

Parents United for Healthy Schools: The Chicago Experience

IOM Public Session on Parents and Childhood Obesity
February 21, 2013





“I was able to open my eyes, get involved, raise my voice, and make healthy choices in my life, my family, my school and my community.”

Karina

HSC works to ensure that schools can provide students with healthy environments, nutritious food, opportunities for physical activity and experiences that support lifelong healthy habits.

Empower

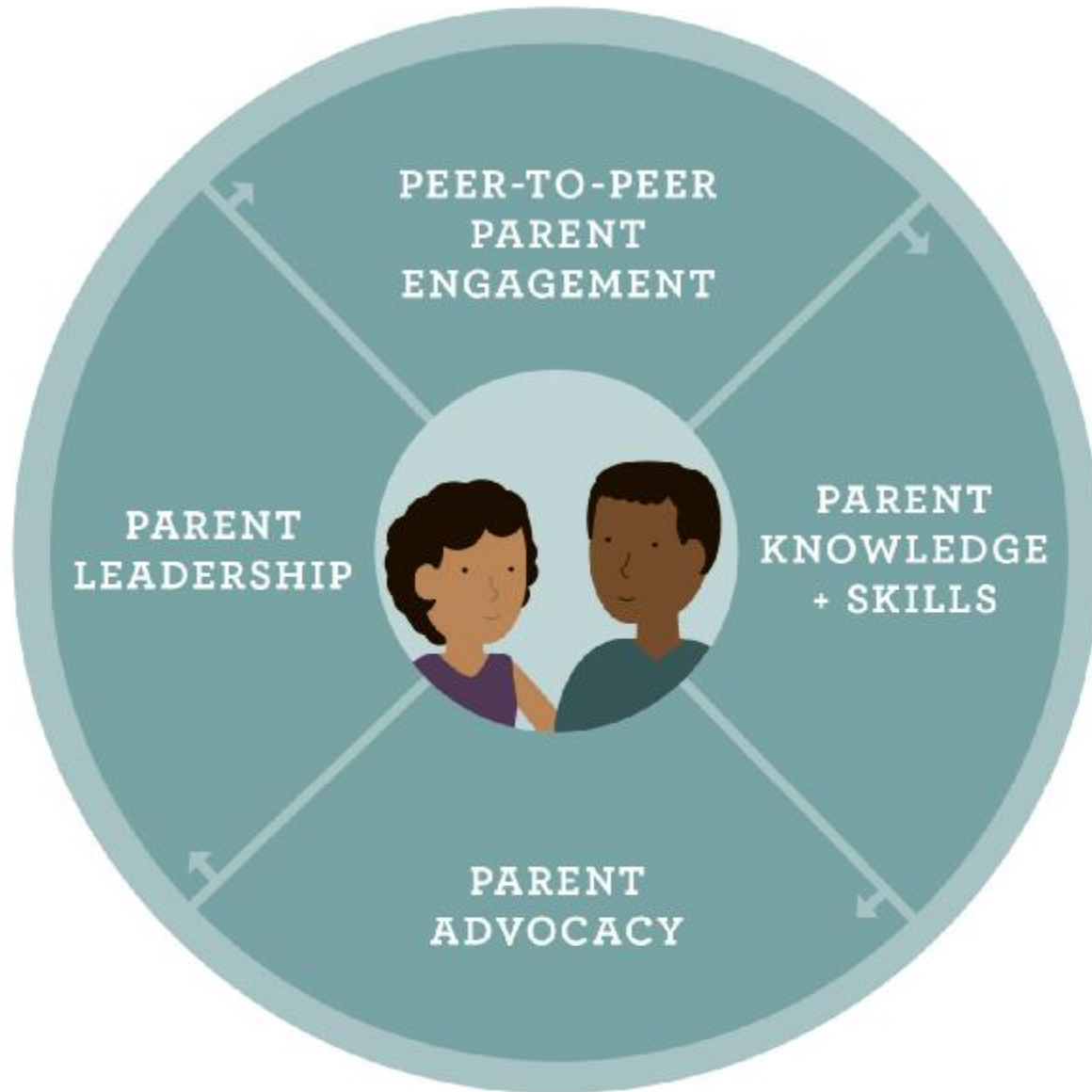
Empower Advocate

Empower
Advocate
Build

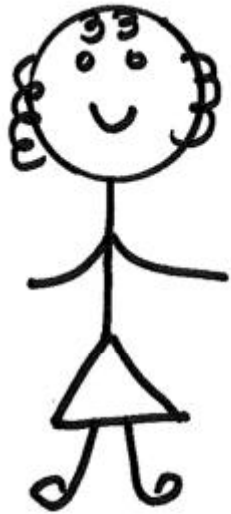
