

Celebrate 2010

Transforming St. Clair County Communities
Through Health & Wellness

A Commemorative Guide Through Our Journey
to Become the Healthiest County in America

Featuring the 3rd Annual Get Up & Go!
Health & Wellness Campaign Celebration
on October 16th and the
2nd Annual St. Clair County Health Policy
Summit on November 10th



ST. CLAIR COUNTY
HEALTH CARE COMMISSION
PARTNERS FOR HEALTH



MCKENDREE
UNIVERSITY



SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE
SCHOOL OF NURSING





Healthy and Connected Communities

...now that's something to celebrate

Our vision is to become the Healthiest County in America by the Year 2020!

■ By Mark Peters, Director of Community Health, St. Clair County Health Dept.

This was the "call to action" that emerged from last year's St. Clair County Health Policy Summit. Our keynote speaker, Mark Fenton, host of the PBS Series, **America's Walking**, challenged community leaders to be bold and audacious. It's been eleven months since that fated day in November - how is it going St. Clair County? Are we any healthier? How much progress have we made? Are we ready to celebrate any collective success?

We've come far, but not that far. The distance we have to go is greater than the distance we've already come. There are many challenges ahead if we're going to realize our vision of connecting and transforming our communities into vibrant and healthy places to live, learn, work and play. Still, being the healthiest County in America is our shared vision and we're sticking to it. This vision didn't just happen because a group of community, school, faith, business and health service leaders got together last November - it's a vision that has been growing in clarity and focus since 2007. That was the year that the members of the St. Clair County Health Care Commission made a commitment to initiate and support a healthy living campaign known as **Get Up & Go!**

The Campaign is now in its 3rd year of fulfilling a mission to serve as a catalyst to transform organizations and communities through activities that promote active

and healthy living. It has been joined by a growing list of communities and partners who have developed a network for connecting and sharing ideas, events and resources. In 2008, we began a tradition of taking time each year to look back and celebrate some of the highlights of our journey so that we could plan forward for the unfinished tasks ahead.

This commemorative guide is provided to the citizens of St. Clair County as a chronicle to that journey, and a call to action for the challenges ahead. It is intended to inform, inspire and initiate a healthy transformation from every individual, family, organization, school and community within St. Clair County. As you'll see in the information provided, we have much to do and many challenges ahead. We also have resources, talents and partners and we have you - the 260,000 citizens of St. Clair County - which makes all the difference. So read on...and join us on October 16th and November 10th as we celebrate and continue our journey together.



Do you and your family sit down to dinner at least two times per week?



What is a Healthy Community?

■ By Dr. Karen Onstott, Assistant Professor, McKendree University

When I teach about health and wellness, I use my model of wellness which defines a person's lifestyle in terms of eight dimensions. To be well, one needs to create a lifestyle that balances all of the dimensions. A healthy community focuses on these eight dimensions to support each citizen's wellbeing. A healthy community is one that has policies, facilities, education, and agencies in place to promote health and wellness activities in each dimension. A healthy community has citizens whose lifestyles are balanced.

It may seem overwhelming to think you need to constantly be aware of EIGHT dimensions to be well, but it's not as difficult as you might think. All of the aspects are interrelated. When you focus on one dimension, you are affecting many, if not all, of the other dimensions. Let's take exercise, for example. When you exercise, you are targeting your PHYSICAL dimension. If you exercise with someone else, you are strengthening your SOCIAL dimension. Maybe you are meeting new friends. Maybe by exercising you have more energy at the end of the day to meet friends after work. Exercise provides us with so many benefits that it has some effect on each of the dimensions. By exercising, the brain gets more oxygen making us more alert, thus supporting our INTELLECTUAL and OCCUPATIONAL dimensions. We can think and learn more easily; be more productive at work or at school. The increased energy that results from exercising may provide you with opportunities to do more around the house or yard (ENVIRONMENTAL dimension). Exercise helps to reduce stress and produces internal chemicals that improve our mood, both of which support one's EMOTIONAL dimension. While exercising, you may have the opportunity to reflect on things that are important to you, fostering the SPIRITUAL dimension. Depending on the type of

exercise, you may be accommodating your RECREATIONAL dimension which is defined as using your leisure time in a satisfying, non-competitive, productive way. To recreate is to re-create. We need to use leisure time to do just that. Involving ourselves in something that does not create more stress in our lives is key. Doing something enjoyable just for the sake of it helps give our bodies time to regrow and heal.

