

Healthy Communities Initiative

The West Cook YMCA and Westlake Hospital's Healthy Communities Initiative offers Proviso Township residents the opportunity to learn about how to lead a healthy lifestyle through health education sessions, health screenings and fitness programs. Through this program the West Cook YMCA continues its tradition of making communities aware of the huge benefits that exercise brings to someone's spirit, mind and body while Westlake Hospital expanded its ability to serve the residents of Proviso Township, especially the uninsured and underinsured by providing health screenings and health education sessions.



From July 2014– June 2015, the West Cook YMCA and Westlake Hospital carried out 51 health fairs and screening sessions – providing thousands of individuals with powerful knowledge and education about their physical well-being. Here are some selected stats.

- 245 of the 967 individuals who provided information about their health insurance status were uninsured.
- 1,138 individuals participated in 4,394 health screenings
- 1,971 of the health screenings performed indicated abnormal or borderline results. Individuals with abnormal results were notified by mail or by phone and were encouraged to seek medical attention. Individuals were also provided with local options if they needed help in finding a primary care physician

From July 2014 – June 2015, HCI has provided:

- 51 health screening events
- 226 health education/access events
- 2299 number of health education/access attendees
- 4394 individual health screenings
- 272 BMI Screenings
- 699 Glucose Screenings
- 834 Blood Pressure Screenings