



Schaumburg CAN support families making healthy choices

A group of Schaumburg organizations called Schaumburg CAN (Children – Activity – Nutrition) have teamed up to support families making healthy choices.

Its mission is to align the community around opportunities that build a foundation of healthy activity and nutrition for our children.

The Schaumburg CAN consortium includes the Campanelli YMCA, Alexian Brothers Hospital Network, Schaumburg Park District, School District 54, Village of Schaumburg, the District 54 PTA Council, Harper College, Schaumburg Township and the Children’s Home and Aid Society.

Childhood obesity is a national epidemic and data from Schaumburg Township mirrors national numbers.

During the 2010-11 school year, 28 percent of District 54 kindergarten students (361 students) were overweight, based on BMI (Body Mass Index) numbers provided by doctors on the health forms submitted to the schools. A BMI at or above the 85th percentile is considered overweight. During the same year, 38 percent (499 students) in sixth grade were overweight, based on the same health form data.

The organizations are committed to finding positive solutions to support and encourage those who live and work in Schaumburg to increase activity levels and improve nutrition.

YMCA of the USA, the national resource office for the nation’s 2,687 YMCAs, selected Schaumburg as one of 16 communities in Illinois, Michigan and Ohio to build a statewide network for reducing childhood obesity through its Activate America: Statewide Pioneering Healthier Communities (PHC) initiative. The Campanelli YMCA applied for this program and was selected after a competitive review process.