

DuPage Community Gardens Workshop August 16th, 2013





Spread the Word

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#DuPageGardens**



Vision

All children and families in DuPage County will achieve and maintain a healthy lifestyle.

Mission

FORWARD will lead DuPage County, through a broad-based community coalition, in promoting effective and sustainable policy, system, and environmental strategies for children and families to achieve a healthy weight.



Goals

Understand the prevalence in persons who are overweight and obese in DuPage County.

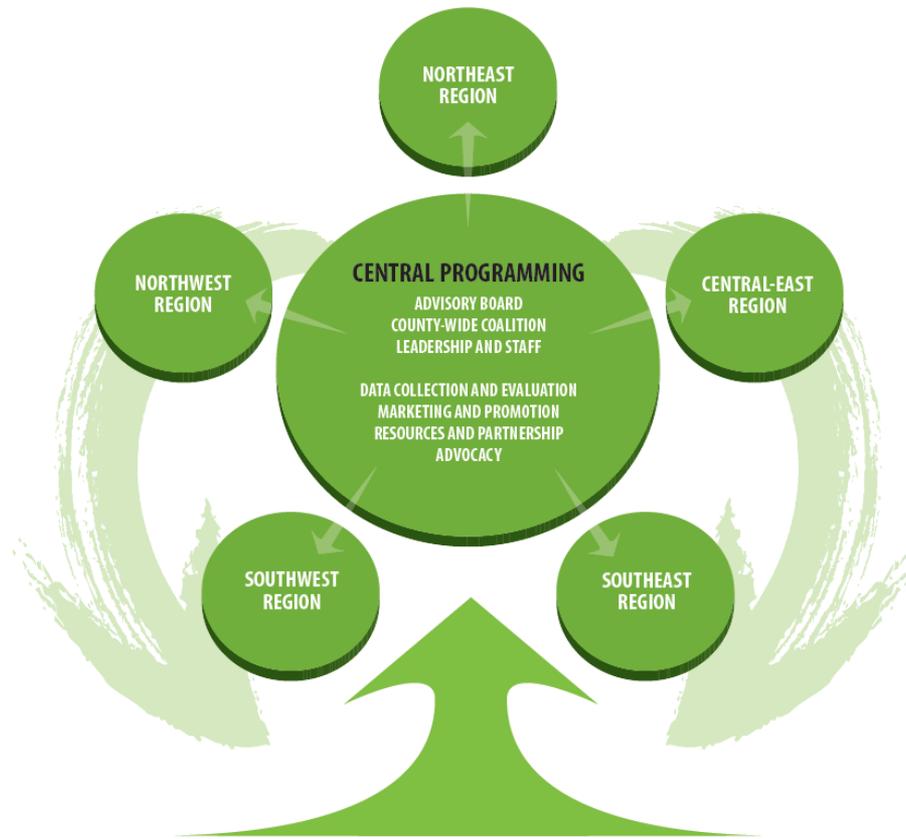
Understand the factors contributing to obesity within DuPage County Communities.

Identify evidence-based interventions to reduce obesity through policy, system, and environmental change.

Promote effective and sustainable policy, system, and environmental strategies to reverse the trend of obesity in DuPage County.



The FORWARD Structure



CENTER FOR COMMUNITY NUTRITION

Impacting environment, systems, and policy change through the Nutrition Task Force, such as:

- Healthy foods for school lunch and breakfast programs
- Healthy vending machines throughout the community
- Nutritionally-dense foods at school events
- Advertising and coupons for healthy foods
- Community gardening efforts
- Healthy cooking demonstrations
- Food label training

CENTER FOR ACTIVE LIVING

Impacting environment, systems, and policy change through the Active Transportation Task Force, such as:

- Bike to Work
- Bike to Worship
- Complete Streets
- Safe Routes to School
- Bike Ambassadors
- Increase bike parking
- Increase bike lanes
- Trail promotion

Impacting environment, systems, and policy Physical Activity change, such as:

- Equipment sharing
- Open gyms
- Learning Readiness PE
- County-wide school walking events
- Reducing PE waivers

