

Dear FORWARD Partners,

FORWARD has been busy these past few months revisiting its Strategic Plan to best support DuPage residents and partners in making healthy lifestyle choices through nutrition, physical activity and the built environment. To support these efforts, FORWARD will focus on three strategic areas over the next 1-3 years: working with adults in their worksites, impacting children at school, and improving the health of our youngest residents that are in childcare centers and engaged in early childhood intervention programs such as the Woman, Infant and Children (WIC) program. The Institute of Medicine, in their 2012 publication, *Accelerating Progress in Obesity Prevention*, suggests that in order to address the complex and stubborn problem of obesity, a bold and sustained effort must be launched. For 6 years FORWARD has been working with community partners to roll out our comprehensive approach. It is now time to roll up our sleeves and get to business more fully by engaging leaders and key stakeholders at all levels and across all sectors so that they can act to prevent obesity and promote healthy lifestyles. Come hear about this and more, as we launch our Worksite Wellness Strategy at the June 14th Coalition meeting.

Sincerely,

Ann Marchetti

Consulting Director

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## Save the Date: June 14 Coalition Meeting

Mark your calendars! On June 14, FORWARD will host its annual coalition meeting:

1. Come hear about FORWARD's newest strategic priorities
2. Learn from the American Heart Association's expert, Dr. Lloyd Jones, Senior Associate Dean for Clinical and Translational Research, Chair of the Department of Preventive Medicine, and Professor of Preventive Medicine-Epidemiology at Northwestern on Life's Simple 7.
3. Understand how improving health in the worksite can impact your mortality and quality of life and impact healthcare costs
4. See examples that can improve employee health from DuPage businesses

The meeting will take place at Danada House in Wheaton from 7:30 -11:00 am. More details to come.

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# Resources

## Illinois Alliance to Prevent Obesity (IAPO) Committees

If you have a strong interest in policy, systems, and environmental change, join monthly meetings to discuss and advance [IAPO workgroup](#) topics of concern:

- Childhood Nutrition and Physical Activity in Educational Settings
- Physical Activity in Community and Other Institutional Settings
- Nutrition in Community and Other Institutional Settings
- Local Food Systems / Food Access
- Clinical Access and Community Linkages
- Legislative
- Healthy & Active Communities Network

## Illinois Alliance to Prevent Obesity (IAPO) Webinar March 22

IAPO is hosting a webinar on March 22. The webinar will address tackling the health equity challenges to healthy eating and active living, and new research and action strategies. The webinar will feature keynote speaker Mildred Thompson, Director of the Policy Link Center for Health Equity and Place as well as provide opportunities for updates and engagement in the IAPO workgroup and legislative priorities.

- [Read the flyer](#) with more information about the event.
- [Register](#) to join the webinar.

## March 22 is Diabetes Alert Day – Spread the Word About Assessing Risk

Individuals with Type 2 Diabetes are not able to use insulin properly, causing blood glucose levels to rise higher than normal. [Take the Diabetes Risk Test](#), developed by the American Diabetes Association, to find out if you are at risk for Type 2 Diabetes.

Type 2 Diabetes can be prevented or delayed by losing a small amount of weight and regularly participating in physical activity. For more details on setting a weight loss goal, making healthy food choices, and moving more, [check out what the NIH has to offer](#).

Find out if you're at risk for diabetes;

[take a quick survey](#).

For an infographic about prediabetes,

[click here](#).

## Shop at Whole Foods Through March 31

Help raise money for FORWARD by shopping at Whole Foods markets in Willowbrook, Wheaton, and Hinsdale. From now until March 31st, Whole Foods will donate 10 cents per reusable bag at checkout. Happy shopping!

## Edward-Elmhurst Health's Jumpstart Your Health Diabetes Prevention Program (DPP)

Diabetes Prevention Programs are year-long programs that incorporates lifestyle changes to help prevent or delay type 2 diabetes. The program stresses weight loss and moderate physical activity, which has proven successful in preventing or delaying diabetes in people who have or are at risk for prediabetes. Classes start in April in Addison; [click here](#) to find out more, receive a free screening, or to reserve a spot in the class, call 331-221-0429.

