

Implementation Update

March 2015



HEALTHY CHICAGO

CHICAGO DEPARTMENT OF PUBLIC HEALTH

Message From The Commissioner

Early this month, Mayor Rahm Emanuel, the Chicago Department of Public Health (CDPH) and our partners announced the expansion of the innovative Keep Your Heart Healthy program to four new neighborhoods in the coming year. As part of the program, health profession students collaborate with community-based organizations to conduct weekly health screenings to identify individuals most at risk for developing heart disease; connect individuals to medical care through referrals; and educate and support individuals to make healthy choices including changes in diet, exercise and other areas to reduce their risk for heart disease.

In 2014, CDPH launched Keep Your Heart Healthy in partnership with the GE Foundation, based upon a \$2.2 million grant. During the first year of the program, Keep Your Heart Healthy screened and educated 10,692 Chicagoans for heart disease. Of those, 46 percent – or 4,918 individuals – were identified as at risk for developing heart disease and 23 percent, or 1,131 of those individuals, did not have a medical home.

Keep Your Heart Healthy currently has programs in Humboldt Park, North Lawndale, South Chicago, Douglas and Lower West and will expand services to Austin, Garfield Park, Bronzeville and Roseland.

Keep Your Heart Healthy continues to expand both in neighborhoods and in scope of the program with new partnerships and ideas. I look forward to providing additional updates as the program develops.

Sincerely,
Julie Morita, M.D.

HEALTHY CHICAGO PRIORITIES



Tobacco Use



Obesity
Prevention



HIV
Prevention



Adolescent
Health



Cancer
Disparities



Heart Disease
& Stroke



Access to
Care



Healthy
Mothers &
Babies



Communicable
Disease Control
& Prevention



Healthy
Homes



Violence
Prevention



Public Health
Infrastructure



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Healthy Chicago Implementation

- CDPH and the Advocate Heart Institute’s South Asian Cardiovascular Center have launched a new initiative, SAHEB (South Asian Healthy Eating Benefits). SAHEB raises awareness of the prevalence of heart disease in Chicago’s South Asian communities. South Asians are four times more likely to suffer from heart disease than the general population. SAHEB is currently implementing a six-month pilot program aimed at reducing sodium and trans fat by 10 percent in popular menu items at four prominent Chicago South Asian restaurants (Curry Bowl, Gaylord Fine Indian Cuisine, Mysore Woodlands and Viceroy of India) . A SAHEB-appointed nutritionist worked one-on-one with the restaurants’ owners and chefs to reduce the sodium and saturated fat content in identified foods while retaining the flavor and spice in the dishes. The pilot includes sodium testing after one month, three months and six months. After the first month, two of the restaurants already have met the 10-percent reduction goal. Most recently, Patel Brothers, the largest South Asian food retailer in the country, based in Illinois, has agreed to join the SAHEB initiative to raise awareness and help combat health disparities in Chicago. Patel Brothers has agreed to provide healthier packaged food items and to incorporate consumer education in the aisles of their stores.

Heart Disease

- CDPH has launched a new campaign to further improve the proportion of people living with HIV who are fully engaged in care and to raise awareness about the benefits of HIV treatment. The campaign, developed by the CDC, reflects the diversity of people living with HIV and shows how treatment and care empowers people to lead healthier lives and stops the spread of HIV. The campaign includes personal stories about how the participants overcame barriers to care and treatment and provides advice for others living

with HIV. Components of the campaign include online, print and transit ads. Additionally, the campaign includes educational materials to be displayed in clinics and doctor’s offices around the city. In addition to the campaign, CDPH awarded \$17.9 million to 47 community-based organizations and health centers to provide medical care and other essential support services to residents living with HIV/AIDS.

