

WHY CONNECT?

Health Concerns in Chicago

Diabetes is a serious health problem worldwide and in this country. Nearly 21 million people in the United States have diabetes, and another 41 million persons are at high risk for developing this condition. Members of your community also have identified diabetes as a priority health concern.

Latinos, African Americans, the poor, and the uninsured are at greatest risk for suffering the consequences of uncontrolled diabetes. Sedentary lifestyle and unhealthy eating are major risk factors for obesity and chronic disease, including diabetes, hypertension, heart disease, and stroke.

These diseases impact families in Greater Lawn and are the primary health concerns of the Southwest Chicago Health Promotion Partnership.

Diabetes and other chronic conditions are preventable.

Even people at high risk can avoid or delay diabetes by making small changes in their lifestyles. By losing a small amount of weight, walking for 30 minutes five days a week, and eating healthy foods, community residents can improve their health and lower their risk for diabetes.

OUR PARTNERS

Current CAB Members

Our program benefits from the involvement of our community partners, including:

- **AMA Comfort and Orthopedic Shoes**
- **15th Ward Alderman Ted Thomas**
- **Greater Lawn Community Youth Network**
- **Healthy Chicago Lawn Coalition**
- **Holy Cross Hospital**
- **Hurley Fine and Performing Arts School**
- **Latino Organization of the Southwest**
- **Metropolitan Family Services**
- **Southwest Community Congress**
- **Southwest Youth Collaborative**
- **Thresholds Southwest**

**Illinois Prevention Research Center
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UIC Institute for
UNIVERSITY OF ILLINOIS AT CHICAGO Health Research and Policy
SCHOOL OF PUBLIC HEALTH



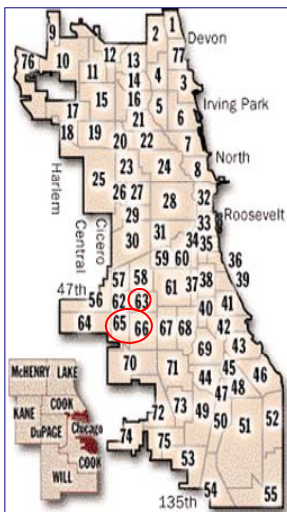
Making the Connection: Southwest Chicago Health Promotion Partnership

CONNECTING AS PARTNERS *To Improve Health Outcomes*

The Southwest Chicago Health Promotion Partnership in Greater Lawn works with community organizations and residents to lower the risks of diabetes and other chronic illnesses. Community residents participate in programs to learn about and improve nutrition and increase physical activity levels. The programs take place at sites throughout Greater Lawn.

The Southwest Chicago Health Promotion Partnership is a program of the Illinois Prevention Research Center (IPRC) at the University of Illinois at Chicago. The program works closely with a community advisory board of organizations, including the Latino Organization of the Southwest (LOS), and residents of Greater Lawn.

The program relies on community partners who participate in and support health improvement efforts.



Greater Lawn covers three community areas: Chicago Lawn (66), Gage Park (63), and West Lawn (65).

WAYS TO CONNECT *Donating Goods or Services*

As a community leader, you can contribute to positive changes in your community.

You can help us lower the risks of diabetes and other chronic diseases by providing incentives, or rewards for participation, to our program. We seek a variety of donations, such as gift certificates or prizes, discounts for goods or services, and tickets to local events.

Support efforts to improve your community's health by donating goods or services.

We welcome single-item donations or a group of items that can be distributed to 50 or more participants. Items that promote healthy habits are particularly welcome.

Such contributions will be acknowledged at community events and are tax-deductible to the extent allowed by law.

For more information, please call:

Hector Rico, Executive Director
Latino Organization of the Southwest
(773) 925-0397

William Baldyga, Associate Director
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WHO WE ARE *Connecting to Communities*

The Southwest Chicago Health Promotion Partnership is part of Making the Connection, the community-based research initiative of the Illinois Prevention Research Center (IPRC) at the University of Illinois at Chicago. Funded by the Centers for Disease Control and Prevention for more than 15 years, the IPRC has conducted programs and research in Southwest Chicago since 1999.

Many of the center's previous research activities took place through the bilingual project *¡Sí Se Puede!*, or Yes We Can!, in partnership with the Latino Organization of the Southwest (LOS), the IPRC's primary partner for the past five years. Making the Connection continues this work of improving health in the Greater Lawn.

The IPRC works in the Greater Lawn area with the support and guidance of its community advisory board (CAB). Hector Rico, executive director of LOS, chairs the board. Its mission is to involve and empower families on the Southwest Side of Chicago to create awareness of health concerns and develop leadership to improve the community's health.