



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. ISPAN is particularly focused on low-income and rural communities and communities of color that have been 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 and related chronic diseases.

OUR GOALS



BREASTFEEDING

Increase the number of community and clinical settings supporting new moms to breastfeed their babies for as long as they want to.



EARLY CHILDHOOD EDUCATION

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



BUILT ENVIRONMENT

Connect activity-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 TWO



1

BREASTFEEDING COMMUNITY SUPPORT

- Engage community and clinical partners, including WIC sites, hospitals, primary care providers, social service organizations, and community-based institutions, in peer learning communities to improve connections and support for breastfeeding.
- Support partners, including pediatricians and the local health departments in the Peoria, Tazewell, Woodford county region to improve continuity of care and community support for breastfeeding.
- Expand a breastfeeding friendly recognition program in Jackson County and the Healthy Southern Illinois Delta Network, engaging businesses, medical practices, faith communities, child care sites, and more.



2

IMPROVED HEALTH STANDARDS IN EARLY CHILDHOOD SETTINGS

- Ensure the updates made to day care licensing rules include enhanced nutrition and physical activity requirements that align with best practices.
- Provide training and peer support to a network of technical assistance providers working with early care providers using [Go NAP SACC](#). Enhance professional development opportunities for early care providers and others who can support implementation of health standards.
- Explore opportunities for integrating improved health standards in the [state quality rating system](#), the state board of education's early learning standards, and through Child and Adult Care Food Program TA providers.



3

CHANGES TO THE BUILT ENVIRONMENT

- As part of Active People, Healthy Nation, continue to provide technical assistance and support in three regions to help implement complete streets and bicycle/pedestrian plans, connecting activity-friendly routes to everyday destinations. The regions include Chicago/Cook County, the Peoria/Tazewell/Woodford Tri-County region, and Jackson County.
- Promote engagement in the new [Healthy Communities Illinois](#) website to spur the connection between health and planning across the state.



4

IMPLEMENTATION OF FOOD SERVICE GUIDELINES

- Support implementation of the [Good Food Purchasing Policy](#) in Chicago and Cook County by helping city and county agencies complete baseline assessments and improve their scores in the nutrition category.
- Support the inclusion of [food service guidelines](#) in the tri-county regional economic development plan and good food recovery plan and survey worksites in Jackson County to assess opportunities and challenges for adopting and implementing food service guidelines.
- Provide training and technical assistance to institutions interested in adopting the guidelines and support peer learning across sites.
- Support 12 managers from the Illinois Committee of Blind Vendors in implementing and promoting 30% healthy items in their pilot sites.