### Free Cooking Classes

The DuPage County Health Department will be hosting free Cooking Matters classes on the first Monday of each month beginning in March. During each class, a nutritionist will demonstrate how to prepare recipes from seasonal fruits and vegetables. Other topics include shopping on a limited budget and the nutrition benefits of using nutrition labeling. [Click here](#) for more information.

### Have You Seen the Latest DuPage Obesity Data?

FORWARD and its *Addressing Obesity in DuPage County Call to Action: What You Can Do* report was recently featured on Villa Park Cable TV. [Click here](#) to view the full interview!

#### 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](http://www.impactdupage.org) or click the links below.



# Schools

## **Pump Up PE Trainings**

April 5, 6 & 7: The Illinois Public Health Institute is offering a series of FREE, one-day trainings for physical educators. These trainings will share the benefits of enhanced P.E. for students' health and academic achievement. [Register here.](#)

## **AFHK School Health Conference**

April 28: The 9th Annual Illinois School Wellness Conference is hosted by Illinois Action for Healthy Kids. Conference sessions will highlight successful school health and wellness-related outreach in schools, innovative projects that improve the overall health of the school community, and emerging issues impacting school health and wellness. [Click here](#) for more information.

## **Every Kid Healthy Week**

April 25-29: [Every Kid Healthy Week](#) is an annual observance created by Action for Healthy Kids to celebrate school health and wellness achievements. This week shines a spotlight on the great efforts school partners are doing to improve the health and wellness of their students and the link between nutrition, physical activity and learning – because healthy kids learn better! Everyone in the country can get involved and be a part of the celebration to help support sound nutrition, regular physical activity and health-promoting programs in schools.

## **National Bike to School Day**

May 4: Celebrate Bike to School Day on May 4! [Click here](#) for more information, including how to register your event or how to plan a Bike to School Day event.

## **AFHK Grants**

Action for Healthy Kids is accepting [School Grants for Healthy Kids](#) applications for the 2016-2017 school year. Schools may apply for School Breakfast grants (\$500 - \$5,000) to pilot or expand their School Breakfast programs or Game On Grants (\$500 - \$2,500) to fund physical activity/nutrition initiatives. Deadline to apply is April 1.

## **Enhanced Physical Education ISBE Webpage**

The Illinois State Board of Education has updated its Enhanced Physical Education website to include information on the fitness testing requirements and free resources related to them. Help spread the word and link to the page: <http://www.isbe.state.il.us/epe/default.htm>



## Worksites

### **American Heart Association Worksite Wellness Symposium**

June 8: The American Heart Association [Worksite Wellness Symposium](#) is an opportunity to connect with top leaders in worksite wellness in a one-day learning and networking event.

### **National Bike to Work Month**

May is [National Bike to Work Month](#) and May 20 is National Bike to Work Day. If you would like to plan an event in your area, check out this [step-by-step guide](#) from The League of American Bicyclists.

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## Healthcare

Earn 6.25 *AMA PRA Category 1 Credits*<sup>™</sup> by [viewing a recording](#) of the live webcast: Latest Evidence and Trends in Pediatric Obesity.

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## Legislative Updates

**HB 6164** (Sandack, R-81): allows additional reasons students can be excused from physical education by school districts (including participation in other fitness activities in and out of school and academic reasons). The bill also makes changes to driver's education requirements and some third-party provider contract changes.

**HB 4592** (Chapa LaVia, D-83): ends (by the 2022-23 school year) schools' ability to get waivers from the daily physical education requirement.

**HEAL Proposal:** The HEAL proposal raises more than \$600 million through a penny-per-ounce tax on sugary drinks to invest in Medicaid and opportunities for children and families to live healthier lives. It includes funding for increased access to affordable local foods, more safe places for children to play, nutrition and physical education in schools, and more walking and biking paths in communities. Learn more at [healthebudget.org](http://healthebudget.org).

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# Apps to Stay Healthy

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