Message From The Commissioner

Spring is in the air, and it is a time when flowers bloom and family and friends spend more time outside being active. This is also an exciting season for Healthy Chicago. Through our public health agenda, CDPH and partners are working towards creating more places where Chicagoans can be active, such as creating safe access to local parks through the Healthy Places initiative. Not only is it important for everyone to be physically active, it’s important for the community to be active in creating policies and environmental changes. In this issue you will read about how you can exercise your right to a healthier city by providing input in two important plans to make our city healthier: the Make Way for Play campaign and the Healthy Food Plan for Chicago. I encourage you to be a part of Healthy Chicago!

Sincerely,

Bechara Choucair, M.D.
HEALTHY CHICAGO IMPLEMENTATION

- On March 31st, CDPH, along with community partners released a community action plan to improve the health of Chicago’s Lesbian, Gay, Bisexual, and Transgender (LGBT) community. The plan serves as a supplement to Healthy Chicago and was developed by CDPH in coordination with city leaders and community health providers, including the Public Health Institute of Metropolitan Chicago, the Chicago Commission on Human Relations, Howard Brown Health Center, University of Illinois at Chicago, Affinity and the Center on Halsted. The plan identifies 22 strategies to address high rates of tobacco use, HIV prevention, access to care, obesity, and other concerns within Chicago’s LGBT community. Download a copy of the LGBT Community Action Plan by visiting us online at http://tinyurl.com/c7dk8bj.

- At the April 2nd National Forum on Youth Violence, Chicago was one of six cities recognized by Attorney General Eric Holder for its progress in preventing youth violence. Mayor Rahm Emanuel presented Chicago’s Youth Violence Prevention Plan, which utilizes a multidisciplinary approach to ending youth violence. Chicago’s violence prevention plan combines prevention, intervention, response and re-entry initiatives with the goal of reducing violence in Chicago by 50 percent by 2020. The City of Chicago Youth Violence Prevention Plan can be found at http://tinyurl.com/7tixbh5. (Violence Prevention)

- On April 6th, Mayor Rahm Emanuel issued a proclamation declaring April 16 - 20, 2012 to be Prevent Childhood Exposure to Violence Week. In accordance with this citywide call to action, the Chicago Safe Start collaborative (convened by the CDPH Office of Violence Prevention) will offer a week-long series of community activities including a children’s art exhibit, resource fairs, and various trainings to raise awareness and encourage CEV prevention efforts. Visit www.chicagosafestart.net for more information. (Violence Prevention)

- Chicago is one of just six cities selected by the Bikes Belong Foundation for fast tracking physically protected bikeway designs that make cycling safer and more accessible to a wide range of people. The two-year, intensive technical assistance program is intended to help these cities develop protected on-street bike lanes and make this type of bike infrastructure a mainstream street design in the U.S. (Obesity Prevention)

- The Chicago Board of Health will be promulgating two new food protection regulations: (1) Frequency of Inspection of Food Establishments Based on Assessed Risk and Low Risk Food Establishments Self-Certification Pilot Program (available at http://tinyurl.com/cxfm84t) and (2) Shared Kitchens (see http://tinyurl.com/cdjrqur).

80% of adults who smoke started before they were 18.

CALL 311 if you see tobacco sold to minors.

New CDPH tobacco campaign message targeting the sale of cigarettes to minors.

To download your copy of HEALTHY CHICAGO, the City’s public health agenda, visit www.CityofChicago.org/Health
HEALTHY CHICAGO POLICY HIGHLIGHTS

- In March, Mayor Emanuel introduced an ordinance to City Council that will increase access to breast cancer screenings, diagnostic services and continuity of care for women utilizing the City’s primary care services. The ordinance will allow CDPH to enter into separate contracts for each of its five primary care facilities with up to five hospitals, expanding the pool of hospitals that would be able to provide both breast and cervical cancer readings and follow up care for patients. This would result in improved continuity of care and increased access to care. (Breast Cancer Disparities)

CDPH, public officials and community members gathered to announce the launch of the LGBT Community Action Plan.

Photo for Windy City Times by Kate Sosin.