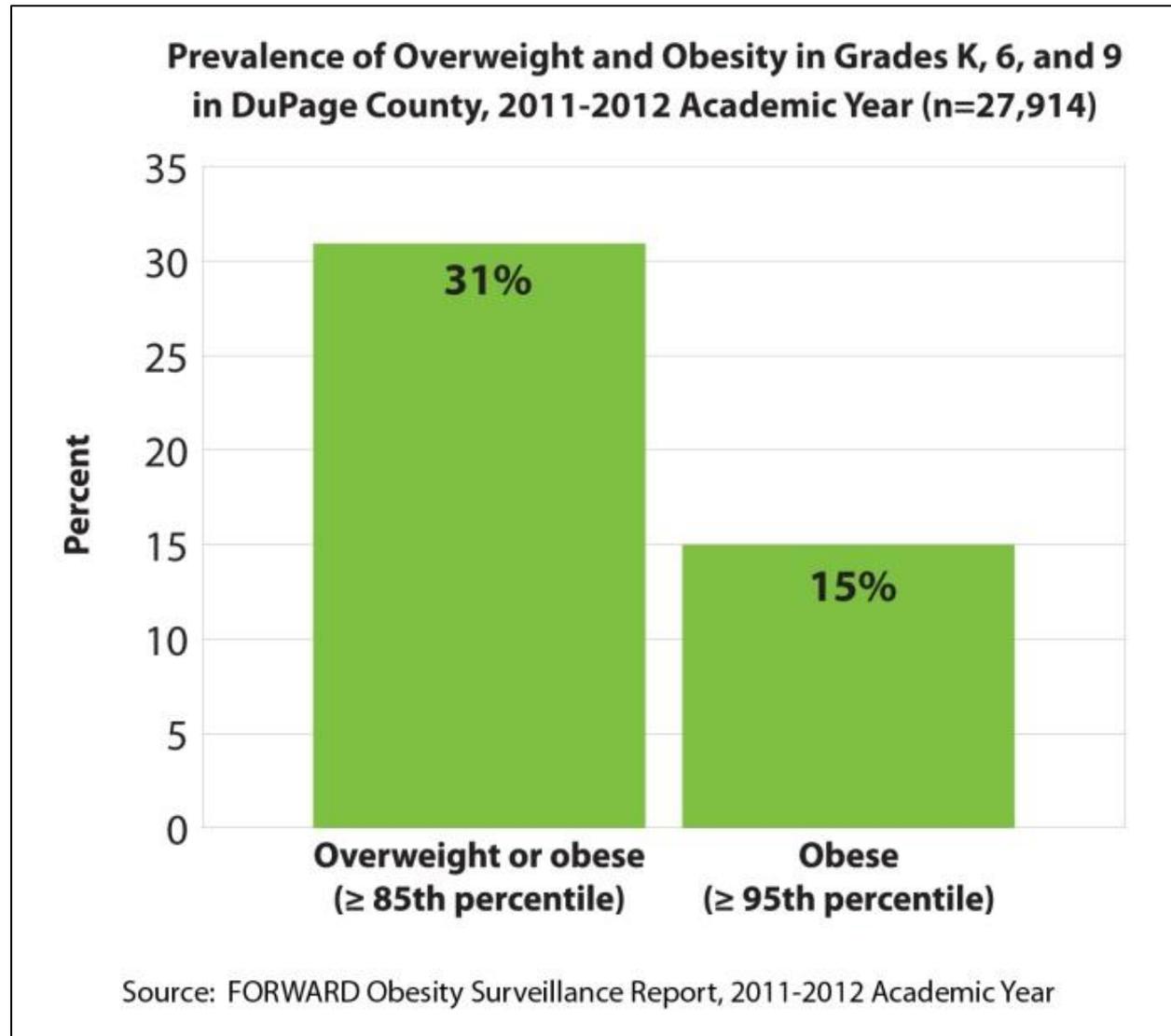
CENTER FOR INNOVATIVE STRATEGIES

Impacting innovative community-based strategies to accelerate policy and system change through:

- Action Network for healthcare providers
- Mini-grants
- Student Health Champions
- Employee Wellness Programs
- Helping communities and organizations achieve health and wellness designations



