

# REACH U.S.

## University of Illinois at Chicago

Chicago, Illinois

*A REACH Center of Excellence in the Elimination of Disparities (CEED)*

**Racial and Ethnic Approaches to Community Health Across the U.S. (REACH U.S.)** is a national Centers for Disease Control and Prevention (CDC) program aimed at eliminating racial and ethnic health disparities. It utilizes community-based approaches to reduce the burden of chronic illness in specific at-risk populations. There are 18 REACH **Centers of Excellence in the Elimination of Disparities**. They serve as national expert centers implementing, coordinating, refining, and disseminating programmatic activities designed to eliminate health disparities.

### ISSUE

The University of Illinois at Chicago works to reduce cardiovascular disease and diabetes among Hispanics/Latinos and African Americans living in the Chicago metropolitan statistical area. The program, *CEED@Chicago*, uses strategies directed at policy and systems changes that will increase the equitable distribution of healthy food and improve health literacy at the community level through peer education. The Chicago metropolitan statistical area includes southeast Wisconsin, northwest Indiana, and southwest Michigan.

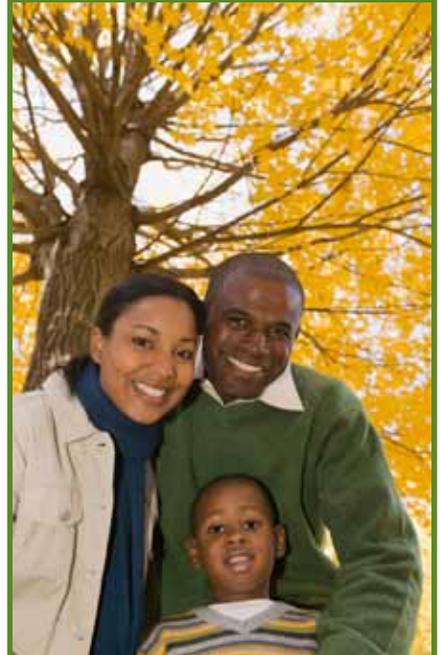
### ACTIVITIES

- Creates and disseminates curricula in the topic areas of healthy eating and physical activity to enhance the skills and knowledge of community health workers doing outreach work with African American and Hispanic/Latino communities. Supports a newly established collaborative of agencies that train and employ community health workers to take action on training and policy issues.
- Promotes community health workers as members of healthcare teams.
- Educates planners about local production of healthy food and about the importance of incorporating food systems thinking into their planning processes when considering policies at multiple governmental levels.
- Provides information and data to policy makers related to food access equity issues.

### ACHIEVEMENTS

- *CEED@Chicago's* Food Equity Policy Committee targeted policies that improved the availability of needed data used to identify underserved communities.
- The Health Literacy/Community Health Workers Policy Committee increased information dissemination about healthy eating and physical activity to Chicago communities through the services of community health workers.
- *CEED@Chicago* has become a resource for mentoring communities in community mobilization, community-based participatory research, and program development and evaluation.

University of Illinois at Chicago  
Midwest Latino Health Research,  
Training and Policy Center -- MC 625  
1640 W Roosevelt Road, Suite 636  
Chicago, IL 60608  
(312) 413-0507  
<http://ceedchicago.csw.uic.edu/>



## REACH U.S.

Centers for Disease Control and Prevention (CDC)  
1600 Clifton Road, NE, Atlanta, GA 30333  
Tel: 1-800-CDC-INFO (232-4636)  
TTY: 1 (888) 232-6354  
Email: [CDCINFO@cdc.gov](mailto:CDCINFO@cdc.gov)  
Web: [www.cdc.gov](http://www.cdc.gov)

National Center for Chronic Disease Prevention and Health Promotion  
Division of Community Health

