



2009 NATIONAL HEART HEALTH MONTH PLEDGE FORM

We are proud to be joining CCDPH and the American Heart Association in the fight against the #1 killer of men and women in the United States. We pledge to: (check all that apply)

- Ask staff and students in our school district to wear red on February 6th** (or another day of significance in February) in honor of National Heart Health Month and the Go Red For Women Movement.
- Distribute health information to our staff, students and their families.** Feel free to make copies of the enclosed 1-pager, 2009 National Heart Health Month: Take Action to Prevent Heart Disease.
- Promote school wellness.** We will work to identify and support programs for staff/students and/or work to develop and implement policies such as providing healthy food options during lunch, in the classroom, in vending machines or at meetings, encouraging staff to walk during their lunch hour, and supporting smoke-free environments. For additional information on resources and technical assistance that CCDPH can offer, please contact Crystal Geris, MPH, CCDPH Health Educator, at 708-492-2007.
- Other** (Please describe): _____

Please fill out the following information:

Name: _____

School District: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____ Fax: _____

Mail, fax or e-mail this form no later than Friday, February 6th to:

Cook County Department of Public Health

Health Promotion Unit

1010 Lake St, Suite 300

Oak Park, IL 60301

Fax: 708-492-2913

cgeris@cookcountygov.com

