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HEALTHY LIFESTYLES



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Healthy Lifestyles: Nutrition, Physical Activity, and the Built Environment

Nutrition, physical activity, and the built environment have a strong influence on the health and well-being of a community. A healthy diet and physical activity is needed across all stages of life, as it is essential for early child development and can prevent poor pregnancy outcomes, falls in older adults, and many chronic conditions, such as obesity, diabetes, hypertension, hyperlipidemia, heart disease, and cancer. As these factors play a large role in premature morbidity and mortality, it is important to consider the built environment's role in healthy eating and physical activity. The built environment may include transportation, safety concerns, and food choices, which can create barriers and can impact access to fitness opportunities and affordable, healthy food.

Improving healthy lifestyles is a priority area for the Chicago Metropolitan Agency for Planning (CMAP), and the CMAP 2040 targets include achieving greater livability through land use and housing, expanding and improving parks and open space, and promoting sustainable local food. Improving healthy lifestyles is also a priority area in the Illinois State Health Improvement Plan, and 2018 target measures include decreasing the percentage of obese adults, adolescents, and non-white children, increasing the percentage of adults meeting physical activity guidelines, decreasing the percentage of adults eating less than three servings of fruit/vegetables each day, increasing the percentage breastfeeding at six months, and increasing the percentage of commuters who bicycle to work.

Why is this issue important in DuPage County?

Data from the community assessment revealed that there are many indicators of poor nutrition, lack of physical activity, and a need for an improved built environment.

Community Profile

Nutrition

- In 2014, the percentage of children eating fruits and vegetables decreased with age, as 27 percent of 6th graders reported eating vegetables three or more times per day, while this decreased to 14 percent of 12th graders. Only 33 percent of 6th graders reported eating fruits three or more times per day, while this decreased to 18 percent of 12th graders.
- In 2012, 16.4 percent of children were living in households that experienced food insecurity at some point during the year, while 9.1 percent of all DuPage County residents experienced food insecurity at some point during the year.

Physical activity

- Among adults, 25.1 percent met the guidelines for enough aerobic activity and muscle-strengthening activities in 2013. Additionally, 19.1 percent of DuPage County adults were sedentary in 2010.
- The percentage of adolescents engaging in the recommended amount of physical activity decreases with age, as 34 percent of DuPage County sixth graders indicated they were physically active for at least 60 minutes per day every day in the past week, while this value was only 19 percent for twelfth graders.



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- An average of 19.5 percent of sixth through twelfth graders watched 3 or more hours of television on a typical school day in 2014. An average of 38 percent of sixth through twelfth graders spent three or more hours of their average school day playing video and computer games and/or using a computer for something other than homework.

Chronic Conditions

- In 2013, 26.4 percent of adults identified as obese, while 33.5 of adults were overweight.
- Among 2-19 year olds in DuPage County, 14.2 percent were obese in 2014. The rate of obesity among kindergarteners (12.7 percent) exceeds the Healthy People 2020 target by 3.1 percent.
- In 2012, 24 percent of the Medicare population was treated for diabetes.
- The percent of adults that have been told they have high blood pressure was 30.7 percent in 2013, which has steadily increased from 22.2 percent in 2003.
- In 2012, 54.6 percent of the Medicare population were treated for hypertension.
- In 2013, 37 percent of the adult population had ever been told they had high cholesterol.
- In 2012, 49.6 percent of the Medicare population had hyperlipidemia.

Built Environment

- Among commuters who drive alone to work, 41.7 percent have a commute time of more than 30 minutes.
- In 2011, the grocery store density was 0.18 stores per 1,000 population.
- In 2013, the farmers market density was 0.02 markets per 1,000 population.
- In 2014, 98.8 percent individuals lived reasonably close to a park or recreational facility.
- DuPage County is in the bottom quartile of U.S. counties, with only 0.4 stores per 1,000 population certified to accept Supplemental Nutrition Assistance Program (SNAP) benefits in 2012.