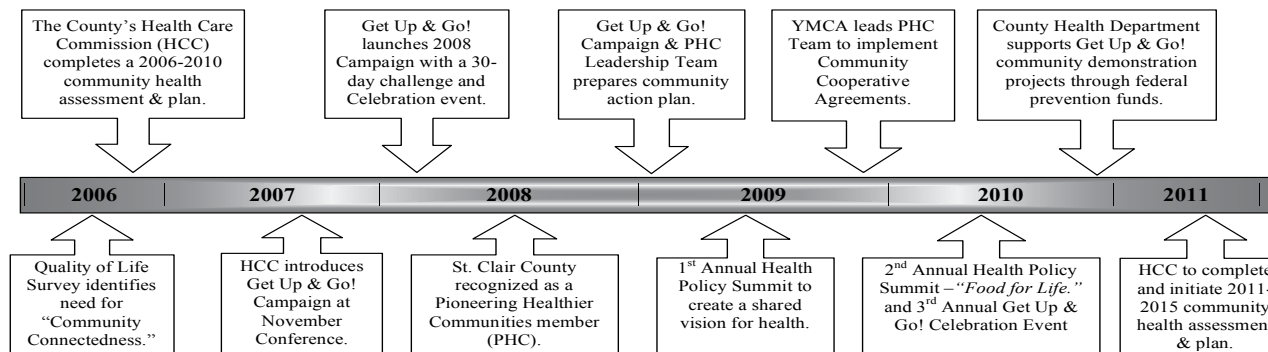
Consistently focusing on only one or two DIMENSIONS of your lifestyle is not healthy. Putting all of your eggs in one basket has never been a good idea. Someone who is a fanatic about exercise is not healthy. If exercise is their only pleasure or interest, what happens if they are injured? The results are depression, frustration, boredom. Someone who is chemically dependent has one primary focus and that goal can deny attention to any other dimension. A workaholic often sacrifices relationships, recreational pursuits, and social interaction for work. None of this is healthy.

Variety is the spice of life. So be a little spicy! Participate in activities that target a few dimensions today, a few others tomorrow, and a few more the next day. Support community efforts to provide a balance of policies, facilities, opportunities, education, and agencies that promote health and wellness. Remember, though, community entities can provide support and encouragement for healthy behaviors, but you are ultimately responsible for your health and wellness. As we go further along our journey together, we will explore each of the dimensions of wellness and how you can focus on them to help you Get Up & Go!



Do you get a seasonal flu vaccine every year?

St. Clair County's Current Timeline Towards a Shared "2020 Vision"





The Importance of Genuine Collaboration

The Healthiest County in America?

■ By Jim Schneider, Director of Human Resources and Parks & Recreation, City of Belleville

Now that is an audacious goal! Some might say it's crazy. It certainly is choosing the marathon goal over the sprint goal. We're talking about much more than just a spoken commitment. We're talking about a change in habits of a significant portion of our county's population. The transformation can happen! Even if we get anywhere close to achieving this goal, our county will be much healthier. Considering the price we are now paying both with our health and economically, the effort is a must!

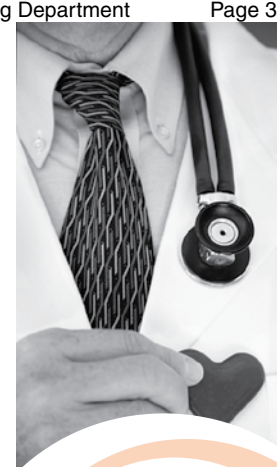
Marathons are trained for one step at a time, incrementally, with an eye on the goal. Marathons are then run by continually putting one foot in front of the other, pushing through the barriers until that finish line is crossed. Our race is not a solo endeavor, so we are building support systems of encouragement and mutual accountability to avoid the distractions that can pull us off the journey. Behavior change is best served in an environment of support. The central question we are daring to ask is - what level of health is possible for us to collectively reach? We are boldly shifting focus to bring our combined assets together to see what is possible.

The key to making this effort find reward is genuine collaboration. If enough of us truly commit to pursue this dream, we will experience the power of being connected. We are asking that enough of you join us in a fundamental shift of mind that we create an environment conducive to healthy eating and more ac-

tivity. The power of change is infinite but requires a large collective commitment.

Sometimes things come together in ways that seem almost unbelievable. We don't really control them, they just manifest from the power of together. It's kind of a predictable miracle born out of a truly committed community. The **GET UP & GO** movement means to be a catalyst for just that. Help lead the charge from your circle of influence. The statistical realities of our County's health may not be great yet, but then leadership is ultimately about changing realities. So we need many leaders.

