



# Communal Solutions to Systemic Problems

Sara Phalen, ED People Made Visible  
Healthy West Chicago

# West Chicago

Historically diverse community

Latinos: 53% population, 80% school district students



COMMUNITY NEED



**2.3X**

WEST CHICAGO  
HEART FAILURE ER RATE IS  
2.3 TIMES HIGHER THAN  
DUPAGE COUNTY



**37**

*out of 100*

WALK SCORE:  
CAR DEPENDENT



**94%**

THINK INCREASING  
HEALTHY EATING IS  
IMPORTANT TO  
THEIR FAMILY

# People Made Visible

People Made Visible provides support to individuals and organizations that seek to grow community in West Chicago.

Community Led, Artist Incubator

**WANNA GO FOR A WALK?** quieres ir a dar un paseo? Presented by People Made Visible & Healthy West Chicago. For more info, contact [amccann@proton.me](mailto:amccann@proton.me)

Walking is -----> connection  
poetry  
awareness  
belonging  
participation  
health  
art  
balance  
life

A series of public walks around West Chicago with artist & educator Austin McCann

Saturdays @ 10am  
from Sep 10–Nov 5

Starting from Gallery 200 (103 W Washington St) in West Chicago

**FREE & OPEN TO EVERYONE!**



# Healthy West Chicago

## Community Collective

- People Made Visible
- Mexican Cultural Center
- American Heart Association
- West Chicago Community High School District 94
- West Chicago Public Library District
- Western DuPage Chamber of Commerce
- Community Member at Large
- Northwestern Medicine
- City of West Chicago
- Educare of Western DuPage
- WeGo Together for Kids
- West Chicago Elementary School District 33
- DuPage County Health Department
- West Chicago Park District

Healthy  
West Chicago



Making The Healthy Choice, The Easy Choice

## Initiatives

- Virtual Cook Along Cooking Classes with Food Kits
- In-Person Nutrition Cooking Demos with Food Kits
- Virtual Nutrition Demos
- Grocery Gift Cards
- In-Person Kids Cooking Clubs
- Virtual Family Cooking Classes
- Rethink Your Drink Education
- Community Garden Build
- Flu Shot Clinics
- COVID-19 Vaccine Clinic
- Blood Pressure Clinic
- Food Distribution Assistance
- In-Person Yoga Classes
- In-Person Zumba Classes
- In-Person & Virtual 5K
- Wellness Challenge App
- D33 Wellness Nights
- Sensory Walks
- Walks Through History
- Alebrijes Scavenger Hunt
- 5k Fun Run
- 1 Mile Youth Run

# Leveraging Partnerships/Fillings Gaps





# Accessible (Health) Programs

**Yoga in the Park**  
Tuesdays at 6:30 PM

All are welcome!  
No registration required



Healthy West Chicago



**GRATIS** OCTUBRE 2022 - MAYO 2023

**FAMILIAR**  
Noche de Bienestar

3er jueves del mes

10/20/22 de 6-7 pm Gary Elementary (Yoga) Receta: Pancakes de Calabaza	11/17/22 de 6-7 pm Indian Knoll Elementary (Zumba) Receta: Spaghetti con Marinara y Calabacín
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## Seed Paper Workshop

Saturday, April 9th

drop in event 10:30am-1:30pm

@Gallery 200

103 W. Washington Street

2022 Milkweed Project Sponsored by People Made Visible  
Monarch Lifecycle Art by Chris Hodge

