

# YEAR-END REPORT

JULY 2019 - SEPTEMBER 2020



Since its start in 2015, Healthy West Chicago has been a ground-breaking collaboration among community organizations committed to improving the health of West Chicagoans. Our mission is to ensure that all residents of West Chicago will have access to an optimal state of health and wellness.

## COMMUNITY NEED



**2.3X**

WEST CHICAGO HEART FAILURE ER RATE IS 2.3 TIMES HIGHER THAN DUPAGE COUNTY



**37**

out of 100

WALK SCORE: CAR DEPENDENT



**94%**

THINK INCREASING HEALTHY EATING IS IMPORTANT TO THEIR FAMILY

**OBJECTIVE 1** Increased knowledge of nutrition and cooking healthy meals and snacks

**OBJECTIVE 2** Improved availability of healthy foods to include locally grown products

## HIGHLIGHTS

"The National Forum sees Healthy West Chicago as a model partner and collaborator. They set the bar for other communities in terms of health advocacy and prevention. Our community partners look to Healthy West Chicago and Mayor Pineda as an example of how to improve physical activity and lead heart disease prevention in their communities."

-Debbie Martinez  
National Forum for Heart Disease & Stroke Prevention

## PARTICIPATION

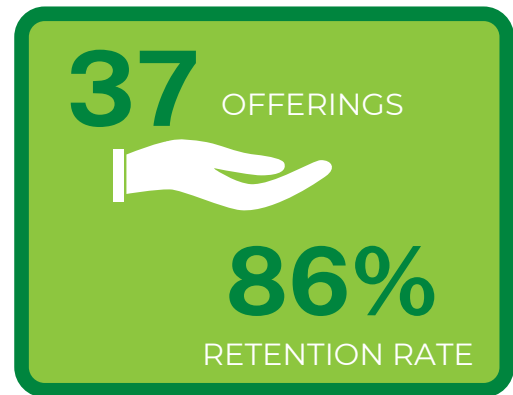
**14** PARTNERS

**642** COMMUNITY BASED EVENTS

+

**562\*** SCHOOL BASED EVENTS

\* Programming for 194 Students  
Supplemented by District 33 Funding



**86%**

ACCESS TO HEALTHY AND AFFORDABLE FOOD > 3X PER WEEK



**79%**

ARE MOTIVATED OR VERY MOTIVATED TO EAT HEALTHY



**79%**

ARE INFORMED OR VERY INFORMED ABOUT MAKING HEALTHY CHOICES



**89%**

MAKE HEALTHY FOOD CHOICES > 3X PER WEEK

## NUTRITION/HEALTHY EATING

PHYSICAL ACTIVITY

**OBJECTIVE** Increased access to opportunities for physical activity that are affordable and accessible throughout the community

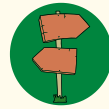


**786**

COMMUNITY PARTICIPATION

**22**

PARTNERS



**81%**

HAVE OPPORTUNITIES FOR PHYSICAL ACTIVITY >3X PER WEEK



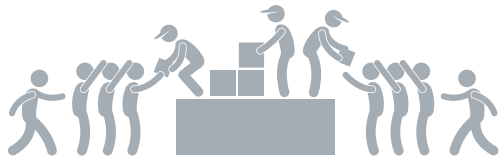
**70%**

WERE MOTIVATED OR VERY MOTIVATED TO EXERCISE



**81%**

PARTICIPATED IN PHYSICAL ACTIVITY > 3X PER WEEK



COVID-19 FOOD DISTRIBUTION/KITS

**480** INDIVIDUALS

**462** FAMILIES

**\$570** IN GROCERY GIFT CARDS



COMMUNITY ENGAGEMENT & COVID-19 RESPONSE

HIGHLIGHTS

**205**



HEALTH SCREENINGS AND FLU SHOTS



NEW INITIATIVES

- Virtual Live Grocery Tours
- Food Distribution Assistance
- Nutrition and Cooking Classes
- Grocery Gift Cards
- Virtual & In-Person Fitness Classes
- Virtual 5K
- Fitness App Extension

"Healthy West Chicago is a great asset to our community. It expands our knowledge of healthy living by making the right food choices and obtaining an adequate amount of physical activity. It is not just knowledge, but hands-on experiences that help people to reconnect with themselves and with others. Healthy West Chicago makes our community healthier and stronger."

- Community Member

FUNDERS

- The American Heart Association\*
- Share Our Strength\*
- Northwestern Medicine\*
- National Forum for Heart Disease & Stroke Prevention\*
- City of West Chicago
- WeGo Together for Kids
- Republic Bank of Chicago\*
- School District 33
- Jacobs Engineering Group\*
- DuPage County Health Department\*

\* Denotes grant-based funding