The path has been prepared, now we need to cross the threshold and say a collective, resounding yes to the challenge and watch the force develop. We are saying yes to a fundamental shift of mind in our county regarding healthier living. Fortunately, collective human spirit is a very powerful force! Humankind has pulled off many an extraordinary thing before, let's do it again. Let's **GET UP & GO**- together!



When is the last time you have been to the Dr. for a check-up?



GET UP & GO!
Presents
The 3rd Annual Countywide Health & Wellness Celebration
with Special Guest Sandra Magnus,
NASA Astronaut and Belleville Native
Saturday, October 16th
9am - Noon
McKendree University, Lebanon, IL

Come join us on the Quad at McKendree University for an Oktoberfest celebration to recognize the many community health events, activities and organizations that have joined the GET UP & GO! Campaign throughout the year.

GAMES & ACTIVITIES FOR ALL AGES

- DJ Music Provided by CT Productions Unlimited
- Live Demonstrations on Active Living and Healthy Eating
- Free Health & Fitness Screenings
- Health & Wellness Exhibits
- The YMCA Climbing Wall and Children's Bounce House
- Fun Spot Portable Skating Rink
- Free Healthy Snacks and Drinks
- Free registration for the Youth 4 Youth Challenge
- The Farmer's Market Taste Bud Mobile
- One-Mile "Wonders of Wellness" Walk
- Ultimate "Ultimate Challenge" Tournament led by the St. Clair County Youth Board and Friends
- Pioneering Healthier Communities



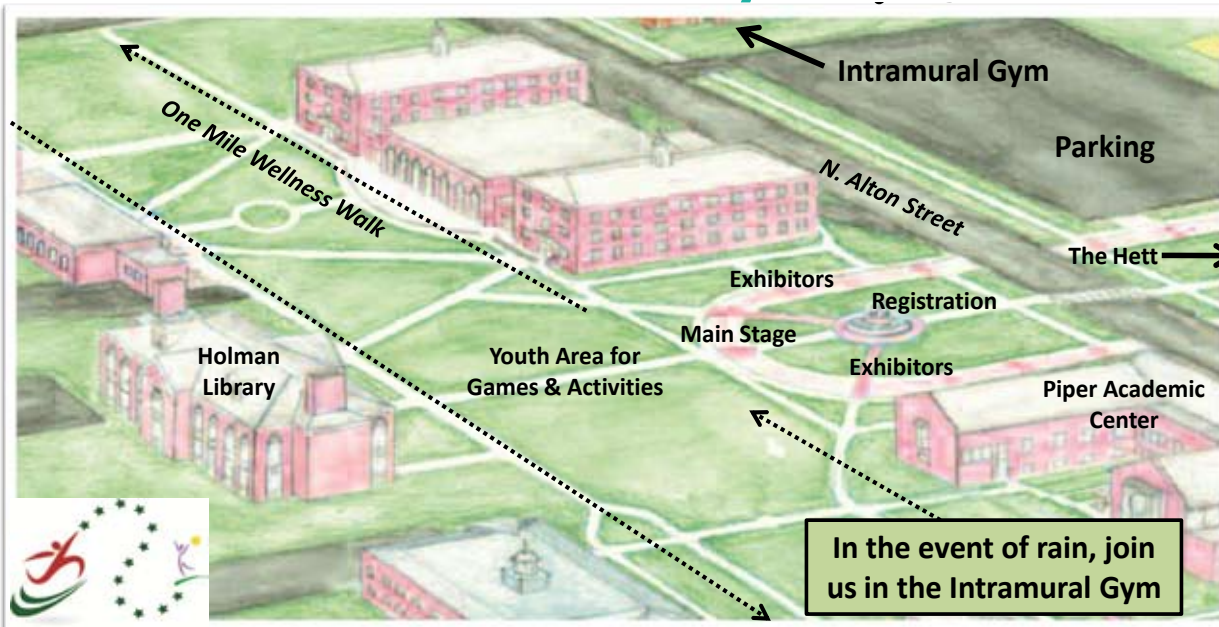
Featuring the local band talents of the Green Sheets



Do you do your best to try and avoid eating fast food?

133 million Americans live with one or more chronic diseases and 75% of the total U.S. medical costs go to treating those conditions. Fifty percent of chronic diseases can be attributed to poor diet and physical inactivity

2010 GET UP & GO! Celebration at the McKendree University Quad



DIRECTIONS

From Ofallon, take Highway 50 East and turn left onto Belleville Street towards Lebanon. Turn left onto N. Alton St.
From I-64, take Route 4 to Lebanon. Turn left at W. St. Louis St. and proceed through downtown Lebanon. Turn right at N. Alton Street.