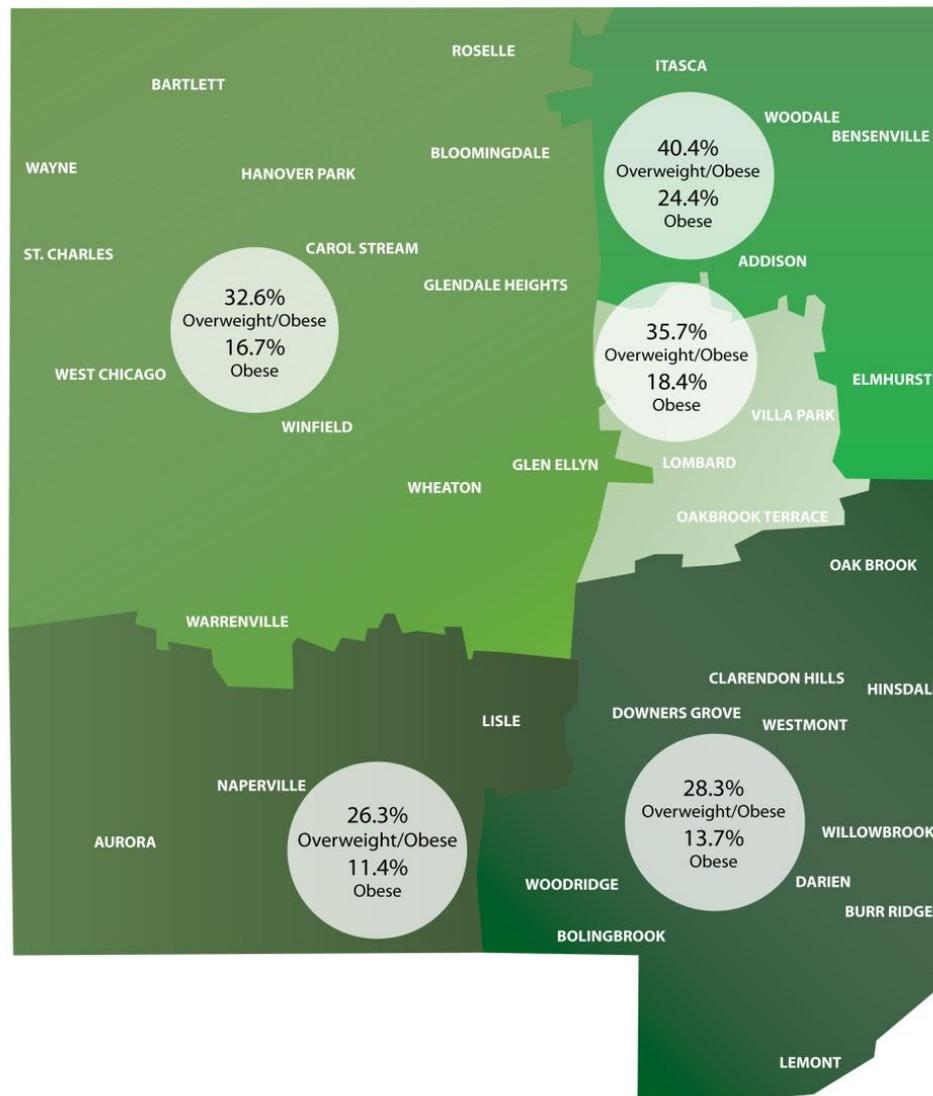
DuPage BMI Rates





DuPage BMI Rates by Region

2011-2012*



*Note: The Northeast Region had 48.3% participation; therefore, the Student Characteristics listed for the Northeast Region cannot be generalized to the entire region and only represent the participating schools and their students. All other regions had over 96.7% school and class participation.



Community Gardens: Nutritional Benefits

- Garden-based educational activities can influence children's willingness to taste vegetables, knowledge of nutrition, and preference for fruit and vegetables
- Community gardeners and their children eat healthier, more nutrient rich diets than do non-gardening families.
- People who garden (or live with a gardener) tend to eat more fruits & vegetables on a daily basis.



Community Gardens: Physical Activity Benefits

- Gardening is considered moderate to heavy intense physical activity, and has been linked to beneficial changes in total cholesterol, HDL cholesterol, and systolic blood pressure
- Gardening motivates people to stay active longer than other activities. (i.e. participants spend more time gardening (225 minutes/week) vs. walking (160 minutes/week) and biking (170 minutes/week))



Community Gardens: Economic Benefits

- Community gardens have been shown to increase property values in the immediate vicinity where they are located
- Developing and maintaining garden space is less expensive than parkland area, in part because gardens require little land and 80% of their cost is in labor
- People who participate in community gardening have a significantly lower BMI—as well as lower odds of being overweight or obese—than do their non-gardening neighbors



Get Involved

- Spread the word about FORWARD
(Tweet us today at: #DuPageGardens)
- Join the FORWARD Coalition
- Share resources
 - Complete a community assessment
 - Connect with local leaders working to prevent obesity in DuPage County
- Offer your skills and talents to a committee
- Help identify funding or in-kind resources

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Next Steps

- Fill out Your 30/90 to track our progress
- Attend a “Fresh from the Farm” Training
(Add your name to the sign-in sheet)
- For farm to school consulting, and support
Contact: lindsey@sevengenerationsahead.org
- For more resources on starting a community garden in DuPage go to:
<http://www.dupageco.org/CoolCounties>



Contact Information

www.forwarddupage.org

630-221-7037

www.facebook.com/forwarddupage

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