

DISTRICT 45

NAVIGATING A DYNAMIC WORLD

March 5, 2021

Jyl Steinback
Executive Director
Shape Up US
16356 N. Thompson Peak Parkway
Scottsdale, AZ 85254-2214

Dear Ms. Steinback:

This letter of support is submitted on behalf of DuPage County School District 45 in partnership with Shape Up US. We consider our partnership with Shape Up US a priority as we work to address the issues of childhood obesity and its health effects on students.

Childhood obesity has more than tripled in the past 30 years. In response, obesity treatment programs have been developed. However, only 5% of scientific studies of these programs found long term health effects. Therefore, effective interventions are needed with a different approach with the best evidence. Additionally, given the events of the past year with the global pandemic, student, family, and staff health and wellness is in need of desperate attention. DuPage County School District 45 proposes support student, family, and staff health and wellness using Shape Up US' Hip Hop Healthy Heart Program for Children™ program.

The Mission of Shape Up US is to build a circle of wellness that integrates comprehensive health education into existing curriculum. They target educators as the flagship entry-point for introducing its programs to students and parents at schools. It flows from teacher, to student, to family, to community, and back to the classroom.

DuPage County School District 45 looks forward to partnering with Shape Up Us, and thanks you for your kind consideration of their grant request.

Sincerely,



Christine M. Arado, Ed.S.
Director of Learning