Schedule of Events*

9 to 10am	Open Exhibits and Activities Music Provided by CT Productions
10 to 10:30am	Opening Ceremonies and Special Guest Sandra Magnus
10:30 to 11:30am	Live Music on the Quad by Green Sheets Ultimate "Ultimate" Tournament Healthy Eating Demonstrations
11:30 to 12pm	Raffle Drawings and Closing

*Exhibits, Attendance Prizes, Healthy Walk and Trivia Contest, Family Activities, Health Screenings, Climbing Wall, Bounce House, Healthy Snacks and Drinks will be ongoing throughout the morning.

Did you know that the cost to treat St. Clair County Residents less than 64 years of age who suffer from chronic diseases attributed to poor diet and inactivity is over \$50 million per year?

Source: Illinois Department of Public Health, Hospital Discharge Data

Exhibits & Vendors*

- Abbott Emergency Medical Services
- Alzheimer's Association
- BeautiControl
- Belleville Runners Club
- Center for Orthopedic Surgery and Medicine
- Chiro Med, Ltd.
- Community Helpings Produce Co-op
- Farmer's Market Taste Buds
- Fun Spot Skating Center
- Green Partnership
- Hawthorne Animal Hospital
- Illinois American Water
- Lebanon Chamber of Commerce
- LiveAnew
- LivRite Fitness
- McKendree University - Wonders of Wellness Club
- Our Lady of the Snows Retirement Community
- Ridge Prairie Trailhead Project
- Scott Air Force Base Health and Wellness Center
- Sierra Club
- Southern Illinois University Edwardsville School of Nursing
- Southern Illinois Sports Medicine
- Smoothie King
- St. Clair County Health Department
- St. Clair County Youth Board
- United Way 211
- Upper Cervical Health Centers of America
- YMCA of Southwest Illinois
- Youth 4 Youth Initiative

*Scheduled as of September 30, 2010

2010 GET UP & GO! Supported Events

One of the goals of the Get Up & Go! Campaign is to participate and support as many community health events as we can. We are honored to have been part of the following events in the 2010 Campaign period thanks to the help of our volunteers.

Feb 6	St. Elizabeth's Hospital "Go Red" Health Campaign
Apr 10	Memorial Hospital Maternity and Parenting Fair
May 1	St. Clair County Law Day Run
May 2	1st Annual Belleville Bike Race
May 3	SWIC - Career/Healthy Lifestyle Fair
May 5	Allsup Employee Health Fair
May 7	Community Counseling Ctr Family Fun Night
May 8	Belleville West Race for Character
May 8	The Difference Makers & Southern Illinois Healthcare Foundation Walk the Park
May 15	ChiroMed Health and Wellness Day

May 21	Child and Family Connections 21 Early Intervention Provider Fair
May 22	A Woman For All Seasons Fair - Hospice of Southern Illinois
Jun 6	Gerry Frierderich Benefit Bike Race
Jun 9	Dental Network of America Employee Health Fair
Jun 25	Senior Wellness Fair, Programs & Services for Older Persons
Jun 26	Allsup Runs for Kids
Jun 29	SW Illinois HIV Care Connect Summit of Hope
Jul 9	Tour de Belleville

Aug 13	SWIC Healthy Lifestyles Fair
Sep 18	Illinois Trekkers 30 Year Anniversary
Sep 25	Alzheimer's Association Memory Walk
Oct 16	Oktoberfest Celebration Event
Nov 10	St. Clair County Health Policy Summit
Dec 4	St. Elizabeth's Hospital Gingerbread Run

To view more health and wellness activities in the St. Clair County area, visit the Get Up & Go! website at www.getupgo.info. Contact us at info@getupgo.info if you would like to promote your event.

Do you have five servings of fruits and vegetables every day?

How often do you and your family participate in physical activity?