Landscape Review: Community Survey

- When asked “What do you think are the three most important health concerns in DuPage County?” 26% of respondents selected obesity and overweight.
- When asked “What are the three greatest strengths of DuPage County?” 30% selected parks and recreation.
- When asked “What are the top three risky behaviors in DuPage County?” 40% selected being overweight, 38% selected poor nutrition/eating habits, 30% selected lack of exercise, and 26% selected too much screen time/technology use.

Forces of Change: Trends, Factors, and Events that Affect Our Community

- The increase in screen time may also lead to a decrease in physical activity.
- Transportation is difficult for the low-income, homeless, and aging populations, and it is difficult to link these population to the resources they need.
- With climate change and resource scarcity, there are opportunities to use sustainability as a lens for improvement.



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Local System Assessment: Strengths, Weaknesses, and Opportunities of the Local System

- Strengths:
 - A broad range of organizations (hospitals, schools, YMCAs, food pantries) provide education to the community.
- Weaknesses:
 - Groups are working in silos, causing duplicative efforts.
 - There is not much involvement in the legislative process from stakeholders, front line service providers, or those being served.
 - Sharing results of research with the community does not always occur.
- Opportunities:
 - Strengthen coordination and partnerships so efforts are not duplicated.
 - Engage community leaders and elected officials from target communities.
 - Reallocate resources and provide more governmental support to underserved populations and municipalities.
 - Improve partnerships across organizations and sectors in order to have a greater impact on policy development.

Taking Action: How do we influence residents and partners to make positive choices regarding nutrition, physical activity, and the built environment?

The development of the Healthy Lifestyles action plan was led by FORWARD, a public-private partnership in DuPage County. Since 2009, FORWARD's goal has been to reduce obesity rates and prevent the chronic diseases associated with obesity. The FORWARD Coalition empowers community leaders and stakeholders to help create sustainable policy, system and environmental changes to improve healthy eating and active living opportunities for residents.

In June 2015, the FORWARD Advisory Board met for a strategic planning retreat, where participants brainstormed FORWARD's strategic direction for the next three years. At an Advisory Board meeting in September 2015, members determined that FORWARD would focus its goals and strategies within three areas. Through education, tools, resources and expertise, FORWARD will focus specific strategies in schools, worksites and early childhood settings county-wide. In addition, six municipalities, Addison, Bensenville, Glendale Heights, Villa Park, West Chicago, and Wood Dale, have been identified to receive additional support in an effort to serve populations at risk of high obesity rates.

Note: Specific evidence-based assessments and certifications are identified in the Impact Objectives for the FORWARD Action Plan for Impact DuPage; similar assessments and certifications may be substituted for those outlined below if deemed more appropriate for the population.

FORWARD will be leading the implementation of the 2016-2018 Healthy Lifestyles action plan.



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Member List

As of January 2016, the FORWARD Advisory Board was comprised of:

Advisory Board Member	Organization
Karen Ayala	DuPage County Health Department
Robert Bisceglie	Action for Healthy Kids
Kelly Brasseur	Northern Illinois Food Bank
Dr. Vince Bufalino	Advocate Health Care
Dr. Rashmi Chugh	DuPage County Health Department
Andi Cooper	WRD Environmental
Gary Cuneen	Seven Generations Ahead
Brian Davis	Edward–Elmhurst Health
Dr. David Dungan	DuPage Medical Group
Christine Gilbertsen	Illinois Association of School Nurses, DuPage Valley
Dr. Deepa Handu	Academy of Nutrition and Dietetics
Marjory Lewe-Brady	West Chicago Elementary School District 33
Julie Moreschi	Benedictine University
Kara Murphy	DuPage Health Coalition
Jessica Ortega	Forest Preserve District of DuPage County
Tammy Pressley	Northwestern Medicine
Dr. Darlene Ruscitti	DuPage Regional Office of Education
Chris Thielman	College of DuPage
Daniel Thomas	DuPage County Division of Transportation
Bill Weidner	Straight Forward Communications
Paul Zientarski	Naperville School District 203 Learning Readiness PE

Healthy People 2020 Objectives

Many of the objectives and strategies outlined by FORWARD to address Healthy Lifestyles align with Healthy People 2020 objectives. These are listed below for reference and potential comparison over the action plan period.

