

healthy places

An Initiative of Healthy Chicago



OVERVIEW

The Consortium to Lower Obesity in Chicago Children (CLOCC), the Child Health Data Lab and Healthy Places are pleased to present findings from the 2011-12 fielding of the Illinois Health Survey for Youth (IHSY). IHSY is a random digit dial survey designed to obtain information from caregivers about the health and health care of children under age 18 in their care. Technical information about the survey is provided on page 4.

Healthy Places is a \$5.8 million project funded by a cooperative agreement from the Centers for Disease Control and Prevention (CDC) through the U.S. Department of Health and Human Services' Communities Putting Prevention to Work initiative (CPPW). Funding comes from the Affordable Care Act's Prevention and Public Health Fund. As bona fide agent of the City of Chicago and in partnership with the Chicago Department of Public Health (CDPH), the Consortium to Lower Obesity in Chicago Children (CLOCC) at Ann & Robert H. Lurie Children's Hospital of Chicago leads Healthy Places. The initiative began in September 2010 and runs through April 2013.

The overall goal of Healthy Places is to implement sustainable policy, systems and environmental changes that address obesity in Chicago by creating healthier environments where Chicagoans live, work, learn and play. The Healthy Places project includes many organizations and governmental agencies across Chicago and is focused in five areas: food access, safe walking and biking, breastfeeding support, school environments, and media and public education.

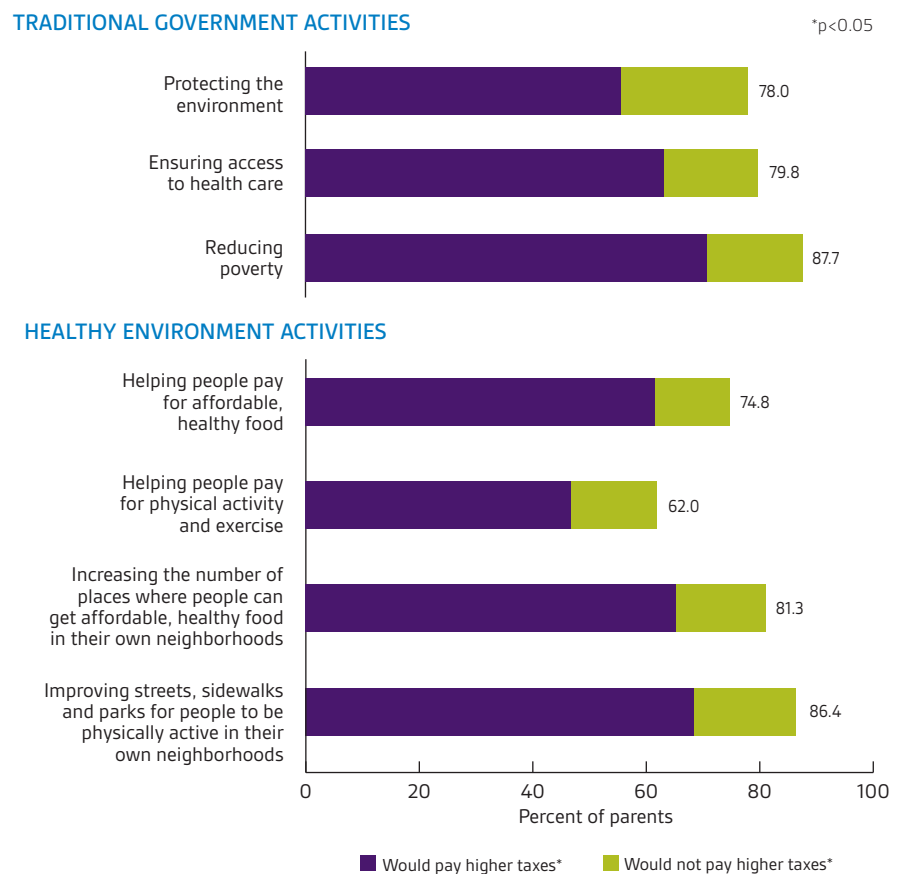
KEY FINDINGS

- Support for government involvement, and willingness to pay higher taxes for this involvement, is very high.
- Poverty assistance received the most support followed closely by improving streets, sidewalks and parks to provide places for physical activity in local neighborhoods.
- Helping people pay for physical activity received the least overall support.