St. Clair County Leadership Team Initiates Community Cooperative Agreements

In 2008, St. Clair County was recognized as a Pioneering Healthier Community and was awarded seed funds to form and train a leadership team. The leadership team developed a community action plan to strengthen the framework of the existing Get Up & Go! Health and Wellness Campaign. In 2009, the St. Clair County PHC leadership team received one-time funding to implement a community action plan. The plan established two objectives. First, to convene an annual Health Policy Summit for local leaders in partnership with the Get Up & Go Campaign, the St. Clair County Health Care Commission and the Willard C. Scrivner, MD Public Health Foundation. Second, to establish a process for sup-

porting cooperative agreements with schools and neighborhoods to initiate and sustain promising practices for active living and healthy eating. In the spring of 2010, the PHC Leadership Team implemented its first community application process and selected 14 projects to support through the 2010-11 application year. We would like to congratulate the following organizations for being selected as the first recipients of these cooperative agreements. Their innovation and pioneering efforts are certainly something to celebrate; and we look forward to being part of their success in the coming year as they share their story with us at the October 16th Celebration event and the November 10th Summit.



PROGRAM

1. Summer Fun for Kids Camp
2. Cycle of Giving
3. Health Smart Behaviors
4. Let's Get Fit
5. Promoting Physical Activities in Schools
6. Moye School Fitness Trail
7. Let's Get Fit
8. Healthy Eating and Exercise for Seniors
9. Lebanon Safe Streets Initiative
10. Active Seniors Club
11. Family Wellness Health Fair
12. Farmers Market
13. Smithton Walking Trail Bridge
14. Healthy Incentives for a Healthy School

ORGANIZATION

- 17th Street Neighborhood Association
- Cycle of Giving
- Collinsville, Maryville, Troy YMCA
- East Belleville YMCA
- McKendree University
- Moye School
- Programs and Services for Older Persons
- Programs and Services for Older Persons
- Ridge Prairie Trailhead Initiative
- St. Clair County Office on Aging
- St. Paul United Church of Christ
- Unity for a Better Community
- Village of Smithton
- Whiteside Grade School



For the last 13 years in St. Clair County...

- Over **80%** of adults **did not** get the recommended daily intake of fruits and vegetables
- **61%** of adults surveyed were **overweight or obese**
- **50% to 60%** of adults **consider themselves inactive** or fall below regular physical activity guidelines

Source: IL Behavioral Risk Factor Survey

A Healthier You, A Healthier Community

■ By Jorge Perez, President and CEO, YMCA of Southwest Illinois

Okay... it's that time again. You know, down to two suits, four shirts, only a couple of pants that we can squeeze into, and at the last hole on our belt. No more excuses. We're tired of good intentions, secret promises to ourselves, and those groans and grunts as we roll out of bed in the morning. Funny thing about being overweight... it's impossible to hide it. So the alternatives are (a) ignore it, (b) make jokes, (c) try an overnight solution that does not work---, or (d) get down to a REAL plan.

For most, it's a simple recipe of eating well, regular exercise, and determination. The exciting news is that you are not alone! The Pioneering Healthier Communities (PHC) initiative is a collaborative of community leaders who have committed to create an environment that promotes healthy eating and active living. The overall approach is simple: to champion healthy environments throughout St. Clair County where we live, work, learn, and play.

Leaders from all aspects of our county are represented on the PHC team. They include representatives from government, education, industry, faith, recreation, and health care. This group serves as the policy arm of the Get Up &

Go! Campaign and also takes on the challenge to champion changes that help foster a healthier St. Clair County.

Our overall goal is to be the healthiest County in America. Why? Because if we can each be at our healthiest, then...

- We'll be more productive, with fewer lost workdays.
- We'll lower health care premiums.
- Our children will follow our lead, and pay more attention in class, and in the end do better in school and in life.
- We'll increase our sense of community.
- We'll be better able to meet the challenges that face our County.

So, roll out of bed, eat better, take a walk, join the effort, and transform your life!



Do you try and get at least 30 minutes of exercise every day?



Why Do We Need an Annual Health Summit?

■ By Dr. Rita Arras-Boyd, Associate Professor,
SUIE School of Nursing, and President, Get Up & Go! Inc.

St. Clair County has embarked on a makeover, a transformation to become the healthiest county in the United States. Fulfilling this vision will require more than individual effort. Hard to make a healthy choice if healthy foods aren't available. The Centers for Disease Control and Prevention (2009) echoes these sentiments. "Local policies and the physical environment influence daily choices that impact our health and our weight." This CDC publication describes policies that schools and communities can adopt to foster a healthier environment. For example communities can adopt policies to help move food from the farm to the table-improving the local economy and quality of food for citizens.

On November 10, we will host our second annual health policy summit, shining the spotlight on food access. Leaders from communities, schools, and organizations are invited to explore the issue of food security in St. Clair County.

Mari Gallagher, a recognized expert on this topic will provide the keynote address. We will explore the local food landscape, discuss challenges, and hear success stories from the county, where small changes are making a big difference. This summit will feature practical steps communities and schools can undertake to provide affordable opportunities for healthy eating. All interested parties are invited to our table to explore this important issue. Join us on November 10 at Westview Church, and become a part of St. Clair County's transformation.