- NWS-9: Reduce the proportion of adults who are obese
- NWS-10: Reduce the proportion of children and adolescents who are considered obese
- NWS-14: Increase the contribution of fruits to the diets of the population aged 2 years and older
- NWS-15: Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older.
- NWS-16: Increase the contribution of whole grains to the diets of the population aged 2 years and older
- NWS-17: Reduce consumption of calories from solid fats and added sugars in the population aged 2 years and older
- NWS-18: Reduce consumption of saturated fat in the population aged 2 years and older



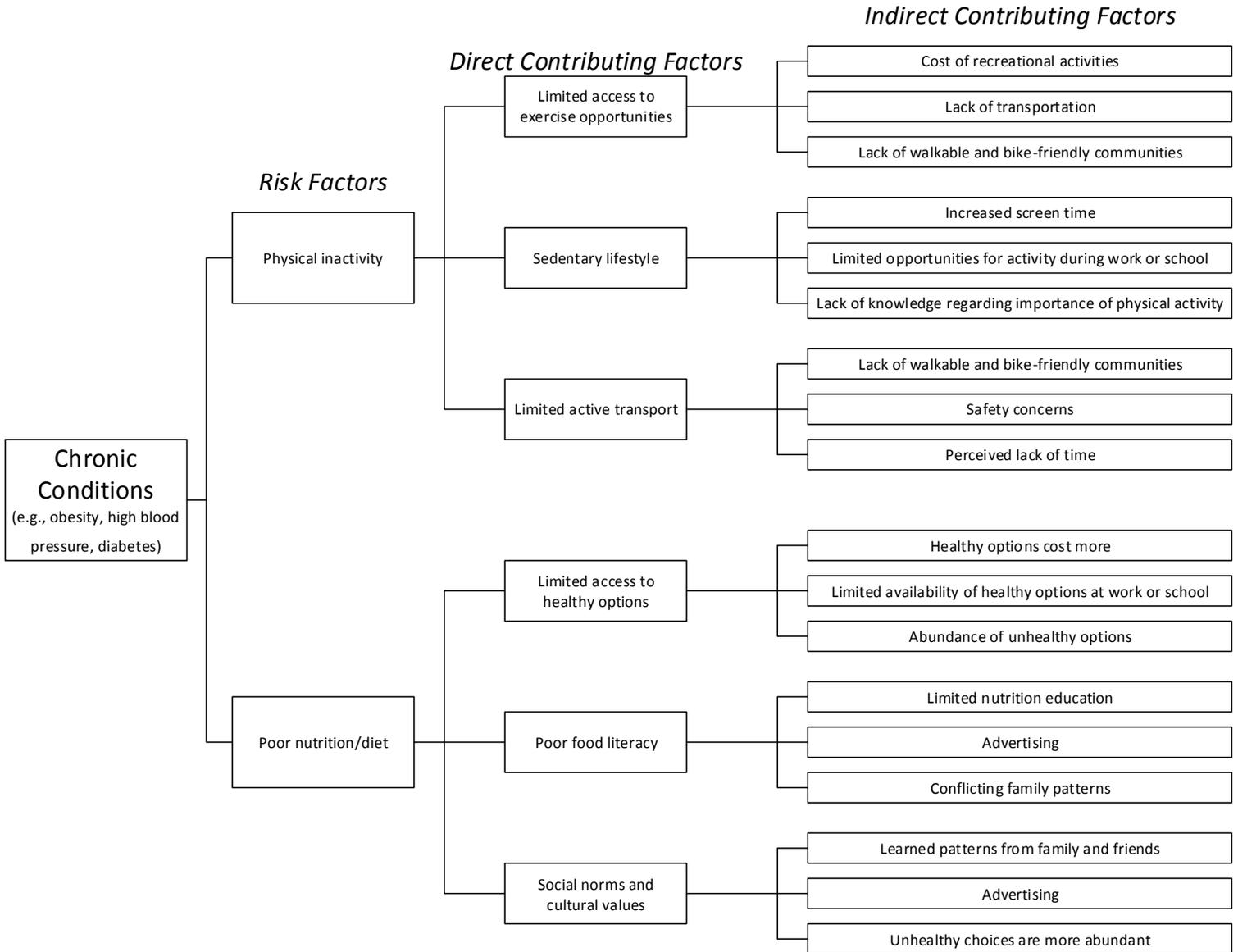
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- PA-2: Increase the proportion of adults who meet current Federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity
- PA-3: Increase the proportion of adolescents who meet current Federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity
- PA-12: (Developmental) Increase the proportion of employed adults who have access to and participate in employer-based exercise facilities and exercise programs