Parents support healthy environments in Chicago

City governments play a large role in the policies and built features that shape the environments we live in. Recognizing this important role, Healthy Places asked Chicago parents about their views of government's role in providing healthy living environments in the City of Chicago. Parents support government involvement in assuring opportunities for healthy living among Chicago residents. Healthy living environments are environments where residents have access to healthy, affordable food and outdoor spaces for physical activity. Support for healthy living environments is as strong, or stronger, than support for activities government has historically been involved in, such as reducing poverty, ensuring access to healthcare and protecting the environment. Government involvement in reducing poverty received the most support, with 88% of parents in our survey supporting more government involvement. Government involvement in improving streets, sidewalks and parks for people to be physically active in their own neighborhoods received the second highest amount of support, with 86% of parents in our survey indicating they support more government involvement.

Figure 1. Parents supporting more government involvement, by willingness to pay higher taxes



Significant differences by race, ethnicity and income on all policy issues

Non-Hispanic black and Hispanic parents are more willing to support more government involvement than non-Hispanic white parents (Figure 2). This is true for activities that have historically had government involvement, as well as for activities to assure and/or provide healthy environments conducive to healthy eating and physical activity. Non-Hispanic black (73%) and Hispanic (69%) parents support more government involvement in improving streets, sidewalks and parks and increasing the availability of affordable, healthy food (73% and 67% respectively). Helping people pay to get physical activity and exercise (like supporting fitness memberships) received the least support by all races/ethnicities.

Parents earning less than \$50,000 per year are more supportive of government involvement in providing/ensuring environments conducive to healthy living than those earning \$50,000 or more

annually. Support was strongest for government involvement in increasing affordable, healthy food (75%) and helping people pay for affordable, healthy food (74%) among parents earning less than \$20,000 annually. Helping people pay for physical activity and exercise received the least support by all income levels.

In all but one case (increasing affordable, healthy food in neighborhoods), parents with up to a high school diploma are more willing to pay higher taxes for government involvement in providing/ensuring environments conducive to healthy living than those with higher education. Once again, support is strongest for government involvement in increasing affordable, healthy food, improving streets, sidewalks and parks, and helping people pay for affordable, healthy food.

