



The places we spend time matter to our health. They can have an impact on how long and how well we live.

The Healthy HotSpot initiative, led by the Cook County Department of Public Health, aims to build healthy places, called Healthy HotSpots, in suburban Cook County (SCC) through community partnerships.

Healthy HotSpots help make healthy living easier.

Where we live can support us in being physically active; buying affordable fresh fruits and vegetables; breathing clean air; and accessing good jobs, parks, quality schools, healthcare and resources.

Where we work can support us by designing environments that prevent work-related injuries and illnesses, minimize job stress, provide activities and services promoting health, and offer resources.

Where we learn can promote health and learning by providing healthy foods, opportunities for physical activity and health education that builds life-long habits.

Where we worship can help us in being whole and healthy in our minds, and in promoting a culture of health.

Where we play can support us in participating in leisure activities, engaging in physical activity and connecting with nature, fresh air and other people.

Where we receive healthcare can improve our access to community resources supporting prevention and management of chronic conditions.

What are Healthy HotSpots?

Healthy HotSpots are places such as agencies, schools, hospitals and communities in suburban Cook County that have put one or more proven strategies into action to encourage positive health behaviors or protect the public's health and well-being.

Healthy HotSpots currently support healthy eating, active living, tobacco-free living, and a prepared Cook County.

For more information, visit healthyhotspot.org and click on Healthy HotSpot Map.



Communities in the Chicagoland region are part of a movement to encourage healthy living. *We are proud of the individuals, organizations, and governments that are making suburban Cook County cleaner, healthier, and more livable. Here are a few stories showing how places have successfully transformed into Healthy HotSpots.*

Collaboration leads to better access to affordable, healthy food

The Giving Garden in Maywood, a suburb just west of Chicago, is one of many inspirational projects being led by Proviso Partners for Health (PP4H). PP4H is a coalition of businesses, daycares, schools, healthcare, social service organizations and the community. PP4H members are working together to identify and implement community solutions to improve access to healthy food environments and address the childhood obesity crisis in Proviso Township where Maywood is located.

The Giving Garden, **an urban farm**, teaches local youth how to grow and sell healthy foods, and engages residents who help to maintain the garden. Foods like fruits, vegetables and herbs are being distributed to a catering business, soup kitchen and food pantry. This garden is making healthy food more available and affordable and is a sign of good things happening in the community.



Photo credit: Susanne Fairfax Media

At the heart of the garden are the Proviso youth entrepreneurs who defined their mission in the urban agriculture movement as that of **Plant-Thropist** – a person who promotes the welfare of others by the generous donation of service using plants for good causes. Learn more at healthyhotspot.org.



Resident engagement vital to advancing smoke-free housing protections

About 2,000 family and senior housing units are healthier, safer and cleaner for 3,500 Housing Authority of Cook County (HACC) residents. On Dec. 1, 2015, HACC implemented **smoke-free housing protections** in all its multi-unit developments. HACC and Cook County Department of Public Health (CCDPH) partnered to provide information on the benefits of smoke-free living and the dangers of second- and third-hand smoke. CCDPH conducted 18 forums reaching more than 250 residents, and educated HACC staff and board members. CCDPH also linked HACC with community providers to connect residents to cessation support. Continuing resident engagement is critical to successful policy implementation and to soften resident oppositions. Residents must have an active, authentic say in the planning and roll-out of smoke-free protections in their buildings.

Learn more at healthyhotspot.org.



Students at risk for inactivity overcome barriers to active lifestyles

The District 63 Education Foundation is a non-profit organization comprised of local businesses, schools, governments, and community leaders. Its goal is to help sustain and support the district's community education branch, known as the Total Learning Community (TLC).

Programs available to students and parents outside the regular school day promote **biking and walking as transportation choices**. TLC partnered with the Active Transportation Alliance to launch the successful Walk 'N Roll program, which led to the creation of new school travel plans, marking of safe routes, and establishment of Walking School Buses in the district. The Walk Across Illinois school fitness program also helped students understand the importance of bicycle and pedestrian safety.

Adapted from Stories of Place + Health, Active Transportation Alliance, 2012



Learn more at healthyhotspot.org.



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City wins award for making it safer to walk, bike and use public transit

Chicago Heights is committed to encouraging healthy and active living. The city won the American Planning Association (Illinois Chapter) Award for Implementation of its **Active Transportation Plan**. To make it safer and more convenient for people to walk, bike and use public transit the city:

- Installed six bike racks created by Bloom High School welding students
- Worked on policies like Complete Streets to consider all transportation network users
- Connected Old Plank Road to the Thorn Creek trail, and completed sections of the American Discovery Trail and the Grand Illinois Trail
- Organized annual events such as Bike Rodeo and Open Streets Education and distributing bicycle education postcards and bike maps to residents to encourage active living

Adapted from Stories of Place + Health, Active Transportation Alliance, 2012

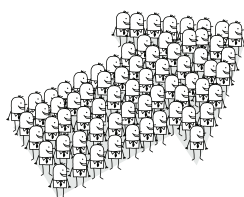
Healthy HotSpots are being created or strengthened through:



Technical assistance to organizations to support improvements resulting in environments where people will, for example, have access to clean air, healthy foods, safe places to be physically active, and community resources supporting prevention and management of chronic conditions.



Communication campaigns to connect people to places for healthy living. Campaigns also inform organizations about the value of – and steps to – implementing community solutions.



Partnerships representing various sectors vital to building healthy organizations and communities, including: government, urban planning, parks and recreation, health care, schools, businesses, places of worship and grassroots community- and faith-based organizations.

Help make Healthy HotSpots happen.

Healthy HotSpot partners are leading a movement to make all of suburban Cook County a better place to live, work, learn, worship, play, and receive healthcare. Your organization can join in the effort to make healthy living easier and support our communities in tackling major health concerns like chronic diseases including heart disease, obesity, and diabetes and other issues.

Learn more about becoming a Healthy HotSpot partner or recommend a place as a recognized Healthy HotSpot. Email us at healthyhotspot@cookcountyhhs.org.



Learn more at **healthyhotspot.org**.

HealthyHotSpot.org

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