

Healthy Lombard Foundation

2016 Annual Report

The Mission of the Healthy Lombard Foundation is to address the epidemic of Childhood Obesity and promote a healthier lifestyle for all community members through the “Triple A Approach” of Awareness, Activities, and Achievement. Following is a summary of how the foundation fulfilled this mission in each of these three areas in the past year.

AWARENESS

- As of December 2016, HL identifies 46 Partners with links to them from the HL website
- Board Member Partners and Major Fitness February Fair Sponsors have their logo linked on the main page of the HL website
- The Village again declared, per Healthy Lombard’s request, that the 2nd month of the year in 2016 be designated as Fitness February Month.
- The Healthy Lombard website contains a Calendar for Community Events, a daily blog, links to all partners and generated over 75,000 hits per month.
- HL maintained sites on Facebook, Twitter, YouTube
- HL hosted its own 1/2-hour cable show Health Local that features 6 different video segments as the 2nd half of the Cable show SchoolScape. AND was also shown in its own time slot 4 times a month on Comcast Channel 19 from the Elmhurst hub
- Maintained partnerships with two local restaurants that resulted in a nutritionist reviewing their menus and then designating items acknowledged by HL as being a healthy choice and is in the process of considering a new site for 2017
- Provided a week of healthy recipes for distribution through High School District 87
- Supported the DCHD’s “Rethink Your Drink” Project through segments on HL cable show, Health Local
- Began collecting number of board member’s volunteer hours

ACTIVITIES

- Flat Apple” changed to include all partners who wished to “host an event. In the summer of 2016, 14 events were held. Continued the on-line registration process resulting in 185 participants – double the number from the previous year.
- Held the 2016 Fitness February Fair at Yorktown Mall, on a Saturday from 10 - 2 PM with 38 tables, 8 performances and 2 participant fitness contests. The schedule changed every 20 minutes.
- Sponsors G.Y.M. Bags for 2nd graders at 3 District 44 Schools and at St John Lutherans
- On-site taping of segments for the cable show Health Local.
- Sponsored interactive tables at:
 - The District 87 Wellness Fair
 - The District 44 Summer Activity Fair
 - The Lombard’s Senior Fair
 - The Health Track Sports and Wellness Fitness Fair
 - The Congregation Etz Chaim Run
- Invited to be the State Coordinator for the Great Lakes “Apple Crunch Day” in 2016
- Ran a success “Shoe Drive” resulting in eliminating over 700 pounds of old shoes being added to waste sites.

ACHIEVEMENT

- Health Heroes awards presented for HL by Chicago Red Stars Soccer Team Mascot, Supernova, to 4 individuals and 2 Businesses for improving the health of their workplaces.
- Update of our Mission and Vision Statement
- Participant with Impact DuPage
- Organized the “work” of Healthy Lombard Foundation into committees chaired by board members and open to partner participated
- New organizations/business asked to be included at each of the Quarterly Meetings
- Volunteers from the College of DuPage, the National University of Health Science, and the Glenbard East High School Key Club have participated at the Healthy Lombard table at health fairs, assisted with summer activities, and submitted blogs for the website
- Receives referrals from:
 - The Lombard Chamber of Commerce
 - The Lombard Town Center,
 - Yorktown Center Shopping Mall
 - and other organizations as the group to contact on how to become involved in improving the wellness of the residents

ADDITIONAL INFORMATION

- HL’s budget for 2016 is \$9,000. These funds were obtained through fees for the FFF and major donations from the Wojcik Family, the Kiwanis Club of Lombard and a private donor.
- In 2016, the HL Board consisted of Founder & Board President Jay Wojcik, Vice President George Miller, Secretary Christine Cornell, Finance Officer Bernard Bucholz, and board members, Joe McCann, Jennifer McGrath, Tom Sawczuk, Stephanie Schiszik, Kari Smith and Dan Whittington.
- Serve as a community partner on:
 - The District 87 Wellness Committee, since 2012
 - THE DCHD’s FORWARD Initiative since 2010.
 - West Suburban Philanthropic Network since 2014
 - Giving DuPage

Actively Supports:

- Illinois Public Health Institute
- The Illinois Alliance to Prevent Obesity (IAPO)