

ISPAN STRATEGIES: YEAR ONE



1

BREASTFEEDING COMMUNITY SUPPORT

- Facilitating learning collaboratives for WIC providers across the state to increase support for breastfeeding in communities for low-income, rural, and/or African American and Latina women.
- Providing free training to help residents get on the path toward becoming breastfeeding peer counselors or International Board Certified Lactation Consultants.
- Supporting the connection between pediatricians and community resources to support breastfeeding and continuity of care.



2

IMPROVED HEALTH STANDARDS IN EARLY CHILDHOOD SETTINGS

- Integrating and improving nutrition and physical activity in early care and education systems and supports, including professional development and training for the state's Quality Rating and Improvement System (QRIS), or [ExceleRate Illinois](#).
- Coordinating a network of technical assistance providers helping early care and education homes and centers use the [GO NAP SACC](#) tool to assess their nutrition, physical activity and screen time environments and develop action plans for improvement.



3

CHANGES TO THE BUILT ENVIRONMENT

- Supporting local implementation of bike and pedestrian plans, or complete streets plans in Chicago and Cook County, Peoria, Tazewell, and Woodford tri-county region, and Jackson County to create activity-friendly routes to everyday destinations.
- Promoting the connection between health and planning partners through a new online forum, [Healthy Communities Illinois](#).



4

PROMOTION OF FOOD SERVICE GUIDELINES

- Promoting the adoption of [Federal Food Service Guidelines](#), which set minimum standards for nutrition and environmental supports for packaged and prepared foods in hospitals, social service agencies, private worksites, and communities across the state.
- Assisting with implementation of the [Good Food Purchasing Policy](#) in Chicago and Cook County government agencies.
- Promoting healthier vending in two pilot regions served by managers in the Illinois Committee of Blind Vendors, moving to at least 30 percent healthy items in the machines.