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Priority Issue Analysis





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FORWARD Intermediary Role

Outcome Objective 1

By December 31, 2018, reduce obesity prevalence by 5 percent from baseline (23.9 to 22.7 percent) in DuPage County adults aged 20 and older, through policy, system, and environmental change.

Source: Centers for Disease Control and Prevention Behavioral Risk Factor Surveillance System, County-Level Estimates

Impact Objective 1.1

By December 31, 2018, educate 3,000 people (duplication possible) through newsletters, Facebook posts, Twitter tweets, Coalition meetings, presentations, and website information on the importance of policy, systems, and environmental (PSE) change and actions each person can take to implement change.

Accountable Partner: FORWARD, DuPage County Health Department

Strategies

- Provide a quarterly newsletter to the FORWARD Coalition and healthcare contacts.
- Develop and post engaging social media content weekly.
- Host at least one Coalition Meeting a year.
- Attend meetings of community groups and secure time to present and/or share handouts.
- Develop, update, edit, and post relevant website content at least monthly.
- Determine standard reporting metrics for each venue and report out yearly.
- In partnership with the DuPage County Health Department, understand the prevalence of overweight and obesity in DuPage County by monitoring body mass index (BMI) rates in kindergarten, sixth grade, and ninth grade students in public schools, 2-4 year olds enrolled in the USDA's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and adults surveyed through the Illinois Behavioral Risk Factor Surveillance System (BRFSS). Report this data yearly with recommendations to affect sustainable change.
- In partnership with the DuPage County Health Department, understand the factors contributing to obesity within DuPage County communities by identifying population-level and individual-level risk factors (such as through the Illinois Behavioral Risk Factor Surveillance System and Illinois Youth Survey) and by collecting data on other obesity risk factors.
- Monitor, promote, educate on, and advocate for proven practices for sustainable policy, system, and environmental (PSE) change in obesity prevention.
 - Mobilize community leaders, organizations, stakeholders, and individuals who have influence, passion, and/or expertise in building healthy communities to make local policy, system and environmental changes.
 - Develop innovative partnerships to build and enhance collaborations locally, regionally, state-wide, and nationally.
 - Maximize communication opportunities to disseminate best practices, lessons learned, and risks to advances made thus far.



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Impact Objective 1.2

By September 30, 2016, present *Addressing Obesity in DuPage County: What You Can Do* in-person to 400 people.

Accountable Partner: FORWARD, DuPage County Health Department

Strategies

- Present the publication at a FORWARD Coalition meeting.
- Present the publication at community events or trainings hosted by FORWARD.
- Present the publication at the community groups to which the DuPage County Health Department/Community Initiatives Coordinators provide technical assistance/support.
- Identify other venues for presenting the information. Through the Coalition, identify opportunities and venues and schedule presentations.
- Provide talking points and copies of the publication to Coalition partners so they can be spokespersons. Have them report back on the number of people reached.

Impact Objective 1.3

By June 30, 2017, distribute 20,000 5-4-3-2-1 Go!® resources (flyers, magnets, stickers, crowns, posters, and lesson plans) to DuPage County community partners.

Accountable Partner: FORWARD, DuPage County Health Department

Strategies:

- Promote the adoption of 5-4-3-2-1 Go!® to the FORWARD Coalition through the newsletter, Facebook, Twitter, presentations, and Coalition meetings.
- Provide 5-4-3-2-1 Go!®-specific programs to students in DuPage County via free health education courses offered by the DuPage County Health Department.
- Provide 5-4-3-2-1 Go!® to childcare providers in DuPage County.
- Secure funding for the printing of 5-4-3-2-1 Go!® materials.
- Promote 5-4-3-2-1 Go!® as a tool everyone can use to address obesity in DuPage County.