Figure 2. Parents supporting more government involvement, by race/ethnicity

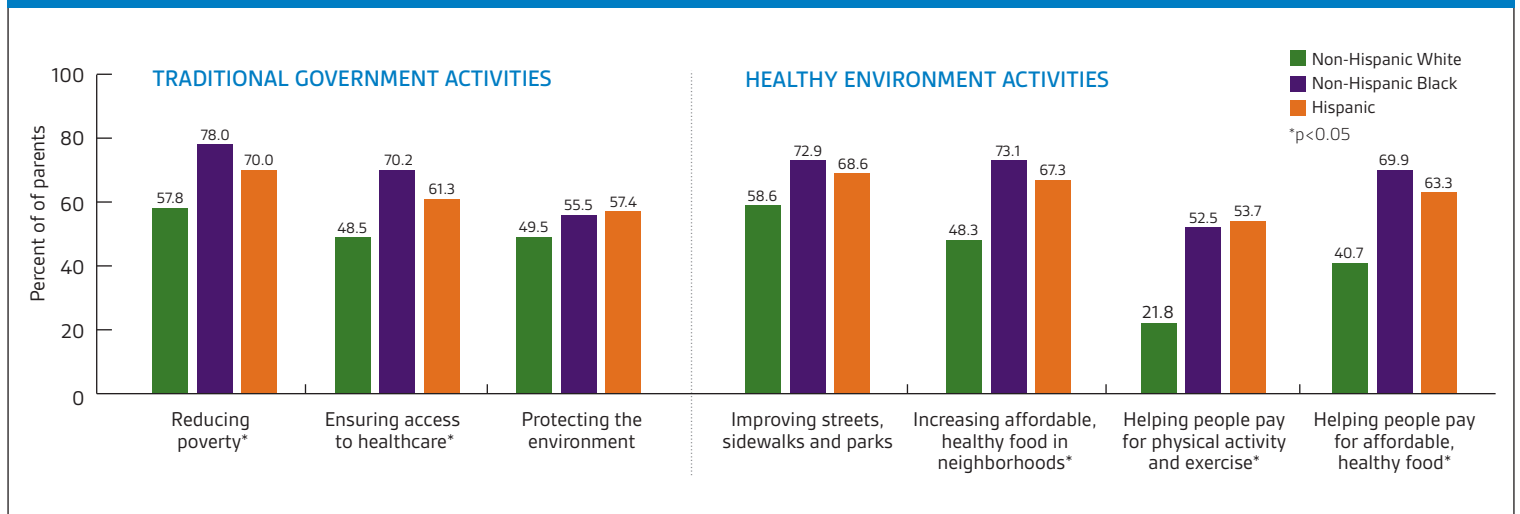


Figure 3. Parents supporting more government involvement, by income

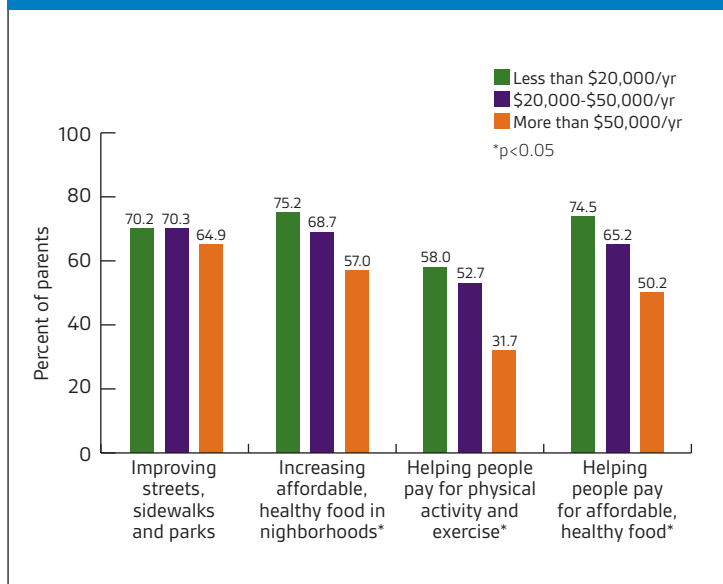
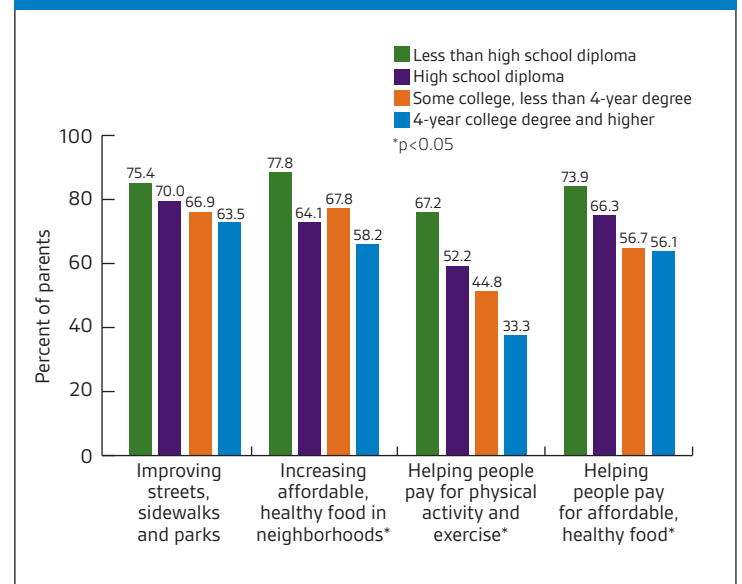


Figure 4. Parents supporting more government involvement, by educational attainment



Healthy Places citywide activities

Healthy Places has been working with various City of Chicago departments to make the environments in which Chicagoans live, work, learn and play healthier. Two of these efforts have focused on improving the city's streets to be safer for cyclists and pedestrians while another effort has focused on Chicago's food environment.

