

Communities Putting Prevention to Work

**Cook County
Department of Public Health**

Cook County Health and Hospitals System



A project of the Suburban Cook County Chronic Disease Prevention Network

The Cook County Department of Public Health and its partner, The Public Health Institute of Metropolitan Chicago, were awarded \$16 million in stimulus funding for two years, from the American Recovery and Reinvestment Act of 2009: Communities Putting Prevention to Work (CPPW) Grant.

- The CPPW Initiative aims to improve the health of Americans by reducing chronic disease and promoting wellness. CCDPH has been funded to work with communities to reduce obesity rates by tackling poor nutrition and physical inactivity.
- This award will advance policies and environments at school, work and community settings that support individuals and families in leading healthy, active lifestyles.
- CCDPH, which serves 2.3 million people and 125 suburbs, was 1 of over 40 health departments selected to receive this award.

Obesity is the largest epidemic facing Suburban Cook County.

- During the past 20 years, obesity rates have doubled for adults and tripled for children. In SCC, about 63 percent of adults and 40 percent of children are overweight or obese.
- People who are overweight or obese are at increased risk of developing chronic diseases – such as diabetes, heart disease and asthma – which can cause serious illnesses, disabilities and premature death.
- We must act now to turn the tide against the growing epidemics of obesity and chronic disease. According to the CDC, if something's not done, obesity will soon surpass tobacco as the leading cause of death.



HOW THE FUNDING WILL BE USED

CCDPH will use the CPPW funding to promote policy changes in school, workplace and community environments to support individuals and families in their efforts to lead healthy, active lifestyles.

It will do this with:

Partners that represent various sectors involved in planning for the health of a community, including government, urban planning, parks and recreation, agriculture, health care, schools, businesses, grass-roots community- and faith-based organizations.

Health Campaigns to raise awareness about issues impacting nutrition and physical activity.

Trainings for communities to effectively advocate for local, county and state policies that result in an environment where people can eat healthy foods and be physically active.

Grants to communities and schools interested in laying the groundwork to become model places to live, work and play. This funding will support strategies to change policies in home, school, workplace and community settings.

For more information, please call the CCDPH Prevention Services Unit at 708-492-2193 or e-mail healthycook@ccdph.net.

SAMPLE STRATEGIES FOR MODEL COMMUNITIES AND SCHOOLS

Unhealthy Community

Unsafe places that prevent people from being able to walk or bike safely.

Low levels of physical education for students in grades K-12.

Junk food and sugary drinks at schools, workplaces and fast food chains.

Lack of access to affordable fruits and vegetables and nearby supermarkets.

Model Community

Implement Safe Routes to School. Improve signage near sidewalks, bike paths.

Increase amount of quality physical education offered in schools.

Increase availability of affordable, healthy foods, drink and portions.

Improve access to fresh produce at farmers markets and supermarkets.

