

Dear FORWARD Partners,

As we move into the Holiday Season, I am reflective of the great work that each of you has done to make the healthy choice the easy choice across DuPage County, and I am thankful for our partnership to reduce obesity. With the release of the latest obesity data, however, I am keenly aware of just how much more work lies before us and how we must each take additional action as individuals and with our families, at our workplaces, at our schools, and in our communities to increase opportunities for physical activity and healthy eating. As you'll see from the obesity data below, and other data measures that are included, it's going to take each one of us and ongoing diligence, together and individually, to create a lasting and sustained healthier tomorrow.

Today, as we mark a season of gratitude, I am encouraged by the strong partnerships we have built and the work we have accomplished. In the spring, FORWARD will release new strategies to guide our work for the next three years, and we look forward to your continued support in leading the charge for change. You can start now by sharing this newsletter and the latest publication, [Addressing Obesity in DuPage County: What You Can Do](#). Have a happy and healthy Holiday Season.

Sincerely,

Ann Marchetti

Consulting Director

Addressing Obesity in DuPage County: What You Can Do
**FORWARD Calls for Community Action with
Release of Latest DuPage Obesity Data**

What The Data Say

- DuPage obesity rates among kindergarten, sixth grade, and ninth grade public school students have declined slightly since 2011-2012.
- Still, one in seven (15.1%) kindergarten, sixth grade, and ninth grade public school students in DuPage County is obese; 44% of obese children had elevated blood pressure.
- The DuPage obesity rate for 2-4 year olds enrolled in the USDA's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) (20.3%) and the DuPage kindergartener obesity rate (14.3%) both exceed the national rate for 2-5 year olds (8.4%), stressing the need for early intervention.
- One in four (26.4%) adults in DuPage County identified as obese. An additional 33.5% (one in 3) identified as overweight.

To view the full publication, [click here](#). For more information on our methods, statistics, and resources, [click here](#). For more health indicators in DuPage County, visit www.impactdupage.org or click the links below.

What You Can Do

Spread the word about the publication, [Addressing Obesity in DuPage County: What You Can Do](#). Really, pass it on. Don't forget about your elected officials, school administration and PTA, family physician, teachers, community groups, employer, and faith-based leaders.

Adopt the [5-4-3-2-1 Go!®](#)* message in your home, school, practice, and community.

For more details on next steps, choose your role or target audience from below:

- [Parent](#)
- [Child Care Center](#)
- [School](#)
- [Healthcare Professional](#)
- [Employer](#)
- [Mayor/Local Official](#)

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Are You Having Success Improving the Health of Students in Schools? Action for Healthy Kids is seeking presentation proposals for its annual Illinois School Wellness Conference on April 28. Proposals are due December 16. [Click here for more details.](#)

Diabetes

1 of 3 American Adults Have Prediabetes; Are You at Risk?

Prediabetes is when blood glucose levels are higher than normal but not yet in the diabetic range, usually without symptoms. People with pre-diabetes have a higher risk of developing type 2 diabetes. Half of all Hispanic men and women and non-Hispanic black women are predicted to develop type 2 diabetes during their lifetime. However, weight loss and increased physical activity may prevent or delay diabetes and may return blood glucose levels to normal.

Find out if you're at risk for diabetes;

[take a quick survey.](#)

For an infographic about prediabetes,

[click here.](#)

2 in 5 Americans Are Expected to Develop Type 2 Diabetes in Their Lifetime; What Can Be Done to Prevent Type 2 Diabetes

Losing 5 to 7 percent of your body weight (10 to 14 pounds for a 200 pound person) by improving food choices and increasing physical activity can cut the risk of developing type 2 diabetes by more than half. For more guidance, [click here](#). To find out more about diabetes, [click here](#).

Managing Diabetes

DuPage County has many diabetes education programs to assist people in managing their diabetes. For a list of programs, [click here](#) or [here](#) for a map.

Diabetes Resources for Healthcare Professionals

- [Prevent Diabetes STAT Toolkit](#)
- [NDEP Game Plan for Preventing Type 2 Diabetes: A Toolkit for Health Care Professionals and Teams](#)
- [NDEP Guiding Principles for the Care of People With or at Risk for Diabetes](#)
- [NDEP Practice Transformation for Physicians and Health Care Teams](#)
- [NDEP Redesigning the Health Care Team Diabetes Prevention and Lifelong Management](#)

Referral Programs for Children Struggling with an Unhealthy Weight

Need help finding referral programs for children struggling with an unhealthy weight? [Use the FORWARD search tool](#) to find referral programs near you:

- [Amita Alexian Brothers Health System Pediatric Weight Management Program](#) (Multi-Disciplinary Tertiary Care Referral Clinic) - Elk Grove Village
- [Balance! Pediatric and Family Weight Management Specialists](#) (Comprehensive Weight Management Services) - Downers Grove
- [Curves](#) (Fitness, Meal Planning, and Coaching) - Throughout DuPage County
- [Healthy Table](#) (Dietitian Services for Uninsured/Medicaid Patients) - Lisle
- [Loyola Child and Teen Weight Loss Program](#) (Multi-Disciplinary Tertiary Care Referral Clinic) - Melrose Park
- [Lurie Children's Hospital Pediatric Wellness & Weight Management Program](#) (Multi-Disciplinary Tertiary Care Referral Clinic) - Winfield and Chicago
- [Proactive Kids](#) (8-Week Program; next session starts January 11) - Addison, Burr Ridge, Downers Grove, Melrose Park, Niles, Oak Lawn, and Woodridge
- [Revolution Physical Therapy Weight Loss](#) (8-Week Program) - Glen Ellyn
- [Weight Watchers](#) (Weight Loss Program) - Throughout DuPage County

*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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