Do you take the stairs instead of the elevator or escalator?



2010 St. Clair County 2nd Annual Health Policy Summit "Food for Life" with Keynote Speaker Mari Gallagher Wednesday, November 10th • 9am - 2pm Westview Baptist Church, 2500 Sullivan Dr., Swansea, IL

Mari Gallagher is the author of "Examining the Impact of Food Deserts on Public Health in Chicago," a breakthrough study which popularized the term "food desert" across the country. She was the first to develop a block-by-block metric for "food deserts" and "food balance" linked with health measures and has since done similar work in Detroit, rural Michigan, Louisville, Harlem, Richmond, Savannah, Birmingham, Los Angeles and other areas. Mari's work motivated Congressman Bobby Rush to address the problem of food deserts through the Farm Bill and through the mandating of a follow-on study to be completed by the USDA. Mari's research shows that residents of food deserts die prematurely more than they would otherwise from diet-related conditions such as diabetes, heart disease and cancer.

Mari has received dozens of awards over the years for her leadership in community improvement projects from the University of Illinois, where she earned her Masters in Public Policy and Planning, the Boy Scouts of America, the American Heart Association and many other institutions. Her Group has collaborated with the Institute of Medicine of the Academy of the Sciences, the Urban Institute, Harvard, MIT, the National YMCA, and many other organizations. Her work is routinely covered by top media venues such as NPR and CNN. She also writes for the Huffington Post, which has 14 million unique visitors daily.



Schedule of Events

8:30 to 9am	Registration
9 to 9:15am	Welcome, Opening Remarks and Introduction of Speaker
9:15 to 10:15am	Keynote Address on Food Deserts Mari Gallagher
10:15 to 10:30am	Break
10:30 to 11:30am	Facilitated Discussion - "A Local Look at Our Communities" by Dr. Rita Arras-Boyd
11:30 to 11:45am	Break
11:45 to 12:45	Lunch and Roundtable Discussion
1:00 to 1:40pm	Breakout Session - Piercing the Data Together
1:45 to 2:00pm	Wrap-Up and Closing



\$10 Cost includes lunch and material.
For Registration Information Please Contact:

- St. Clair County Health Department (Patsy Haida) at 618.233.7703; or,
- The YMCA of Southwest Illinois (Sarah Williams) at 618.346.5600

In a February 2010 County Health Rankings report, commissioned by the Robert Wood Johnson Foundation, St. Clair County was ranked among 101 Illinois Counties and found to be -

- **94th** for Health Outcomes representing a measure of overall health; and,
- **96th** for Health Factors that influence the health of the county.

For additional information about the County Health Rankings report, visit their site at www.countyhealthrankings.org/illinois

Nutrition Facts
Serving Size 1/4 cup mix (23g)
1/2 cup prepared
Per Container 65

2009 St. Clair County Health Policy Summit Resolution

Whereas, physical inactivity and unhealthy eating are serious public health concerns, Whereas, physical inactivity and unhealthy eating are twin components of an epidemic that cause serious, chronic health problems such as obesity, diabetes, heart disease, high blood pressure, arthritis, and cancer; and,

Whereas, these serious health problems contribute to premature death, disability, and suffering among the people of St. Clair County; and,

Whereas, young people of St. Clair County are also experiencing increased rates of physical inactivity and unhealthy eating that will lead to an earlier onset and increased rates of chronic diseases; and,

Whereas the burden of physical inactivity, unhealthy eating, and resulting chronic conditions are not evenly distributed among the people of St. Clair County; and,

Whereas, there remains a significant number of people within St. Clair County who bear a disproportionate burden of suffering from these conditions; and,

Whereas, the role of public health is to create the conditions in which all people can be healthy; and,

Whereas, these conditions include a healthy environment and policies that promote healthy environments; and,

Whereas, healthy environments include communities built to promote active lifestyles, access to recreational facilities and access to healthy, affordable food for all people.

As Leaders and Stakeholders of St. Clair County We Resolve To: Work Together, in a cooperative, collaborative fashion to craft policies that promote active lifestyles and healthy eating, Build & Retrofit our communities to promote active lifestyles, access to recreational facilities, and access to healthy foods, Share Ideas and Resources to that end, Inspire and Encourage each other, At Each & Every Opportunity, Advocate for policies that promote the conditions in which all people can be healthy!

