



FOR IMMEDIATE RELEASE

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Leadership summit to address childhood obesity epidemic

We've all heard the alarming statistics about the rise of childhood obesity and its potential impact on the health of our youth. Experts believe that:

- One out of three children born in 2000 will develop diabetes.
- This generation may lead shorter, sicker lives than their parents.

With those statistics as a backdrop, Kane County is hosting the "Fit Kids 2020 Leadership Summit" Wednesday and Thursday, Feb. 24 and 25. The summit will bring together leaders from across the county, from both the private and public sectors, to chart a course to reverse the epidemic of childhood obesity within the next decade. We must create an environment that supports healthy eating and active living choices for all of our children and families. After the day-and-a-half summit, participants will begin the process of developing a 10-year plan and formed action groups to coordinate activities in all parts of Kane County to help achieve the Health Department's vision of making Kane residents the healthiest in Illinois by 2030.

(MORE)

Kane County’s “Fit for Kids” initiative began in 2008 in response to the fact that one in six—or 16 percent—of all Kane children under 18 years of age are obese, a rate that more than doubles for Kane’s Hispanic and African American children countywide. Funding from a \$360,000 Robert Wood Johnson Foundation Healthy Kids, Healthy Communities grant will support the initiative by engaging community members and leaders from all walks of life across the county to develop a comprehensive assessment of the changes needed in their communities to promote healthy living and prevent childhood obesity. This health-promoting vision will be incorporated in the county’s master land use and transportation plan updates. Expected results include: the advancement of Complete Streets policies and Safe Routes to Schools in multiple jurisdictions across the county; an increased access to safe places for physical activity in urban areas; and increased access to fresh fruits and vegetables through a community garden program.

Fit Kids 2020 Leadership Summit

4 p.m. to 7 p.m. Wednesday, Feb. 24

9 a.m. to 4 p.m. Thursday, Feb 25

*Riverside Receptions & Conference Center
Geneva*

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