HIV Prevention



- CDPH is well into the Healthy Chicago 2.0 process to create a community health assessment and improvement plan. We are working with the Partnership for a Healthy Chicago and also reaching out to public health stakeholders and the community to provide input and feedback on our work. Please view slides that share the findings from our Community Themes and Strengths Assessment at CityofChicago.org/Health. In addition, we are holding community meetings in the middle of April to get feedback on the strategic issues that emerged from this process. Please check back on our website soon for details. [Infrastructure](#)



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- CDPH's Office of Violence Prevention's Chicago Dating Matters Initiative held its first-ever Twitter chat to round out February as Teen Dating Violence Prevention Month. It was an interactive discussion on current issue trends and a hub of information for parents and teens across the city to find useful resources and support. A total thread of the online conversation can be found on Twitter via #HeartDontHurt. [Violence Prevention](#)

Healthy Chicago Policy Highlights

- A state bill has been introduced (SB1800) that would empower CDPH to require low-risk food establishments to engage in a process called self-certification. These establishments would have to review their own compliance with food safety standards and improve protocols when necessary. The requirement would apply specifically to low-risk food establishments -- usually grocery and convenience stores that sell only pre-packaged food on site. This bill would allow CDPH to better protect residents by focusing its inspections on higher-risk food establishments more likely to contribute to the spread of foodborne illness.

Getting the Word Out

- This month, Presidential Towers in Chicago's West Loop has completed its transition to a 100 percent smoke-free residential community, making it the largest rental property in Chicago to prohibit smoking in all residences and common areas. The announcement comes one year after Waterton Residential added a non-smoking clause to all new leases at the community, a policy that last year earned Presidential Towers an award from the American Lung Association in Greater Chicago. The smoke-free initiative, also helped Presidential

Towers achieve LEED-EB Silver certification through the U.S. Green Building Council.



- The CDC Division for Heart Disease and Stroke Prevention is highlighting the important roles community health workers (CHWs) play in preventing and controlling chronic diseases, including heart disease. CDC has compiled evidence-based research that supports the effectiveness of CHWs in its Community Health Worker Toolkit available at CDC.gov. The toolkit includes information state health departments can use to train and further build capacity for CHWs in communities. Available resources include: online training materials such as Fotonovelas, a CHW sourcebook, and e-learning course; and technical assistance and policy materials such as policy evidence assessment reports, a summary of CHW-related laws and updated policy brief.



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Healthy Chicago Public Schools

Obesity Prevention

- In February, the CPS Office of Student Health and Wellness partnered with the Chicago Blackhawks to sponsor a physical activity program at CPS' 54 "30+20+10" schools. Classrooms in these schools were invited to take the "Toews' Fitness Challenge" in which students completed health and fitness activities in their classrooms for four weeks. The challenge included Kane's Cardio, Shaw's Stretch, Sharp's Strength Training and Hossa's Healthy Choice, where students designed healthy plates. Students in classrooms who accomplished the challenge received "One G.O.A.L" wrist bands courtesy of the Chicago Blackhawks. Teachers and students embraced the challenge. One teacher said, "My kindergarten class really enjoyed participating in the Toews' Challenge this year. I have a room full of little Blackhawks fans and they felt a real connection to the players while taking part in each exercise. I like to get my students moving as much as possible throughout the day and it was easy to implement the exercises before we transitioned to another class or subject. My students looked forward to taking part in the Toews' Challenge every day - sometimes they even asked to do it twice a day!"
- Local carrot coins were served on the menu across all CPS dining centers. The carrots were grown in Milwaukee, Wisconsin and traveled only 94 miles to students' trays. Will Allen, professional basketball player turned urban farmer, grows and distributes sustainable food and is a leader of the Good Food Movement. CPS purchased 20,000 pounds of carrots from him so that every student could try them. As a component of the CPS Farm-to-School program, Will Allen and his daughter Erika, the Commissioner of the Chicago Park

District and other Growing Power Chicago staff visited Bell Elementary, Mayer Elementary and Fenger High School, where students were able to sample the "Growing Power" carrots and learn about urban farming.

- On March 4th, as part of National School Breakfast week, Action for Healthy Kids, Kellogg and Chicago Public Schools hosted Chicago Bulls player Jimmy Butler at Phoenix Military Academy to talk about the importance of breakfast. Butler and students had a free throw shoot-off and one student made a \$10,000 shot for Phoenix! School breakfast has a profound impact on improving nutrition and ensuring children start the day ready to learn. Food Research and Action Center describes the need for increased school breakfast participation in low-income areas.



Get involved in the Healthy Chicago movement!

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