



**The Pekin Park Board of Commissioners Adopted
A Health and Wellness Policy
April 8, 2021**

The Pekin Park District worked with the Illinois Public Health Institute and Tazewell County Health Department to develop a Health and Wellness Policy for the Park District. The Pekin Park District was identified as a key community organization to adopt and implement such a policy. The policy focuses on Nutrition, Physical Activity, Local Purchasing and Sustainability, and includes ways to educate, monitor and communicate the implementation of these policies to staff and the public.

For background, the Illinois Public Health Institute (IPHI) has a cooperative agreement with the Centers for Disease Control and Prevention (CDC) called the Illinois State Physical Activity and Nutrition (ISPAN) program. The ISPAN program advances initiatives related to nutrition and physical activity in order to help support the health of Illinoisans, especially low-income and rural communities, and communities of color. The ISPAN program prioritizes three regions in the state, including the Tazewell, Peoria, Woodford Tri-County region.

The Tazewell County Health Department (TCHD) has partnered with IPHI through ISPAN to work with important community organizations to provide healthier food options to the communities they serve. As an organization integral to the fabric of Pekin, the Pekin Park District was identified by the TCHD as a critical partner in local efforts to help our community members live healthier lives. In accordance with our mission to improve quality of life for the district's residents, the Pekin Park District anticipates this policy will solidify our continued dedication to the health and wellness of our employees, communities and environment.

Check out the policy [here](#)! To learn about opportunities for your organization to develop their own policy, reach out to Kathryn from the Illinois Public Health Institute at Kathryn.Bernstein@iphionline.org.