



KANKAKEE COUNTY HEALTH DEPARTMENT

2390 West Station Street
Kankakee, Illinois 60901
phone 815-802-9400
tty 815-802-9312
fax 815-802-9391

Date: 08/17/2018

Contact: Lindsay Wilson 815-802-9396

For Immediate Release

Subject: Grant Award for Child Health Promotion Program



Community Foundation Grant Award for Implementing the 5-2-1-0 Let's Go! Program

The Kankakee County Health Department (KCHD) is pleased to announce that the Community Foundation of Kankakee River Valley has awarded \$5,000 to KCHD for implementation of the 5-2-1-0 Program. The funds received were used to bring expert trainers from the State of Maine's 5-2-1-0 Let's Go! statewide program to Kankakee County for two days of comprehensive training. This training provided over 20 members from multiple organizations throughout the county that service children and families with the tools and knowledge to implement and evaluate the 5-2-1-0 Program in their organization. This training was a critical first step to county wide implementation of this evidence based-program aimed at addressing healthy behaviors and childhood obesity throughout schools, after school programs, early education centers, health care organizations, and worksites.

One in five preschool children in the U.S. are obese. The numbers for Illinois and Kankakee County are parallel to that of the Country as a whole. Children with obesity are likely to become adults with obesity and are at increased risk of developing preventable chronic health conditions such as Type 2 diabetes, hypertension, high cholesterol, stroke, heart disease, and certain types of cancer. In Kankakee County, the percentage of adults with obesity is 20% higher than both the state and national percentages and the percentage of residents that are inactive is over 25% greater than the that of Illinois residents. Heart disease is the leading cause of death in Kankakee County, cancer is the second leading cause. Obesity and sedentary lifestyles are contributing factors to both of these. Our goal is to use a collaborative approach to prevent childhood obesity in Kankakee County. The funds generously awarded by the Community Foundation will help us provide the knowledge foundation for implementing this evidence-based program to directly address this problem area in our community.

Donations to the Community Foundation greatly benefit programs aimed at improving the health and quality of life for Kankakee County residents by allowing them to give back to the citizens and organizations of Kankakee County. We encourage donations to the Community Foundation so they can continue the work they do for our community.

###