HEALTHY CHICAGO GRANT NEWS

CDPH received the following grants this month in support of Healthy Chicago implementation activities:

- $765,000 from IDPH for the Mosquito Vector Control Program. These funds, provided by the Tire Tax Fund, will be used for mosquito collecting and testing in response to complaints about improperly maintained swimming pools, discarded used tires, and other culex mosquito production sites. The funds also cover larviciding of catch basins and spraying of adult mosquitoes when needed. (Communicable Disease Control & Prevention)

- $164,479 was added to the 2012 Epidemiology and Laboratory Capacity grant, bringing funding to a total of $216,777, with another supplement expected. These funds cover three program areas: Influenza, West Nile Virus, foodborne diseases, and health information technology to improve reporting and communication about communicable disease surveillance and response to outbreaks. (Communicable Disease Control & Prevention and Public Health Infrastructure)

Join our mailing list to receive our monthly HEALTHY CHICAGO updates at: http://ow.ly/8sScF
Getting The Word Out

Vaccination is one of the best ways parents can protect infants and children from 14 harmful and potentially deadly diseases. National Infant Immunization Week will take place during April 21-28. During that time, free immunizations will be offered around Chicago, and no appointment is needed. For more information about free immunizations during National Infant Immunization Week, go to http://tinyurl.com/6rhs453. (Communicable Disease Control & Prevention)

Healthy Places, an obesity prevention project of CDPH, the Department of Housing and Economic Development, the Department of Family and Support Services and the Consortium to Lower Obesity in Chicago Children (CLOCC), is creating a Healthy Food Plan for Chicago. The plan will include strategies related to growing, improving access to, and building demand for healthy food; enhancing the safety net; and expanding food enterprises. Healthy Places is currently seeking feedback on these strategies and invites you to participate at one of five community meetings in April and May to share your ideas. More information and meeting locations, dates, and times can be found at www.healthyplaceschicago.org. (Obesity Prevention)

Healthy Places has launched its Safe Park Access project called Make Way for Play (MWFP). The goal is to improve pedestrian, bicycle and transit access to Chicago’s parks and maximize the use of the public way to promote active living. Healthy Places is partnering with the Chicago Park District and the Chicago Department of Transportation to develop a plan for the City of Chicago to ensure active recreation opportunities are accessible to all Chicagoans. Healthy Places is a $5.8M obesity prevention project of the City of Chicago Department of Public Health and the Consortium to Lower Obesity in Chicago Children (CLOCC). Chicagoans can participate by visiting www.makewayforplay.net and taking a brief online survey, and by using the interactive mapping tool to map out challenges to accessing their favorite parks. (Obesity Prevention)

To promote National Nutrition Month, CDPH invited Chicagoans to “Rate Your Plate” throughout the month of March by taking a picture of their healthiest plate and sending it to CDPH. Photos were posted to Facebook and rated by the public. The campaign reminded Chicagoans to balance calories with physical activity and include a variety of fruits, vegetables, whole grains, lean proteins, and dairy into their diets in order to achieve a healthy weight and reduce the risk of diet-related chronic disease. (Obesity Prevention, Heart Disease and Stroke)

On March 27, CDPH supported Alert Day, a day to urge the public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. The statistics show 26 million Americans have diabetes and 7 million of those have yet to be diagnosed properly. Free tests are available by calling 1-800-DIABETES or by going to www.stopdiabetes.com.

April 1-7 was National Public Health Week. To celebrate, CDPH posted a complete timeline of public health work on our Facebook page with a collection of vintage public health ads (http://tinyurl.com/6vrdsf2). Thanks to everyone who works to improve public health!

On March 21, CDPH began a new public awareness campaign to stop the sale of cigarettes to youth. The campaign announcement marked “Kick Butts Day”, a national day of youth activism against Big Tobacco, and includes ads on CTA trains and buses that encourage residents to call 311 if they see tobacco being sold to a minor. The advertising was created in partnership with Respiratory Health Association and funded in part by the Illinois Department of Public Health. (Tobacco Use)

In recognition of the 2012 National Lesbian, Gay, Bisexual, and Transgender (LGBT) Health Awareness Week, designated as March 26-March 30, CDPH worked to raise awareness about tobacco use in the LGBT community. Studies show that 34% of the LGBT population are smokers, significantly higher than the 18% of smokers in the mainstream population. The targeted “Come Out for Health” campaign encouraged people to call the Illinois Tobacco Quitline at 1-866-QUIT-YES. In addition, Howard Brown Health Center delivers group smoking cessation classes targeted to the LGBT community. For more information about Howard Brown’s program, go to http://tinyurl.com/cx96zkp. (Tobacco Use)