

### **The Conservation Foundation**

DuPage River Sweep

Saturday, May 15  
9:00am to 12:00pm

Celebrate 30 years of keeping waterways clean by helping remove trash and debris from river/streams. Click [here](#) to register.

### **Active Transportation Alliance**

Virtual Bike the Drive

Monday, May 24  
10:00am

Join in for an action-packed program as we bring you a little magic from the Drive. Click [here](#) for more info and to register.

### **The Resiliency Institute**

Forest Garden Friends Work & Learn Days

Saturday, June 12 - Plant a Fruit Tree Guild  
Sunday, June 13 - Forest Garden Tending

Get hands-on practice and permaculture lessons for FREE. Have fun learning to plant prune and more. Email [Simona@theresiliencyinstitute.net](mailto:Simona@theresiliencyinstitute.net) to register for these events. We have a limit of 10 people per event, so it is critical that you register and attend.

### **Active Transportation Alliance**

Chicago Bike Week

Friday, June 25 thru  
Friday July 2

Look for fun Bike Week activities you can safely participate in! Click [here](#) for more info.

### **IL Health and Hospital Association**

Diabetes Self-Management

*Complimentary*  
Technical Assistance

For organizations wishing to start or improve their Diabetes Self-Management Programs Email [aradcliffe@team-iha.org](mailto:aradcliffe@team-iha.org) for info.

### **Robert Wood Johnson Foundation**

Evidence of Action (E4A) Call for Proposals

*Applications Due on Rolling Basis*

E4A funds research that expands the evidence needed to build a Culture of Health. A Culture of Health is broadly defined as one in which good health and well-being flourish across geographic, demographic, and social sectors. Click [here](#) to apply.

## **Be an Agent of Change**

The challenges facing children and families to support healthy lifestyles will take the combined passions, expertise and influence of many. If you're reading this message, you are one of those influencers. Join us in our mission:

**Donate** - Too many families don't have access to the services and resources they need to stay healthy. In honor of our 10th anniversary, we've set our sights on raising \$200,000 for change. Every dollar will support

FORWARD DuPage's work to build capacity in communities where the need is great and the resources are too few.



**Sign-Up** - Join our coalition of thousands of partners so we can drive change for children and families and improve healthy lifestyle outcomes together.

**Share Our Message** - Spread the word about the impact we have had on our website or on the social media links at the bottom of the page.

### Do you subscribe to the **IMPACT DuPage Newsletter?**

Impact DuPage is a county-wide initiative of partner organizations working to influence change in the areas of affordable housing, access to health treatment, behavioral health treatment, substance abuse and healthy lifestyles. FORWARD is Impact DuPage's vehicle to help influence residents and partners to make positive choices regarding nutrition, physical activity, and the built environment to advance health status improvement.

[Subscribe](#)

For more details and to stay up to date on local progress, click [here](#) and subscribe to their twice a month newsletter.

[Visit Our Website](#)

### Help Us Get the Word Out!

Do you know of an upcoming event or health fair in DuPage County?

5-4-3-2-1 Go!® is a public education message with recommendations for children and families to promote a healthy lifestyle.

- 5 servings of fruits and vegetables a day
- 4 servings of water a day
- 3 servings of low-fat dairy a day
- 2 or less hours of screen time a day
- 1 or more hours of physical activity a day

For helpful resources and ideas for your DuPage County organization click [here](#).

If you are interested in distributing health and wellness materials at an upcoming event call 630.221.7550 or email [healthpromotions@dupagehealth.org](mailto:healthpromotions@dupagehealth.org) or Tonia Batogowski at [toniabato@gmail.com](mailto:toniabato@gmail.com).

### We would like to thank our funders!





Contact Us