



A Recipe for Healthy Places: Addressing the Intersection of Food and Obesity in Chicago

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An Initiative of Healthy Chicago

- *A Recipe for Healthy Places* was created as a key component of our Healthy Chicago agenda
- A goal of Healthy Chicago is to prevent and control overweight, obesity and related chronic diseases



A Project of Healthy Places

- Healthy Places is a federally-funded obesity prevention initiative focused on sustainable changes that create healthier environments



Planning Team

- Representatives from:
 - Public Health
 - Housing and Economic Development
 - Family and Support Services
 - Consortium to Lower Obesity in Chicago Children (CLOCC)
 - Consultants: writer, photographer, data analyst, meeting facilitator, ChangeLab Solutions



Public Planning Process

- Transparent process
- Planning workshops
- Working groups
- Town hall meetings
- 400 participants; 26 public meetings in 13 months
- Draft plan posted for public comment





Framework: Health Impact Pyramid

**Increasing
Population
Impact**



**Counseling,
Education**

**Clinical
Interventions**

**Long-Lasting Protective
Interventions**

**Changing the Context to Make
Individuals' Default Decisions
Healthy**

Socioeconomic Factors

**Increasing
Individual Effort
Needed**



Strategies to Prevent Obesity

Changing the Context:

1. Build Healthier Neighborhoods
2. Grow Food
3. Expand Healthy Food Enterprises



Strategies to Prevent Obesity

Changing the Context:

4. Strengthen the Food Safety Net
5. Serve Healthy Food and Beverages

Education/Counseling:

6. Improve Eating Habits



A Recipe for Healthy Places

- Aligned with Healthy Chicago
- Incorporates best-practices and strategies for obesity prevention
- Developed through inter-agency collaboration
- Engaged the community



Video Overview

A video produced during the planning process highlights the strategies contained in the plan



Approval Process

- The Chicago Plan Commission will vote on *A Recipe for Health Places* on January 24, 2013

**A Recipe for
Healthy Places**



A Recipe for Healthy Places

Questions?

HEALTHY CHICAGO

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Proposed Call to Action

- The Chicago Board of Health may demonstrate its approval of this plan by submitting a letter of support to the Chicago Plan Commission