Building Chicago's Food Plan

How can we eat healthier?

University of Chicago
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Swift Hall
A healthier city begins with food

CHALLENGES

• Obesity is a growing problem
• “Food insecurity” affects 1 in 5 Chicagoans
• 15 percent of residents have poor access to fresh produce
• Eating habits contribute to heart disease, poor health

OPPORTUNITIES

• Chicago has long history as food innovator
• Strong community partners are active on food issues
• Healthy food offers economic development opportunities
• Better eating reduces costs of obesity, disease
Core challenge: Obesity

- Obesity among U.S. adults doubled between 1980 and 2008
- About 34% of adults are obese
- Childhood obesity has tripled since the 1970s
- One of every six U.S. children is obese
- African-Americans and Latinos have a higher prevalence of obesity compared to whites
1990: Obesity trends among U.S. adults

Body Mass Index above 30 or more than 30 lbs. overweight for 5’ 4” person
2009: Obesity trends among U.S. adults

Body Mass Index above 30 or more than 30 lbs. overweight for 5’ 4” person
Obesity contributes to medical problems

- Diabetes
- Heart Disease
- Stroke
- Hypertension
- Liver Disease
- Arthritis
- Cancers
- Asthma
- Depression
- Sleep Disorders

- Causes 25% of total U.S. health care costs
- $147 billion annual direct and indirect costs
- $1,021 to $1,723 additional annual cost to insurance providers for obese beneficiaries
Planning process

- Stakeholder meetings convened by City of Chicago and Coalition to Lower Obesity in Chicago Children
  - More than 200 participants
  - Five working groups met to develop draft strategies
  - More than 100 participants at the public meetings
Our food vision for Chicago

Healthy food will play a central role in the life of families and communities in Chicago, creating a stronger city.

Backyard and community gardens, urban farms and healthy-food enterprises will support a culture that values fresh, nutritious food. Schools, community organizations and government will promote and model healthy eating habits.

Every neighborhood will include places to buy fresh fruits and vegetables, and a food safety net will ensure that all residents can eat well regardless of income.
Five strategies to support culture shift

1. Grow Food
2. Improve Access
3. Build Demand
4. Enhance the Safety Net
5. Expand Food Enterprises

Healthy Food Culture
1. Grow Food

Vegetable gardens and urban farms will be part of everyday life in Chicago.
1. Grow Food
✓ Community and school gardens
✓ Urban farms and aquaculture
✓ Backyard gardens
✓ Environmental best practices
✓ Compatible land-use planning
2. Improve Access

Every neighborhood will include places to buy fresh fruits and vegetables
2. Improve Access

- Better food choices
- Healthy corner stores
- Mobile distribution
- Farmers markets
3. Build Demand

Schools, community organizations and local government will promote and model healthy eating habits.
3. Build Demand

✓ Nutrition education
✓ Healthy food at schools, public events
✓ Marketing and promotion
✓ Training and technical assistance
4. Enhance the Safety Net

Supplemental food systems will ensure that all residents can eat well regardless of income

Packing food at the Greater Chicago Food Depository
4. Enhance the Safety Net

- Nutrition standards
- Coordinated food rescue and distribution
- Maps and web sites of sources
- Streamlined access to food, benefits
5. Expand Food Enterprises

More businesses and social enterprises will produce and distribute healthy food
5. Expand Food Enterprises

- Targeted public incentives
- Technical and financial assistance
- Modernized licensing and regulations
- Regional business opportunities
Next steps

• Compile notes and feedback from public meetings
• Develop draft plan and post for comment
  • www.healthyplaceschicago.org
• Final plan will be submitted to Chicago Plan Commission for adoption
Healthy Food Chicago is one project of Healthy Places and is funded by the Centers for Disease Control and Prevention

Learn more at healthyplaceschicago.org