



Community Unit School District 200

Administration and School Service Center
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May 17, 2021

Ms. 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 Wheaton Warrenville Community Unit School District 200 in partnership with Shape Up Us. We consider our partnership with Shape Up Us vital in addressing the health and wellness needs and issues within our student population.

Childhood obesity remains a serious problem and that puts children and adolescents at risk for poor health. Data from 2015/2016 show that nearly 1 in 5 children and young people aged 6-19 years in the U. S. are obese. In addition, the effects of the global pandemic this past year have caused a considerable amount of fear, worry and concern for everyone. Therefore, the health and wellness needs of students, their families and staff are a high priority. The Shape Up Us Hip Hop Healthy Heart Program™ is an effective intervention to address childhood obesity and the social/emotional aspects of the pandemic and other life stressors.

The mission of Shape Up Us is to build a circle of wellness that integrates comprehensive health education (mind, body and emotion) into existing curriculum. In addition to lessons on ways to build a healthy heart and a healthy lifestyle (plant-based nutrition, exercise and dental hygiene), students also learn techniques for lifestyle practices that build emotional health and teamwork skills. The program targets educators as the flagship entry point for introducing the program to students and parents at schools. It flows from teacher/school nurse, to student, to family, to community, and back to the classroom.

Wheaton Warrenville Community Unit School District 200 looks forward to partnering with Shape Up Us and thanks you for your kind consideration of their grant request.

Sincerely,

Suzanne Holt Vasko, RN, MSN, PEL-CSN
CUSD 200 Health Services Department Chair