Impact Objective 1.4

By December 31, 2016, secure \$100,000 to support additional initiatives in DuPage County to reverse obesity.

By December 31, 2017 – \$100,000 more

By December 31, 2018 – \$100,000 more

Accountable Partner: FORWARD

Strategies:

- Through the FORWARD Advisory Board and Coalition, identify potential funding sources for DuPage County.



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- Establish relationships with potential funders, including participation in the West Suburban Philanthropic Network.

Worksites

Hospitals/Healthcare as a Worksite Focal Point

Impact Objective 1.5

By December 31, 2016, four hospitals in DuPage County will implement strategies as outlined in the CDC's *Under Pressure: Strategies for Sodium Reduction in the Hospital Environment* to reduce sodium in their cafeterias, vending, and/or patient menus.

December 31, 2017 – all hospitals (8)

Impact Objective 1.6

By June 30, 2016, the CDC's *Healthier Hospital Food and Beverage Environment Scan* and the CDC's *Healthy Hospital Physical Activity Environment Scan* will be conducted in four hospitals in DuPage County.

June 30, 2017 – all hospitals (8)

Accountable Partners: DuPage County Health Department, FORWARD

Strategies (Objectives 1.5-1.6):

- Utilize FORWARD's existing workgroup, Improving the Food and Beverage Environment in DuPage Health Care Systems, to provide information and recruit hospitals.
- Conduct the CDC's *Healthier Hospital Food and Beverage Environment Scan* and the CDC's *Healthy Hospital Physical Activity Environment Scan*, discussing the results with each hospital's food/beverage committee.
- Encourage the hospital to make improvements to its policies/food procurement; marketing; built environment, including cafeteria, vending, and patient menus; education of patients, staff, and community; and involvement of community partners in order to reduce sodium and increase physical activity, and provide technical assistance as needed.
- Introduce hospitals to local and national experts to support their efforts.

Impact Objective 1.7

By December 31, 2016, 5 hospitals serving DuPage County will each implement at least four strategies to improve the food and beverage environments within their respective hospitals.

Accountable Partner: FORWARD



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Strategies:

- Utilize FORWARD’s existing workgroup, Improving the Food and Beverage Environment in DuPage Health Care Systems, to provide information and share policies.
- Promote involvement with Healthcare Without Harm and the Healthy Food in Healthcare Pledge.
- Promote the reduction of sugar consumption by introducing the Illinois Public Health Institute’s ReThink Your Drink Strategies that promote healthy beverage consumption in the cafeteria, vending, and/or patient menus.
- Utilize other evidence based tools and strategies among the hospitals to advance adoption of additional strategies.

Impact Objective 1.8

By December 30, 2017, the DuPage County Health Department will have achieved Gold Level recognition from the American Heart Association’s Fit Friendly Worksite Program, or other nationally recognized program, and Platinum Level recognition by December 30, 2018.

Accountable Partner: DuPage County Health Department

Strategies:

- Begin discussions on this effort at the Health Department’s WorkLife Committee.
- Get buy-in from WorkLife Committee, Human Resources Director, Director of Organizational Development, and Executive Director for pursuing recognition.
- Work with the Health Department staff and committees to identify opportunities within the Fit Friendly Worksite Program application and create action plan to make improvements.
- Participate in and report back on progress through FORWARD’s existing workgroup, Improving the Food and Beverage Environment in DuPage Health Care Systems.
- Apply for Gold Level recognition.
- Apply for Platinum Level recognition.

Impact Objective 1.9

By December 30, 2017, all hospitals (8) in DuPage County will achieve Gold Level recognition from the American Heart Association’s Fit Friendly Worksite Program, or other nationally recognized program.

Impact Objective 1.10

By December 30, 2017, two hospitals in DuPage County will achieve Worksite Innovation recognition from the American Heart Association’s Fit Friendly Worksite Program, or other nationally recognized program.

Accountable Partner: FORWARD

Strategies (Objectives 1.9-1.10):

- Utilize FORWARD’s existing workgroup, Improving the Food and Beverage Environment in DuPage Health Care Systems, to provide information and recruit hospitals.



