



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 focuses 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.

OUR GOALS



BREASTFEEDING

Increase the number of community and clinical settings supporting birthing people 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
- 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 Human Services
- Illinois Department of Public Health
- Illinois Network of Child Care Resource and Referral Agencies
- Jackson County Health Department
- Peoria City/ County Health Department
- South Metropolitan Higher Education Consortium
- South Suburban Mayors and Managers Association
- Tazewell County Health Department
- University of Illinois at Chicago
- Woodford County Health Department



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Made possible with funding from the Centers for Disease Control and Prevention

ISPAN STRATEGIES: YEAR THREE



1

BREASTFEEDING COMMUNITY SUPPORT

- Increase the number of sites that support breastfeeding, and the connectivity between those sites:
 - Engage community and clinical partners, including WIC sites, hospitals, primary care providers, social service organizations, and community-based institutions, in local initiatives to improve connections and 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.
 - Work to improve breastfeeding support in the home visiting system
 - Develop professional development training for early care and education providers on how best to support breastfeeding
- Improve access to accurate and culturally relevant information and resources to support breastfeeding



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, including promoting the use of [Go NAPSACC](#) and providing new trainings to CCR&R support staff.
- Develop a quarterly “how-to” implementation campaign to support early care providers in implementing nutrition and physical activity best practices in easy and effective ways.



3

CHANGES TO THE BUILT ENVIRONMENT

- As part of [Active People, Healthy Nation](#), continue to provide technical assistance and support in three regions to 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.
- Continue to support and promote capacity to implement biking and walking projects funded through the Illinois Transportation Enhancement Program statewide.



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, develop action plans, and improve their scores in the nutrition category.
- Support the inclusion of [food service guidelines](#) in institutions across the state and in the three ISPAN priority regions, with a special focus on health care, supportive and transitional housing, food banks and pantries, and social service agencies
- Provide training and technical assistance to institutions interested in adopting the guidelines and support peer learning across sites.