Popular Education



4 Stages of Parent Organizing



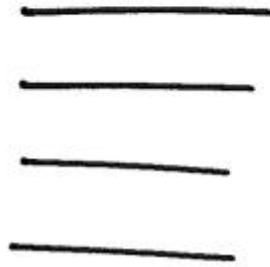
Engaging



My life in
Mexico
Mi vida en Mexico



My life in USA
Mi vida en USA



my healthy life
mi vida Saludable



Training



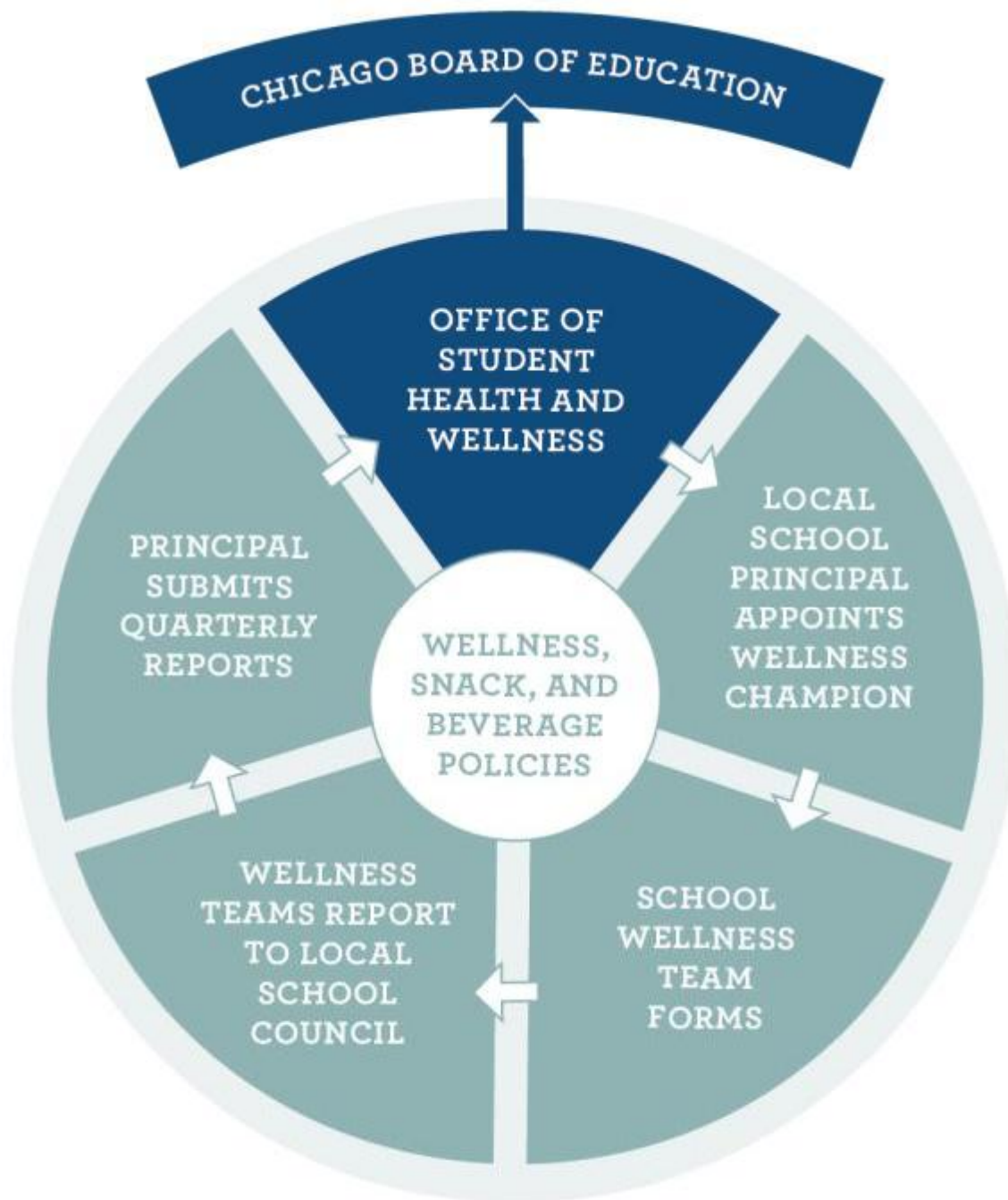
Advocacy



- Understand relations of power.
- Activities to influence decision makers.
- Concrete short term wins.
- Strengthen parent base.

Leadership





Addressing Barriers/ Creating Opportunities



Additional Observations



Thank you!



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