Obesity has reached epidemic proportions in Illinois — 62% of Illinois adults are overweight or obese. One in five children are obese, the fourth worst rate in the nation. 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. In Illinois, adult obesity alone adds $3.4 billion to annual health care costs, including $1 billion to Medicaid and $800 million to Medicare.

In response to this epidemic, in January, 2010, numerous state and local stakeholder groups came together to form Illinois Alliance to Prevent Obesity (IAPO). IAPO launched a community engagement process to develop a State Obesity Action Roadmap. The process sought to identify the necessary investments and systems, policy and environmental changes that are of an adequate scale to stem Illinois’ obesity epidemic. The following Roadmap resulted from the Obesity Action Summit.

### 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:
**Ensure that trends in obesity in Illinois are stable by 2015 and moving downward by 2018 through 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
IAPO State Obesity Action Roadmap Endorsers:

- AARP
- Action for Healthy Kids
- Active Transportation Alliance
- Adams County Health Department
- Advocate Healthcare
- Advocate Hope Children’s Hospital
- AgeOptions
- American Academy of Pediatrics – Illinois Chapter
- American Cancer Society Cancer Action Network
- American Cancer Society – Illinois Division
- American Diabetes Association
- American Heart Association, Midwest Affiliate
- American Lung Association of the Upper Midwest
- American Medical Association
- Apollo School, Des Plaines
- Arthritis Foundation
- Asian Health Coalition
- Balance! Pediatric and Family Weight Management Specialists
- BioMeasure/Glenview Health Systems
- Blue Cross Blue Shield of Illinois
- Blue Island Community Health Coalition
- Bridging the Gap UIC
- Building a Healthier Chicago
- Carle Foundation Hospital
- Center for Faith and Community Health Transformation
- Central Jr. High School, Belleville
- Champaign-Urbana Fit Families
- Champaign-Urbana Public Health District
- Chicago Department of Public Health
- Chicago Hispanic Health Coalition
- Chicago Medical Society
- Chicago Metropolitan Agency for Planning
- Chicago Public Schools
- City of Blue Island
- Community and Economic Development Association of Cook County, Incorporated
- Consortium to Lower Obesity in Chicago Children
- Cook County Department of Public Health
- Cook County Housing Authority
- Corn Belt Health Educators Association
- Council of Islamic Organizations of Greater Chicago
- DeKalb County Community Gardens
- DeKalb County Health Department
- Douglas County Health Department
- DuPage County FORWARD Initiative
- Eastern Illinois University
- Egyptian Public and Mental Health Department
- El Valor
- Employers Coalition on Health
- Essential Elements of Health, Inc.
- EverThrive
- FORWARD DuPage
- Franklin-Williamson Bi-County Health Department
- Fresh Taste Initiative
- Fry Foundation
- Fulton County Health Department
- genHkids Coalition
- Get UP & Go!
- Greater Faith Baptist Church
- Green Top Grocery
- Grundy County Health Department
- Harlem Community Center
- Harmony, a Wellcare Company
- HealthConnect One
- Health Leadership Delegation – Alliance for Building Community
- Healthy Rogers Park Community Network
- Healthy Schools Campaign
- Heartland Alliance for Human Needs and Human Rights
- Heartland Human Care Services
- Henderson County Health Department
- Howard Area Community Center
- Ideal Protein of America
- Illinois Academy of Family Physicians
- Illinois Academy of Nutrition and Dietetics
- Illinois Action for Children
- Illinois African American Coalition for Prevention
- Illinois Association for Health, Physical Education, Recreation and Dance
- Illinois Association of Naturopathic Physicians
- Illinois Association of Park Districts
- Illinois Association of Public Health Administrators
- Illinois Association of School Nurses
- Illinois Farm to School
- Illinois Hospital Association
IAPO State Obesity Action Roadmap Endorsers:

- Illinois Local Food, Farms and Jobs Council
- Illinois Public Health Association
- Illinois Public Health Institute
- Illinois State Alliance of YMCAs
- Illinois State Medical Society
- Illinois State University, School of Kinesiology and Recreation Illinois Stewardship Alliance
- Illinois Stewardship Alliance
- Jackson County Health Department
- Jo Daviess County Health Department
- Kane County Fit for Kids Campaign
- Kane County Health Department
- Kish Health System
- Knox County Health Department
- KTG Consulting
- Lake County Health Department and Community Health Center
- Latino Policy Forum
- League of Illinois Bicyclists
- Lee County Health Department
- Lincoln Area YMCA
- Loaves & Fishes Community Services
- Madison County Health Department
- Madison County Partnership for Community Health-Obesity Reduction Committee
- Mary Jo Oldham Center for Child Study at Southeastern Illinois College
- McHenry County Obesity Task Force
- McLean County Health Department
- McLean County Wellness Coalition
- Mexican American Legal Defense & Educational Fund
- MidAmerica Center for Public Health Practice
- Midwest Asian Health Association (MAHA)
- Midwest Business Group on Health
- Mission: Readiness
- MMcD Development Consulting, Inc.
- Murry’s Child Development Center
- Namaste Charter School
- Northern Illinois Public Health Consortium
- Northern Illinois University School of Family, Consumer, and Nutrition Sciences, College of Health and Human Services
- Northwest Community Hospital
- Oak Lawn Community High School
- Ounce of Prevention Fund
- Partnership for a Healthy Lee County
- Peoria City County Health Department
- Pike County Community Health Partnership
- Prairie Valley Family YMCA
- Presence Health
- Presence Saint Joseph Medical Center
- Quality Quest for Health of Illinois
- Rainbow Day Care Center INC.
- Robert Crown Center for Health Education
- Salud Latina/Latino Health
- Sangamon County Department of Public Health
- Sarah Bush Lincoln Health System
- Skip-a-Long Child Development Services Home Child Care Network
- Southern Illinois Healthcare
- Strategic Human Services
- Tazewell County Health Department
- Telligen Quality Improvement Organizations
- The Local Beet - Chicago
- Two Rivers YMCA
- UIC - Center for Research on Health and Aging
- UIC - Institute for Health Research and Policy
- UIC - Midwest Latino Research Center
- UIC - School of Public Health
- United Way of Adams County
- United Way of Illinois
- United Way of Metro Chicago
- Valley View School District #365u
- Vermilion County Health Department
- Village of Oak Park
- Village of Oak Park Health Department
- Voices for Illinois Children
- Washington County Health Department
- We Choose Health: Champaign County Wellness 4 You
- West Cook YMCA
- Whiteside County Health Department
- YMCA of Metropolitan Chicago

(Endorsers as of January 3, 2017)