CHICAGO'S FOOD PLAN: A RECIPE FOR HEALTHY PLACES

Since July 2011, Healthy Places has been working to develop a food plan that will help address obesity and build a healthier food culture in our city. Over 400 Chicagoans — including representatives from diverse public, private and non-profit organizations — worked together to create the plan and develop strategies to:

- Build healthier neighborhoods
- Grow food
- Expand healthy food enterprises
- Strengthen the food safety net
- Serve healthy food and beverages
- Improve eating habits

The planning process was led by the Chicago departments of Housing and Economic Development, Public Health and Family and Support Services, along with the Consortium to Lower Obesity in Chicago Children (CLOCC). Working groups and members of the public contributed to the plan's recommendations and strategies through workshops and town hall meetings.

By the end of 2012, the plan was submitted to the Chicago Plan Commission for adoption as city policy. An official city plan will influence policies and programs developed by city agencies for land use, social services and health messaging recommendations for the non-profit and for-profit sectors to undertake in partnership with each other and/or local governments and priorities for public and philanthropic funding.

COMPLETE STREETS

Complete Streets are designed, operated and maintained so they are safe, comfortable and convenient for all users — pedestrians, bicyclists, transit users and motorists of all ages and abilities. Healthy Places is working to ensure that Complete Streets practices and procedures are integrated into all phases of projects affecting the public right-of-way.

Purpose:

To ensure that Complete Streets practices and procedures are integrated into all phases of projects affecting the public right-of-way. This includes training transportation planners, engineers and maintenance staff on pedestrian, bicyclist and transit user needs — from the point of project selection to routine maintenance practices throughout the life cycle of a facility.

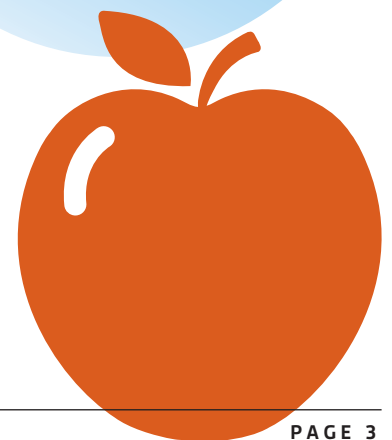
How:

- Develop new and revise existing design, maintenance and construction guidelines
- Share information on Complete Streets throughout the department and with other city departments and stakeholders
- Train staff on best practices in Complete Streets



The planning process for Chicago's Food Plan was supported by the Chicago departments of Housing and Economic Development, Public Health and Family and Support Services, in collaboration with the Mayor's Office and diverse organizations and individuals across Chicago. The Consortium to Lower Obesity in Chicago Children (CLOCC) helped to facilitate the process. Working groups and members of the public contributed to the plan's recommendations and strategies.

Healthy Places is partnering with the Chicago Department of Transportation to develop Complete Streets Design Guidelines and Policies. These design guidelines will help steer the design, construction and maintenance of city streets to better ensure safety for all users of the roadway and encourage active and healthy modes of transportation.



