

FORWARD:

A Partner for Improving the  
Health of Communities

May 4, 2016



# FORWARD Mission

- MISSION: FORWARD will lead DuPage County, through a broad-based community coalition, in promoting effective and sustainable policy, system, and environmental strategies regarding nutrition, physical activity, and the built environment.



# Importance of PSE Change (PSE = Policy, Systems and Environmental)

- Where you live affects how you live
- Health problems are influenced by societal policies and environments that in some way either sustain behaviors or fail to foster healthier choices
- Major health problems will not be solved solely by individual actions and choices

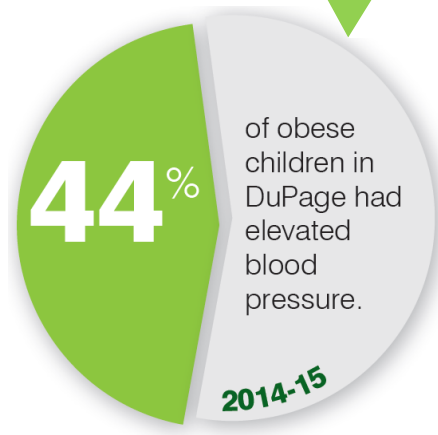
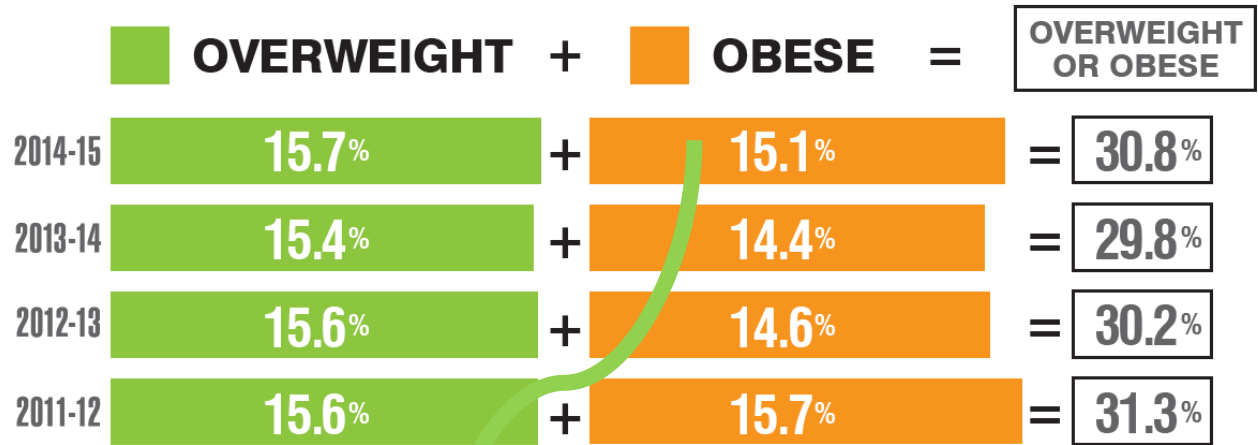


