



HEALTHY LOMBARD (HL) ANNUAL REPORT FOR 2015

The Healthy Lombard Foundation is a 501c3 village-wide initiative that was created in 2010 to address the epidemic of Childhood Obesity and promote a Healthy Lifestyle for all individuals. To accomplish this mission, Healthy Lombard uses a Triple A Approach of Awareness, Activities and Achievement. Following is a review of our efforts during 2015:

AWARENESS

- As of December 2015, the Healthy Lombard website contains 46 active Partnership links
- Board Member Partners and Major Fair Sponsors also have their logo linked on the main page of the HL website
- The Village continued to declare by proclamation the 2nd month of the year in 2015 at Fitness February
- The Healthy Lombard website generated over 41,000 hits per month
- HL maintains sites on Facebook, Twitter, YouTube
- HL has developed an App at: <https://hlteamapp.teamapp.com/>
- HL hosts its own 1/2-hour cable show, Health Local, that features 6 different video segments as the 2nd half of the Cable show SchoolScope. AND is also shown in its own time slot 4 times a month on Comcast Channel 19 from the Elmhurst hub
- Established 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.
- Provided a week of healthy recipes for distribution through High School District 87
- Supported the DCHD's "Rethink Your Drink" Project through airplay and poster distribution
- Sponsored and coordinated a Workplace Wellness Workshop conducted by the DCHD
- Guest Presenter at the 8th Annual School Wellness Conference, Champaign, IL
- Funded seed purchase for Madison School's take-home garden activity
- Began collecting number of board member's volunteer hours

ACTIVITIES

- "Flat Apple" changed to four, child-focused specific site activities (a race, a bike ride, and two fitness challenges). Added "charting" participants lap times at each FA event
- Continued on-line registration in 2015 resulting in 43 family participants and 1500 raffle tickets awarded for participation
- Held the 2015 Fitness February Fair at Yorktown Mall, on a Saturday from 10 - 2 PM with 36 tables, 8 performances and 2 participant fitness contests.
- Sponsors G.Y.M. Bags for 2nd graders at 4 District 44 Schools and at St John Lutheran School
- Appointed a Coordinator for the G.Y.M. Bag Program
- On-site taping of segments for the cable show Health Local
- Sponsored interactive tables at:
 - The District 87 Wellness Fair at the College of DuPage
 - The District 44 Summer Activity Fair
 - The Lombard's Senior Fair
 - The Fitness Fair at Health Track Sports and Wellness
 - National Night Out in Lombard
- Invited to be the State Coordinator for the JAM (Just A Minutes) of Exercise Event in 2015
- invited to be the 2015 State Coordinator for the Great Lakes "Apple Crunch Day"
- Coordinated activities for Westin Hotel employees through a State Health Improvement Grant
- Sponsored and participated in "Go Fly A Kite Day" at Madison School in District 44

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
- Invited to join ImPact DuPage
- Contacted by West Chicago and Bensenville, for advise on how to move from Strategic Planning to Community Participation

ADDITIONAL INFORMATION

- HL's budget for 2015 is \$9,500. These funds were obtained through fees for the FFF and major donations from the Wojcik Family (\$1000), the Kiwanis Club of Lombard (\$700), a Red Stars Fund Raiser (\$90), a (\$50) "Believe" Grant from the Daily Herald, and donations from Pam Rivet (\$25/month)
- In 2015, the Healthy Lombard Board consisted of Founder & Board President Jay Wojcik, Vice President George Matejovsky, Secretary Christine Cornell, Finance Officer Bernard Bucholz, and board members Carl Goldsmith, George Miller, Jennifer McGrath, Tom Sawczuk and Stephanie Schiszik
- 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
- Continued partnerships with the Chicago Red Stars Women's Soccer Team
- Receives referrals on how to become involved in improving the wellness of the residents of Lombard from
 - The Lombard Chamber
 - The Lombard Town Center
 - Yorktown Center Shopping Mall