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- Get buy-in from hospital committees, human resources, and senior staff for pursuing recognition.
- Work with hospitals to identify opportunities within the Fit Friendly Worksite Program application and create an action plan to make improvements.
- Participate in and report back on progress through FORWARD's existing workgroup, Improving the Food and Beverage Environment in DuPage Health Care Systems.
- Assist hospitals in applying for Gold Level recognition.
- Assist hospitals in applying for Worksite Innovation recognition.

Businesses as Worksite Wellness Focal Point

Impact Objective 1.11

By December 30, 2017, 5 large businesses (> 500 employees) in DuPage County will implement comprehensive employee wellness plans, including environmental, policy, and program supports.

Accountable Partner: FORWARD, DuPage County hospitals

Strategies:

- Utilize FORWARD's existing workgroup, Improving the Food and Beverage Environment in DuPage Health Care Systems, to explore partnerships with Choose DuPage, Midwest Center for Business and Health, DuPage Society of Human Resource Management, Chambers of Commerce, and the DuPage County Convention and Visitors Bureau to expand efforts.
- Recruit chamber representatives and business executives to serve as advisors to help guide and advance a pilot in worksite wellness.
- By December 31, 2016, secure funding to implement a pilot project that tests select tools, best practices, marketing/sales materials, and community resources in select worksites and establish overall goals.
- Adopt and share evidence-based worksite wellness strategies with businesses to recruit participants.
- By March 31, 2017, 10 businesses will have implemented Rethink Your Drink initiatives.
- By June 30, 2017, identify and secure 15 large businesses in DuPage County to implement comprehensive employee wellness plans.
- Train wellness teams about assessment and implementation strategies to increase physical activity and healthy eating.
- Utilize the CDC Worksite Health ScoreCard assessment tool.
- Assist worksites in drafting policies and implementing programming that promotes wellness.

Impact Objective 1.12

By December 31, 2018, 5 worksites in DuPage County will achieve Gold or Platinum Level recognition from the American Heart Association's Fit Friendly Worksite Program, or other nationally recognized program.

Accountable Partner: FORWARD, DuPage County hospitals



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Strategies:

- Share Fit Friendly Worksite Program opportunity with FORWARD Coalition and other partners and encourage application.
- Assist worksites in identifying opportunities within the Fit Friendly Worksite Program application and creating an action plan to make improvements.
- Assist worksites in applying for Gold or Platinum Level recognition.
- Provide ongoing technical assistance and share resources.
- By December 31, 2017, encourage incorporation of Health and Sustainability Guidelines for Federal Concessions and Vending Operation.
- Develop marketing/outreach plan; compile/create materials about evidence-based strategies to increase opportunities for physical activity.

Early Childhood

Outcome Objective 2a

By December 31, 2018, reduce obesity prevalence by 5 percent from baseline (20.3 to 19.3) in DuPage County 2-4 year olds enrolled in WIC (the USDA's Special Supplemental Nutrition Program for Women, Infants, and Children), as reported by the DuPage County Health Department, through policy, system, and environmental change.

Impact Objective 2.1

By March 31, 2016, identify and engage an academic partner to lead research on:

- a. Suspected racial/ethnic differences that might be contributing to the obesity prevalence disparities in DuPage County 2-4 year olds enrolled in WIC
- b. Identifying areas for targeted, feasible intervention
- c. Implementation and assessment of response and effectiveness of intervention(s), by measuring outcomes and impact.

Impact Objective 2.2

By September 30, 2016, begin study recruitment and implementation.

December 31, 2018 – continue study intervention(s) and outcomes monitoring, with (at least) annual interval review, analysis, and evaluation.

Impact Objective 2.3

By March 31, 2019, conduct final outcomes analysis, interpretation, and evaluation, for subsequent reporting to internal and external stakeholders.