# Current Advisory Board

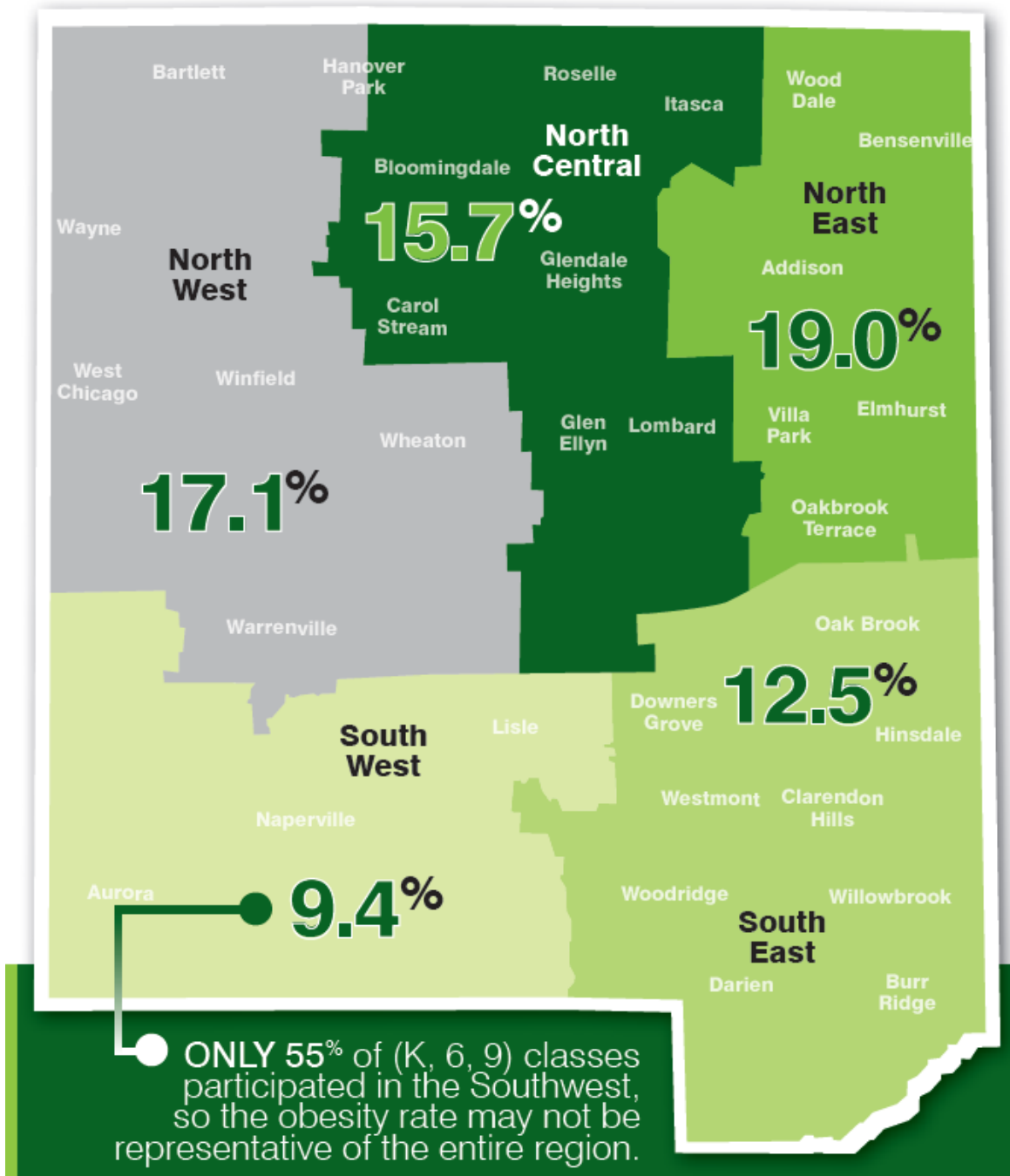
- Academy of Nutrition and Dietetics
- Action for Healthy Kids
- Advocate Health Care
- Benedictine University
- College of DuPage
- District 33
- District 200
- District 203 Learning Readiness PE
- DuPage County Division of Transportation
- DuPage County Health Department
- DuPage Health Coalition
- DuPage Medical Group
- DuPage Regional Office of Education
- Edward-Elmhurst Healthcare
- Forest Preserve District of DuPage County
- Northern Illinois Food Bank
- Northwestern Medicine
- Seven Generations Ahead
- StraightForward Communications, Inc.
- WRD Environmental



# Overweight & Obesity in Public School K, 6th, 9th Grades in 2014-2015 – DuPage County



# Obesity by Region in Public School K, 6th, 9th Grades in 2014-2015 – DuPage County



# DuPage County Obesity Data

- DuPage obesity rates among kindergarten, sixth grade, and ninth grade public school students have declined slightly since 2011-2012.
- One in seven (15.1 percent) kindergarten, sixth grade, and ninth grade public school students in DuPage County is obese.
- 44 percent of obese children had elevated blood pressure.
- Obesity does not affect all people the same, with the northern part of the county experiencing higher obesity rates than the southern part.
- The DuPage obesity rate for 2-4 year olds enrolled in WIC (19.7 percent) and the DuPage kindergartener obesity rate (14.3 percent) both exceed the national rate for 2-5 year olds (8.4 percent), stressing the need for early intervention.
- One in four (26.4 percent) adults in DuPage County identified as obese. An additional 33.5 percent (one in three) identified as overweight.



# A CALL TO ACTION: WHAT YOU CAN DO

## EVERYONE

- Spread the word about these action steps by sharing this report. Really, pass it on. You can find it electronically at [www.dupagehealth.org/dupagebmi](http://www.dupagehealth.org/dupagebmi).
- Adopt the 5-4-3-2-1 Go!® message in your home, school, practice, and community.
  - Eat more fruits and vegetables. Get at least 5 servings a day.
  - Drink more water. Get at least 4 servings daily. Limit sugar-sweetened beverage consumption.
  - Eat calcium-rich foods. Try for 3 servings of low-fat dairy daily.
  - Walk away from the screen. Limit screen time to no more than 2 hours a day.
  - Move more. Aim for at least 1 hour of physical activity daily.

