



# ILLINOIS STATE PHYSICAL ACTIVITY AND NUTRITION PROGRAM (ISPAN)

ISPAN is a five-year, \$4.6 million initiative to implement physical activity and nutrition interventions designed to make it easier for Illinoisans to live the healthiest lives possible, especially in low-income, rural, and minority communities that have been the hardest hit by chronic diseases like type 2 diabetes and heart disease. With funding from the Centers for Disease Control and Prevention, the Illinois Public Health Institute is collaborating with the Illinois Department of Public Health, local health departments in three regions of the state, and a unified coalition of organizations from multiple sectors to tackle the root causes of obesity.

## OUR GOALS



### BREASTFEEDING

Increase the number of community settings supporting new moms to breastfeed their babies as long as possible.



### EARLY CHILDHOOD EDUCATION

Implement and integrate physical activity and nutrition standards into early childhood education systems.



### BUILT ENVIRONMENT

Connect active-friendly routes to everyday destinations by improving walking, biking, and transit systems to promote physical activity.



### FOOD SERVICE GUIDELINES

Implement food service guidelines in worksites and community settings to increase the availability of healthy foods.

## OUR PARTNERS

- Active Transportation Alliance
- Aim & Arrow Consulting
- American Planning Association - Illinois Chapter
- Chicago Department of Public Health
- Chicago Food Policy Action Council
- Cook County Department of Public Health
- HealthConnect One
- Illinois Chapter - American Academy of Pediatrics
- Illinois Committee of Blind Vendors
- Illinois Department of Public Health
- Illinois Network of Child Care Resource and Referral Agencies
- Jackson County Health Department
- Nemours Children's Health System
- Peoria City/County Health Department
- Tazewell County Health Department
- University of Illinois at Chicago
- Woodford County Health Department



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# ISPAN STRATEGIES: YEAR ONE



1

## BREASTFEEDING COMMUNITY SUPPORT

- Facilitating learning collaboratives for WIC providers across the state to increase support for breastfeeding in communities for low-income, rural, and/or African American and Latina women.
- Providing free training to help residents get on the path toward becoming breastfeeding peer counselors or International Board Certified Lactation Consultants.
- Supporting the connection between pediatricians and community resources to support breastfeeding and continuity of care.



2

## IMPROVED HEALTH STANDARDS IN EARLY CHILDHOOD SETTINGS

- Integrating and improving nutrition and physical activity in early care and education systems and supports, including professional development and training for the state's Quality Rating and Improvement System (QRIS), or [ExceleRate Illinois](#).
- Coordinating a network of technical assistance providers helping early care and education homes and centers use the [GO NAP SACC](#) tool to assess their nutrition, physical activity and screen time environments and develop action plans for improvement.



3

## CHANGES TO THE BUILT ENVIRONMENT

- Supporting local implementation of bike and pedestrian plans, or complete streets plans in Chicago and Cook County, Peoria, Tazewell, and Woodford tri-county region, and Jackson County to create activity-friendly routes to everyday destinations.
- Promoting the connection between health and planning partners through a new online forum, [Healthy Communities Illinois](#).



4

## PROMOTION OF FOOD SERVICE GUIDELINES

- Promoting the adoption of [Federal Food Service Guidelines](#), which set minimum standards for nutrition and environmental supports for packaged and prepared foods in hospitals, social service agencies, private worksites, and communities across the state.
- Assisting with implementation of the [Good Food Purchasing Policy](#) in Chicago and Cook County government agencies.
- Promoting healthier vending in two pilot regions served by managers in the Illinois Committee of Blind Vendors, moving to at least 30 percent healthy items in the machines.