Accountable Partner: DuPage County Health Department, FORWARD, academic partner leading research



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Strategies (Objectives 2.1-2.3):

Proposed WIC study design components:

- A review/environmental scan and gap analysis of DCHD WIC services and federal WIC recommendations to explore opportunities/interventions to enhance services/resources and improve outcomes
- Identify and engage WIC staff subject matter expert (SME)
- Understanding of suspected racial/ethnic differences that may be contributing to the overweight and obesity prevalence disparities
- Readiness to change assessment
- Intervention(s) focusing on Hispanic children, younger children, mothers at risk of having a child with a high birthweight, and/or children born with a high birthweight
- Intervention(s) should address both healthy eating and increased physical activity
- In addition to ongoing WIC BMI surveillance, identify relevant data elements/measures to track intervention impact and outcomes
- Follow appropriate procedures to protect human subject safety and data security (e.g., WIC/Illinois DHS approval, institutional review board approval)

Outcome Objective 2b

By December 31, 2018, reduce obesity prevalence by 5 percent from baseline (14.3 to 13.6 percent) in DuPage County public school kindergarten students through policy, system, and environmental change.

Impact Objective 2.4

By June 30, 2016, seven early childhood centers in DuPage County will complete the nutrition and physical activity self-assessments of Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC), or other evidence-based assessment.

By June 30, 2017 – 10 more

By June 30, 2018 – 13 more

Impact Objective 2.5

By June 30, 2016, seven early childhood centers in DuPage County will create and begin implementation of action plans, at least one action will be physical activity related, to address opportunities identified in the nutrition and physical activity self-assessments of Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC).

By June 30, 2017 – 10 more

By June 30, 2018 – 13 more

Impact Objective 2.6

By June 30, 2017, one early childhood center serving low-income children in DuPage County will receive recognition from *Let's Move! Child Care*.



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By December 31, 2018 – 2 more

Accountable Partner: DuPage County Health Department, FORWARD

Strategies (Objectives 2.4-2.6):

- Ensure that activities and resources align with the Illinois Licensing Standards for Daycare Centers.
- Research and promote best practices for early childhood centers in implementing successful and sustainable strategies.
- Expand partnerships with University of Illinois Extension, YMCAs, hospitals, and other FORWARD Coalition members to implement pre-k Coordinated Approach to Child Health (CATCH), a proven program that prevents childhood obesity.
- Research and promote parental engagement and communication strategies.
- Work with YWCA to identify potential early childhood centers and to provide introductions.
- Recruit early childhood centers to participate.
- Secure funding to make recruitment of early childhood centers easier by providing mini-grants and technical advisor.
- Provide technical assistance to each early childhood center to bring about the successful completion of the self-assessments and action plans for nutrition and physical activity, including staff training, center observations, assistance with self-assessments, assistance with action plans, fruition of at least two goals from the action plan, and timeline development for completion of remaining goals in the action plan.
- Assist early childhood centers in identifying funding to implement opportunities identified in the action plans.
- Provide each center with information on *Let's Move! Child Care* and assist interested early childhood centers with the application for recognition.
- Partner with early childhood collaboratives in DuPage County.

Schools

Outcome Objective 3

By December 31, 2018, reduce obesity prevalence by 5 percent from baseline (15.1 to 14.4 percent) in DuPage County kindergarten, sixth grade and ninth grade public school students, as reported by the DuPage County Health Department, through policy, system, and environmental change.

Accountable Partner: Action for Healthy Kids, Namaste Charter School, FORWARD, DuPage County Health Department

Impact Objective 3.1: School Health Team Development/Activation

By June 30, 2017, 25 schools in DuPage County will create or expand district wellness committees/school health teams that meet regularly to support development, implementation, monitoring, evaluation, and regular revision of school health policies and plans. Health teams will be



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composed of at least five people: teachers, administrators, parents, students and/or community members.

By June 30, 2018 - 60 schools total
By June 30, 2019 - 100 schools total

Strategies

- School Health Advisory Councils: Develop a County-wide School Health Advisory Council of experts who can provide assistance and connect schools to resources.
- Recruitment: Recruit schools and districts to participate. Utilize the school’s latest body mass index (BMI), blood pressure data, school health self-assessment (especially the School Health Index) and socio-economic data to identify need as well as readiness to participate based on historical activities.
- Training/Technical Assistance: Provide schools with School Health Team trainings/technical assistance on the importance of physical activity and proper nutrition to academic success via conference calls, trainings and events for participating schools. Training and TA provided by AFHK, Namaste Charter School and other partners.
- School Staff Scholarships: Award scholarships to teachers and other school staff to attend conferences to improve their knowledge of school and child health best practices.
- WellSAT: The Coalition will work with select districts in DuPage to complete the WellSAT 2.0 Policy Assessment tool. Improvements to nutrition standards and physical activity components for the district wellness policy will be recommended and resources provided for incorporating the standards into the policy.

