



*Making suburban Cook County a healthier place to live, work and play.*

The Communities Putting Prevention to Work (CPPW) initiative is designed to change policies and environments so that healthy eating and active living become the norm for Cook County residents.

- The Cook County Department of Public Health (CCDPH) and its partner, the Public Health Institute of Metropolitan Chicago (PHIMC), were awarded \$16 million in funding over the next two years through the Department of Health and Human Services.
- The CPPW initiative aims to improve the health of Americans by reducing chronic disease and promoting wellness. The project 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 in 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 one 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 obesity epidemic and lessen the burden of chronic disease — especially on low-income populations, who are disproportionately affected.



**HOW THE FUNDING WILL BE USED**

CCDPH will use the CPPW funding to promote policy change in schools, workplaces and communities 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, grassroots community- and faith-based organizations.
- Health communication campaigns to raise

awareness about issues impacting nutrition and physical activity.

- Trainings for communities to effectively educate and push 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.

*For more information, please call the CPPW Program Office at 708-524-5156 or e-mail [cppw@phimc.org](mailto:cppw@phimc.org).*

**VISION FOR CHANGE - MOVING FROM HEALTH ISSUES TO MODEL COMMUNITIES**

**Health Issues**

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 corner stores and small grocers.

