

A Message to our Coalition Members

Dear FORWARD Coalition Members:

Two weeks ago I had the privilege of attending the CDC's Weight of the Nation conference in Washington, DC. During the meeting, the Institute of Medicine, an independent, nonprofit organization that works outside of government to provide unbiased and authoritative advice to decision makers and the public, released their report entitled, Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation. In the report, they discussed the staggering costs of obesity related illnesses--\$190.2 billion annually. Data was also released indicating that greater than 60% of the population could be obese in the next 10 years if we do not organize to reverse this trend. In preparation for our June 21st, 2012 FORWARD Coalition Meeting, I am asking that each of you consider joining me as a part of the solution.

What can you do to help improve the weight of the nation?

Watch:

- Six sessions that were broadcast live from Weight of the Nation 2012 conference will be available on demand **after June 15** at www.adph.org/alphn.
- The Weight of the Nation HBO film at theweightofthenation.hbo.com.

Learn:

- More about the causes, consequences and health effects of obesity at CDC.gov/Obesity.
- The latest data and statistics tracking the obesity epidemic at CDC Obesity Data and Statistics.

Act:

- [Know your BMI, get started on a healthy weight and move more.](#)
- [Know your children's BMI, keep your kids active and use these tips to feed your children healthier foods.](#)
- [Work in schools, hospitals, work places and more to make the healthy choice the easy choice.](#)
- Take The Weight of the Nation [Pledge for Progress](#)

We look forward to sharing more information and successes in DuPage County on Thursday, June 21 from 7:30-10:00 a.m. at the Danada House, 3S501 Naperville Rd, Wheaton, IL at the FORWARD Coalition Meeting. Please bring a friend or colleague to help us reverse this trend!

Thank you for being a member of the FORWARD Coalition.

Ann W. Marchetti
Director, FORWARD Initiative

For more information and to register go to: www.forwarddupage.org

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