

What kinds of programs can a CO-OP organize?

Here are examples of successful programs launched by CO-OP Humboldt Park:

Fresh Produce Distribution: CO-OP HP has piloted affordable local distribution of fresh produce. Some produce bags are provided by a Community Supported Agriculture (CSA) program; others are filled using wholesale, culturally preferred items.

¡Muévete! This all age, beginner-level aerobics class for women and families supports the physical activity initiative and provides social support for participants. The workout includes warm up exercises, dance aerobics, abdominal exercises, and ends with toning and stretching.



¡Muévete! is a fun way for women to exercise together and support one another

ProduceMobile: Once a month, in collaboration with the Greater Chicago Food Depository's ProduceMobile, volunteers organized through CO-OP HP help distribute fruits and vegetables to families in need in Humboldt Park.



Conuco Farmer's Market on Paseo Boricua:

CO-OP HP manages the Farmer's Market as another food access initiative.

The Farmer's Market brings fresh produce to the neighborhood

CLOCC is a nationally recognized consortium that brings together hundreds of organizations and individuals to confront childhood obesity in Chicago.

CLOCC fosters and facilitates connections between researchers; public health advocates and practitioners; corporations; policymakers; and children, families and communities.

Together, we work to promote healthy and active lifestyles for children throughout the Chicago metropolitan area.

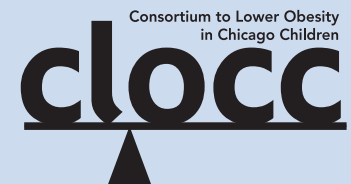
Community Organizing for Obesity Prevention (CO-OP)



A Model for Community Action to Prevent Childhood Obesity



2300 Children's Plaza, Box 157
Chicago, IL 60614
Phone: 312.573.7760
Fax: 312.573.7825
E-mail: info@clocc.net
Web: www.clocc.net



What is CO-OP?

Community Organizing for Obesity Prevention (CO-OP) is the key strategy for community-level work of the Consortium to Lower Obesity in Chicago Children (CLOCC). The model was developed by the Puerto Rican Cultural Center, the Sinai Urban Health Institute and CLOCC. CLOCC and CO-OP partners are now working to disseminate the model to other Chicago neighborhoods.



The CO-OP strategy:

- Mobilizes existing community leaders and organizations
- Supports collaboration to develop a "menu" of intervention strategies
- Promotes healthy eating and physical activity among the target population and the community at large
- Links clinical practices to community programs

CO-OP efforts will be unique to the communities in which they are located. The combined body of diverse CO-OP models will provide useful lessons for local and national obesity prevention efforts.

How does it work?

A CO-OP Steering Committee shapes the interventions, coordinates staff members who administer them, and serves as a "broker" between and among organizations. This strategy fosters deeper investment by the partner organizations and encourages long-term sustainability.

It takes several years to establish CO-OPs and nurture them to a point where they begin to have an impact and become sustainable. CO-OP efforts establish deepened community organizing and capacity-building activities in the communities in which they are located.



One of CO-OP's goals is to bring information and resources to the neighborhood



CO-OP Humboldt Park works to increase food access in the community

Where has it worked?



CO-OP
Humboldt Park

CO-OP HP is a community-based effort in the predominantly Puerto Rican section of Chicago's Humboldt Park. CO-OP HP was created by a partnership of the Puerto Rican Cultural Center, the Sinai Urban Health Institute (SUHI), and CLOCC. Through this collaboration, initiatives were launched with special attention focused on increasing access to healthy eating for young children and families and the promotion of physical activity. Health is viewed by CO-OP HP leaders not as one aspect of life but as all aspects of life combined. Project leaders seek to create a "community of wellness," of which the struggle against obesity is an essential component. The goal is embodied in the CO-OP HP motto, "Con familias saludables, nuestra comunidad echa pa'lante" ("With healthy families, our community can move ahead"). CO-OP HP seeks to address obesity in Humboldt Park through increasing access to fresh produce, opportunities for physical activity, and linkages between healthcare providers and health promotion programs.