



Driving DuPage Forward

Healthy Lifestyles Action Plan – Year One Progress Report

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 (PSE).				
	Baseline	Current	Target	Status Updates
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 PSE change.	0	1220	3,000	2 nd Quarter Newsletter distributed to 1,220 coalition members and partners. The Coalition Meeting has been confirmed for June 22, 2017.
Impact Objective 1.2: By September 30, 2016, present Addressing Obesity in DuPage County: What You Can Do in-person to 400 people.	0	563	400	As of February 27, 2017, the report was presented in person to 563 people through community presentations and coalition meetings.
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.	0	2536	20,000	In 2016, DCHD Health Promotions Specialists provided 54321Go! presentations to 2,536 students.
Impact Objective 1.4: By December 31, 2016, secure \$100,000 to support additional initiatives in DuPage County to reverse obesity.	0	120,000	\$100,000	\$120,000 has been secured to date to support FORWARD as an intermediary.
Impact Objective 1.5: By December 31, 2016, four hospitals in DuPage County will implement strategies to reduce sodium in their cafeterias, vending, and/or patient menus.	0	7	4	Five hospitals (Linden Oaks, Edward, Elmhurst, Central DuPage, and Good Sam) completed a pre-assessment of their sodium reduction strategies in December 2015. As of April 2017, two additional hospitals have joined this effort (Hinsdale and GlenOaks). At the end of 2016, these hospitals completed a post assessment survey to share their current sodium reduction strategies. The

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				hospitals are also in the process of sharing information on the strategies they have completed from their action plans, which will be incorporated into a best practices document that the Illinois Hospital Association (IHA) will create and post on the IHA website. All hospitals in DuPage County were approached and invited to participate.
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.	0	5	5	<p>The scans have been completed at 5 hospitals (Linden Oaks, Edward, Elmhurst, Central DuPage, and Good Sam). Staff from the DuPage County Health Department (DCHD) worked with staff from each hospital to complete the scans, offer recommendations, and develop strategies to implement.</p> <p>In 2017, DCHD is working with three additional hospital (Marianjoy, GlenOaks and Hinsdale) to complete the scans and develop strategies.</p>
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.	0	?	5	All hospitals have implemented strategies to improve their food and beverage environments. At least 4 hospitals have implemented some strategies. Information is still being gathered from the remaining three hospitals.
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.	No recognition	No recognition	Worksite Wellness Recognition	DCHD conducted an employee wellness survey, but has not yet pursued the AHA recognition, and will look into other options for recognition of worksite wellness.
Impact Objective 1.9: By December 30, 2017, all hospitals (8) in DuPage County will achieve Gold Level recognition from the	0	0	8	Consultant has been hired effective 4.1.17 to begin working with hospitals toward this strategy.

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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.	0	0	2	Three health systems are attending the AHA Worksite Symposium on 4.11.17 to gather information on recognition process. Consultant has been hired effective 4.1.17 to begin working with hospitals toward this strategy.
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.	0	0	5	Currently three businesses have been identified through one health system. Initial meetings have taken place. Consultant has been hired effective 4.1.17 to begin working with hospitals toward this strategy.
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.	0	0	5	Consultant has been hired effective 4.1.17 to begin working with hospitals toward this strategy.

Outcome Objective 2a: By December 31, 2018, reduce obesity prevalence by 5 percent from baseline (15.7 in 2014 to 14.9 in 2018) 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.				
	Baseline	Current	Target	Status Updates
Impact Objective 2.1: By March 31, 2017, identify and engage an academic partner to lead research on obesity prevalence disparities in DuPage County 2-4 year olds enrolled in WIC (see expanded objective below).	N/A	Completed 1/31/17	3/31/17	Benedictine University selected to partner and lead research on obesity.

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Impact Objective 2.2: By September 30, 2016, begin study recruitment and implementation; continue study intervention(s) and outcomes monitoring through December 31, 2018, with (at least) annual review, analysis, and evaluation.	N/A	In progress	6/1/17	Target date revised to reflect updated work plan timeline.
Impact Objective 2.3: By March 31, 2019, conduct final outcomes analysis, interpretation, and evaluation, for subsequent reporting to internal and external stakeholders.	N/A	Pending	3/31/19	Pending completion of Impact Objective 2.2.

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.				
	Baseline	Current	Target	Status Updates
Impact Objective 2.4: By June 30, 2016, 7 early childhood centers in DuPage County will complete the nutrition & physical activity self-assessments of Nutrition & Physical Activity Self-Assessment for Child Care (NAP SACC), or evidence-based assessment.	0	15	7	In 2015-2016, DCHD worked with 7 early childhood centers to complete the NAP SACC assessments. In 2016-2017, an additional eight centers were recruited and are participating in completing the assessments.
Impact Objective 2.5: By June 30, 2016, 7 early childhood centers in DuPage County will create and begin implementation of action plans to address opportunities identified in nutrition and physical activity self-assessments.	0	15	7	In 2015-2016, DCHD worked with 7 early childhood centers to complete the assessments and develop action plans based on the results. In 2016-2017, an additional eight centers were recruited and are currently completing action plans.
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.	0	0	1	DCHD is exploring potential centers that would be interested and ready to apply for recognition. Consultant has been hired to assist centers with this process.

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Outcome Objective 3: By December 31, 2018, reduce obesity prevalence from 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.				
	Baseline	Current	Target	Status Updates
Impact Objective 3.1: By June 30, 2017, 25 schools in DuPage County will create or expand district wellness committees/school health teams.	0	3	25	FORWARD's partner, the DCHD is currently working with 3 schools in Addison who have each created or expanded their wellness teams. Funding has been secured to work with two additional schools in the Advocate catchment area.
Impact Objective 3.2: By June 30, 2017, 25 schools in DuPage will create an action plan to implement school wellness policies and improve practices and environments.	0	3	25	DCHD is currently working with 3 schools in Addison who have each created action plans, and are working to fully implement all strategies outlined in the plans. Funding has been secured to work with two additional schools in the Advocate catchment area.
Impact Objective 3.3: 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, and environment and practice changes.	0	Unknown as of yet	25	FORWARD plans to engage 10 schools in the AFHK every Kid Healthy Week to promote healthy eating and physical activity. Outreach activities have begun.
Impact Objective 3.4: 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.	0	0	10	No progress to date.
Impact Objective 3.5: 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.	0	0	40	In 2018, 80 schools will be engaged in healthy school events by end of April. Unknown as of this time.