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
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

- Socioeconomic Factors
- Changing the Context to Make Individuals’ Default Decisions Healthy
- Long-Lasting Protective Interventions
- Clinical Interventions
- Counseling, Education

Increasing Population Impact

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
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

Questions?
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.