



Obesity has reached epidemic proportions in Illinois — 62.2% of adults are overweight and 27.6 % are obese, and 1 in 3 children is overweight or obese. Given that obesity and overweight are primary determinants of cardiovascular diseases, cancer, respiratory diseases, and diabetes – already leading causes of death in Illinois – the implications of this epidemic for our state’s health and resources are staggering. Illinois’ health care system spends \$6.3 billion per year to treat obesity-related health issues, with \$1.09 billion of the obesity-related health care costs paid by the Illinois Medicaid program.

Formed in 2010, the Illinois Alliance to Prevent Obesity (IAPO) is a multi-sector coalition that works for equitable and just opportunities for Illinoisans to eat healthy and be physically active to optimize their health and well-being. Through partnerships and collaboration, public awareness building, technical assistance and advocacy, IAPO:

- Develops, changes, and implements policies and systems to support nutrition and physical activity and eliminate social and institutional barriers to maintaining a healthy weight.
- Fosters communities and institutions that integrate healthy foods and beverages and physical activity choices into everyday activities.

### State Obesity Action Roadmap

#### Principles:

- We need regular and reliable information about the state of obesity in Illinois to understand where action is needed the most.
- Local, collaborative initiatives exist and are demonstrating how to make an impact on the problem, but inadequate funding means they are limited in scope, with limited capacity for evaluation and expansion to scale.
- There is growing national consensus on effective strategies to combat obesity which are not currently employed in Illinois.
- A state-level response is needed. Development of coordinated systems, changes in policy and investment on the scale of the problem must be undertaken.

**Goal:** Stabilize and reverse obesity trends in Illinois through the promotion and adoption of nutrition and physical activity policy and environmental change interventions.

**Objective 1:** Increase access to retailers who serve and/or sell healthy and affordable food options.

**Objective 2:** Develop state-level obesity prevention resources and infrastructure.

**Objective 3:** Increase consumption of healthy food and beverages in relation to consumption of unhealthy food and beverages that have minimal nutritional value.

**Objective 4:** Promote healthy and affordable food consumption in senior centers, schools, parks, child care centers and after school programs.

**Objective 5:** Increase opportunities for safe and affordable physical activity in communities, senior centers, schools, childcare settings and after-school programs.

**Objective 6:** Promote safe and active transportation.

**Objective 7:** Promote healthy and active lifestyles in workplaces.

**Objective 8:** Promote obesity prevention through hospitals and health care systems

The Illinois Alliance to Prevent Obesity is convened and managed by the Illinois Public Health Institute