Healthy living recommendations

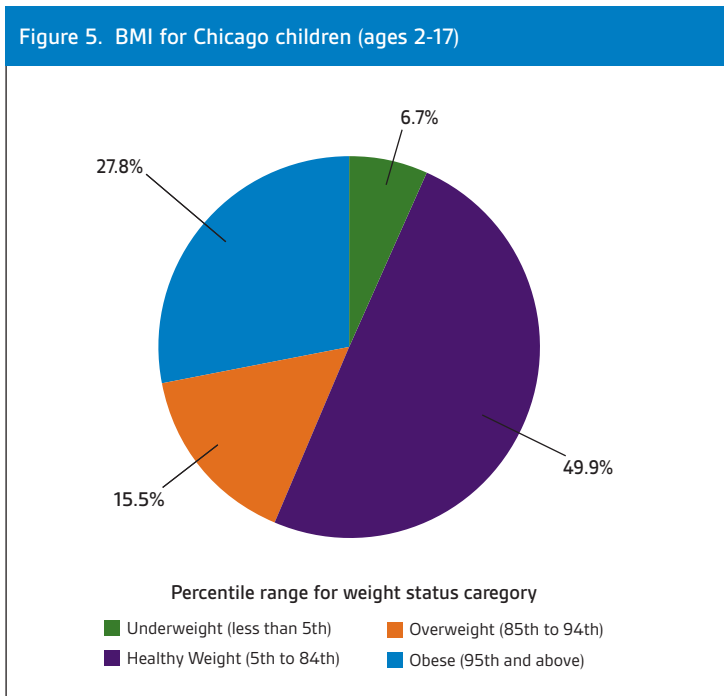
The Consortium to Lower Obesity in Chicago Children’s (CLOCC) 5-4-3-2-1 Go!® guidelines focus on healthy living, emphasizing healthy eating, exercise and total daily screen time (i.e., TV, computer, video games, movies, etc.).

The percent of children in the IHSY sample who meet or exceed the recommendation for each specific guideline is shown in Table 1. Children in this sample were least likely to meet the physical activity recommendation, and most likely to meet the water consumption recommendation; these findings were statistically significant.

The distribution of weight categories based on parents’ report of their child’s height and weight are presented in Figure 6. Over 40% of the sample population are overweight or obese.

For more information on 5-4-3-2-1 Go!, please visit CLOCC’s website at clocc.net.

Goal	Percentage
5 or more servings of fruits/vegetables the previous day	22.5%
4 or more servings of water the previous day	35.7%
3 or more servings of low fat dairy the previous day	30.1%
2 hours or less screen time, daily average	24.6%
1 or more hours of active play previous in the last 7 days	7.6%



TECHNICAL NOTES

The Illinois Health Survey for Youth (IHSY) consists of questions about the child’s overall health status, healthcare access and utilization, screening and immunization, nutrition and physical activity, healthy living, child care, child emotional functioning, acute conditions and chronic conditions. This round of the IHSY included questions related to breastfeeding, park usage and public support for government involvement in healthy living policy and environmental changes in Chicago.

Data collection occurred August 29, 2011 – February 10, 2012. The survey sample completed interviews with 866 adult parents of children ages 0-17 in Chicago, using a random digit dial procedure and was made up of 267 cell phone numbers and 599 land line numbers. The sample included a targeted oversampling of phone numbers most likely to be in 10 identified neighborhoods in Chicago where a greater percentage of the neighborhood population was living below the poverty line than the Chicago average. Of the 866 interviews, 174 were completed in Spanish and 20 in languages other than Spanish or English. Data were weighted to reflect the overall youth population in the City of Chicago (U.S. 2010 Census).

SUPPORT PROVIDED BY:

This round of the IHSY was supported by Healthy Places, an initiative of Healthy Chicago. Healthy Places is a collaborative effort between the Chicago Department of Public Health and the Consortium to Lower Obesity in Chicago Children at Ann & Robert H. Lurie Children’s Hospital of Chicago funded by the Centers for Disease Control and Prevention’s Communities Putting Prevention to Work initiative, Cooperative Agreement Number 1U58DP002376-01. Its contents are solely the responsibility of the authors/organizers and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

IHSY partnering organizations include:

- Chicago Department of Public Health
- Ann & Robert H. Lurie Children’s Hospital of Chicago (Faculty Practice Plan and the Office of Child Advocacy)
- Northern Illinois University, Public Opinion Laboratory
- Illinois Department of Public Health
- Illinois Children’s Healthcare Foundation
- Kohl’s Cares for Kids
- Chicago Community Trust

For more information about the IHSY, please contact:

Jenifer Cartland, PhD
 Director, Child Health Data Lab
 Children’s Hospital of Chicago Research Center
 225 East Chicago Avenue, Box 15
 Chicago, IL 60611-2605

312.573.7773

jcartland@luriechildrens.org

chdl.org