November 13, 2009



Recommended Policies to Consider

The Leadership for Healthy Communities (LHC) released an action strategies toolkit in May 2009 as a guide to help state and local policy makers. The toolkit contains a collection of best practices supported by leading community health experts and policy-makers. The following are the 10 major areas and policy options LHC has identified to improve community health and to specifically deal with issues related to active living and healthy eating:

- 1. Active Transportation:** Improve safety for bicyclists and pedestrians and expand trails and connections between trails and sidewalks to schools and community areas.
- 2. Land Use for Active Living:** Evaluate and redesign comprehensive land-use plans to improve active living and improve community design to include and encourage physical activity.
- 3. Open Spaces, Parks and Recreation:** Increase

access to open spaces such as parks and community gardens.

- 4. Quality Physical Activity in and near Schools:** Offer physical activity at schools, require physical education classes at schools and have them taught by certified PE teachers, support walk-to-school and bike-to-school programs, and encourage agreements between schools and community facilities for physical activity.
- 5. Safety and Crime Prevention:** Keep communities crime free to allow families safe outdoor physical activity.
- 6. Quality Nutrition in Schools:** Provide healthy as well as appetizing foods in schools, support farm-to-school programs, and include standards based health education programs.
- 7. Supermarkets and Healthy Food Vendors:** Improve the availability of healthy food options in low income neighborhoods by attracting

grocery stores and increasing healthy food options at convenience stores and bodegas.

- 8. Farm-Fresh Local Foods:** Support farmers' markets, community gardens, and locally grown foods.
- 9. Restaurants:** Encourage restaurants to offer healthy options and reasonably sized portions as well as to label menus with nutrition information.
- 10. Food and Beverage Marketing:** Regulate marketing of unhealthy foods in areas where children are often present, such as schools and community centers.

Here is what we all can do...

LOCAL GOVERNMENTS:

1. Provide improved access to healthy foods in low-income communities.
2. Use zoning laws to encourage healthy food providers to locate in underserved neighborhoods and maintain a ratio requirement for fast-food restaurants to grocers and farmers' markets.
3. Encourage mixed-use commercial and residential areas and walkable neighborhoods.
4. Examine the health impact of new construction.
5. Encourage building design that prompts the use of stairs and offers other spaces in commercial and public buildings that facilitate activity.
6. Encourage green space development and build more sidewalks.
7. Encourage the use of transportation funds for mass transit and highway alternatives.
8. Modernize school-site construction requirements so that schools can be within walking or biking distance for children

COMMUNITY AND FAITH-BASED ORGANIZATIONS:

1. Offer healthy foods and incorporate active living, healthy eating and health screening messages into events.
2. Provide opportunities for safe and supervised activity for children.
3. Provide no- or low-cost physical activity opportunities and nutrition counseling.

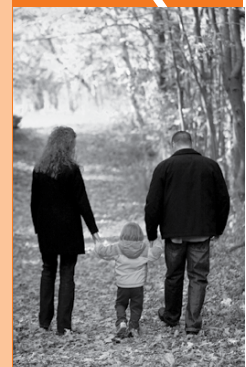
SCHOOLS:

1. Improve the nutritional value of foods in cafeterias and vending machines.
2. Nutrition standards at schools should be higher than those required by USDA, such as those recommended by the Institute of Medicine Food in Schools report, and include a ban on sugar-sweetened drinks.
3. School districts should revise food contract policies and priorities to focus on maximum nutritional value of food served in schools.
4. Schools should evaluate alternative fundraising options that do not involve providing foods that do not meet specified nutrition standards such as those recommended by the Institute of Medicine Food in Schools report to students.
5. Professional development should be provided to school food-service staff.
6. School districts should ensure physical activity is part of students' daily lives.
7. Students should have time for activity during the school day, and physical education should be improved and requirements should be increased.
8. School districts should work with communities to make it easier for students to walk and bike to school.
9. Agreements should be developed so recreation spaces at schools and community centers can be

Cont. on pg 8...



Do you park farther away so you can walk?



When was the last time you took a leisurely walk?

made available for children to use before and after school when possible.

- School districts should evaluate and refine body mass index (BMI) and other health-screening initiatives.
- School districts should assess their schools' health policies and programs, including their wellness policies, and develop a plan for improvements.

FAMILIES AND INDIVIDUALS:

- Learn to factor health considerations into choices about eating and exercise.
- Family members should be encouraged to think about the impact of their choices on others in their family. For instance, parents should be aware of the impact of buying foods with limited nutritional value for their children.
- Mothers should be encouraged to breastfeed infants.