Impact Objective 3.2: School Health Action Plans

By June 30, 2017, 25 schools in DuPage will create an action plan to implement school wellness policies and improve practices and environments.

By June 30, 2018 - 60 schools total
By June 30, 2019 - 100 schools total

Strategies

- School Health Index: Partner schools will complete the nutrition and physical activity assessments of AFHK’s School Health Index (SHI) and develop an online action plan to address opportunities identified in the assessment.
- Learning the Namaste Way Institutes: Select partner schools will participate in Learning the Namaste Way Institutes to (1) learn effective ways to incorporate more health and wellness initiatives, and (2) learn how to build a school focused on nutrition, movement and peaceful culture.

Impact Objective 3.3: Improving Health Environments through Action Plan Implementation

By June 30, 2017, 25 schools will implement AFHK’s Game On program and/or activities aligned with Learning the Namaste Way to achieve school health policy, systems, environment and practice changes.



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By June 30, 2018 - 60 schools total
By June 30, 2019 - 100 schools total

Strategies

- School Grants: \$1,000 Game On grants will be available through AFHK's school portal to support program implementation.
- Namaste Way Institute Technical Assistance: Schools in DuPage County will receive implementation technical assistance via the Learning the Namaste Way Institute.
- On-site Visits: Partners will conduct on-site visits to provide TA and make recommendations.
- Visits to Namaste Charter School: Namaste Charter School will host site visits to its campus.

Impact Objective 3.4: Healthy School Recognition

By June 30, 2018, at least 10 schools will apply for HealthierUS School Challenge, Alliance for a Healthier Generation's Healthy Schools Program or another approved recognition program.

By June 30, 2019 - 25 schools total will have applied

Strategies

- Promotion/Awareness: Create awareness of recognition opportunities via newsletter, Facebook, Twitter, website, and presentations about the key components and available local resources that support schools in their journey to become health promoting schools.
- Application Support: The Coalition will provide technical assistance throughout the application process for those schools in need of assistance.

Impact Objective 3.5: School Family-Community Partnerships

By June 30, 2017, 40 schools will host events and expand their relationships with parents, volunteers and other community partners to support school health advancement.

By June 30, 2018 – 100 total schools will host events

Strategies

- Every Kid Healthy Week Events: During Every Kid Healthy Week (April 2017), or when it aligns with school activities, 40 schools in DuPage County will host community wellness celebrations.
- Community Partner Expansion: Accountable partners will support schools implementing programs by helping them expand partnerships with school health collaborators, such as University of Illinois Extension, YMCAs, hospitals, and other FORWARD Coalition members implementing Coordinated Approach to Child Health (CATCH), a proven program that prevents childhood obesity.

Assets and Resources

With over 1,000 coalition members from various sectors, and an advisory board that has been committed to reversing the obesity trend since 2009, one of FORWARD's greatest assets is its commitment from diverse partners.



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In addition, FORWARD has a wide reach in DuPage County due to the consistent messaging provided through the adoption of *5-4-3-2-1 Go!*[®] resources by various partners.

FORWARD's relationship with the DuPage County Health Department's Communicable Disease and Epidemiology Unit will offer continued commitment to data-driven strategies. Body Mass Index (BMI) data has been collected from schools in DuPage County since 2009, providing a method to track child obesity rates, develop appropriate strategies, and create a call to action.

Funding

FORWARD will utilize \$300,000 in funds from the DuPage County Health Department to support staff time dedicated to implementing FORWARD strategies through December 2018. The implementation of many FORWARD objectives will be supported by approximately \$227,000 in funding provided by the Illinois Department of Public Health through the Chronic Disease and School Health (CDASH) grant.

In addition, FORWARD is exploring a membership model, as well as funding from local foundations and grants as sources of additional funding.

Created January 2016

Revised March 11, 2016