More information, including how to get 5-4-3-2-1 Go!® materials at:

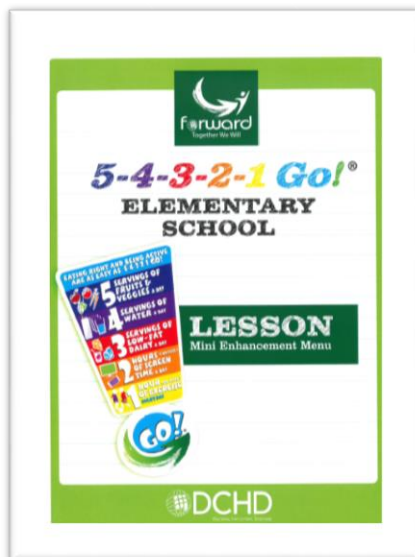
[dupagehealth.org/54321go](http://dupagehealth.org/54321go)

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](http://www.clocc.net).





# 5-4-3-2-1 Go!<sup>®</sup>



## PARENTS

- Encourage children to try new fruits and vegetables regularly.
- Cut sugar and fat from the shopping list.
- Plan a menu for the week. Get children involved in meal planning and cooking.
- Make physical activity a part of your family's daily routine.
- Reduce screen time.
- Get involved in your child's School Health Advisory Council.

Download the full Action Plan at:

[www.letsmove.gov/parents](http://www.letsmove.gov/parents)

## CHILD CARE/ EARLY CHILDHOOD EDUCATION STAFF

- Serve fruits or vegetables at every meal.
- Eat meals family-style.
- Provide access to water during meals and throughout the day.
- No screen time for children under 2 years.
- Incorporate outside play when possible.

More info at:

[www.healthykidshealthyfuture.org/5-healthy-goals](http://www.healthykidshealthyfuture.org/5-healthy-goals)

## SCHOOL LEADERS & TEACHERS

- Get involved in your School Health Advisory Council.
- Help your school join the HealthierUS Schools Challenge.
- Set a good example; make your school a healthy worksite.
- Incorporate nutrition education and physical education into the curriculum.
- Plant a school garden.

Download the full Action Plan at:

[www.letsmove.gov/schools](http://www.letsmove.gov/schools)

## HEALTHCARE PROFESSIONALS

Try the search tool at:

[www.dupagehealth.org/fanprograms](http://www.dupagehealth.org/fanprograms)

Next steps detailed at:

[www.letsmove.gov/health-care-providers](http://www.letsmove.gov/health-care-providers)

- Take the *Let's Move!* Health Professionals pledge.
- Make BMI screening and counseling a standard part of care.
- Talk to patients about breastfeeding and first foods.
- Prescribe activity and healthy habits.
- Be a leader in your community.
- Connect families with community resources.

## EMPLOYERS

Download the full resource at:

[www.healthvermont.gov/family/fit/documents/WorksiteWellness\\_Resource.pdf](http://www.healthvermont.gov/family/fit/documents/WorksiteWellness_Resource.pdf)

- Recruit a wellness team.
- Provide health screenings.
- Establish a healthy meeting policy.
- Offer flexible work hours to allow time for exercise.

## MAYORS AND LOCAL OFFICIALS

Download the full Action Plan at:

[www.letsmove.gov/mayors-local-officials](http://www.letsmove.gov/mayors-local-officials)

- Become a *Let's Move!* city or town.
- Help parents make healthy family choices.
- Improve the health of schools.
- Increase physical activity opportunities.
- Make healthy food affordable and accessible.

[www.dupagehealth.org/dupagebmi](http://www.dupagehealth.org/dupagebmi)

# Initiatives

- Early Childhood
  - NAPSACC (Nutrition and Physical Activity Self-Assessment for Child Care)
- Schools
  - WellSAT District Wellness Policy Self-Assessment
  - School Health Index (SHI) Self-Assessment
- Worksite Wellness (including Hospitals)
  - June 14 Coalition Meeting at Danada House in Wheaton





Want to receive our emails with resources and events? Send us an email!

[forward@dupagehealth.org](mailto:forward@dupagehealth.org)

(630) 221-7037

[www.forwarddupage.org](http://www.forwarddupage.org)

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