- Parents and guardians should limit their children's amount of screen time so that kids see fewer advertisements for unhealthy food and beverages, eat less junk food, and have more time to be active.

EMPLOYEES AND INSURERS:

- Employers can provide workplace wellness programs and strong preventive care benefits.
- Employers should provide employees with opportunities to be physically active during the day, including fitness breaks.
- Employers and insurance providers should make coverage available for nutrition counseling, weight-loss and weight-management programs, and other services to prevent and reduce obesity and related chronic diseases.
- Insurers should make preventive services available and affordable to companies of all sizes, not just

large companies.

- Insurance companies should not discriminate based on a person's weight or use obesity as a risk factor for determining eligibility for insurance coverage or treatment.

FOOD AND BEVERAGE INDUSTRY AND AGRIBUSINESS AND FARMERS:

- Food, beverage, and marketing companies should develop and promote products that encourage healthy eating, and inform consumers about healthy options.
- The Grocery Manufacturers Association should encourage members to open supermarkets in underserved communities, and grocery chains should work with such communities to develop mutually beneficial strategies for locating there.
- Farmers' markets should be equipped to redeem SNAP and WIC coupons.

How much television do you or members of your family watch?

Thanks to All of Our **GET UP & GO!** Supporting Partners and Participating Organizations

2007-2010

- Abott Emergency Medical Services
- Advantage Family Chiropractic
- Allsup, Inc.
- Alzheimer's Association
- American Cancer Society
- Arbonne International
- Arthritis Foundation
- Area Agency on Aging
- BASIC Initiative
- Beauti Control
- Belleville
- Belleville AmeriCorp
- Belleville Animal Clinic
- Belleville Curves for Women
- Belleville News Democrat
- Belleville Runners Club
- Belleville West High School Race for Character
- Center for Orthopedic Surgery and Medicine (COSM)
- Chestnut Health Systems
- Childrens Home and Aid Society
- Christian Activity Center
- Chiro-med, Ltd.
- Craig Cheatham - 2009 Honorary Chair
- Craig Virgin - 2008 Honorary Chair
- Dave Fernandez of Belle-Clair Soccer
- Design Development, Inc.
- East Carondelet
- East Side Health District
- Fairview Heights
- Farmers Market of Belleville

- Freeburg
- Fun Spot Skating Center
- Gateway Grizzlies
- Gingerbread Run
- Green Sheets Band
- Head East Band
- Hospice of Southern Illinois
- Illinois Department of Public Health
- Illinois Department of Human Services
- Illinois Public Health Association
- AmeriCorp
- Illinois Trekkers
- KingsPoint Sports Club
- KMOX Radio and News
- Landshire Sandwiches
- Lebanon
- LINC, Inc.
- LiveAnew
- LivRite Fitness Center
- Local Earth Advocates and Friends
- Mark Fenton - 2009 Health Summit Speaker
- Mari Gallagher - 2010 Health Summit Speaker
- McKendree University
- Memorial Hospital
- Mito-What? Run
- Moonlight Computing
- OFallon
- Our Lady of the Snows Retirement Center
- PrintMaster

- Programs and Services for Older Persons
- SafeGuard Business Systems
- Sandra Magnus, 2010 Celebration Event Guest Speaker
- Scott AFB-Health and Wellness Center
- The 17th Street Neighborhood Association
- Sierra Club
- Smithton
- Smoothie King
- SIU Edwardsville-School of Nursing
- Southern Illinois Healthcare Foundation
- Southern Illinois Sports Medicine
- Southwestern Illinois College
- StillPointe Wellness Center
- St. Clair County Health Care Commission
- St. Clair County Health Department
- St. Clair County Law Day Run
- St. Clair County 708 Mental Health Board
- St. Clair County Medical Society Alliance
- St. Clair County Office on Aging
- St. Clair County Regional Office of Education
- St. Clair County Transit District
- St. Clair County Youth Coalition
- St. Elizabeth's Hospital
- Swansea
- Tour de Belleville

- United Way
- Unity of Hospice
- Upper Cervical Health Centers of America
- Westminster Presbyterian Church
- Westview Baptist Church
- Willard C. Scrivner, M.D. Public Health Foundation
- YMCA of Southwest Illinois
- 42K Foundation

A Special Thanks to the 2010 Celebration Event and Health Policy Summit Sponsors (to date)

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Do you try to eat low-fat?



Take our brief "Quality of Life" survey at www.getupgo.info to let us know your thoughts about life in St. Clair County