

News Release

FOR IMMEDIATE RELEASE

Contact: Cathy Hoffman (717) 381-4282

Student Health Force Chicago Outcomes Announced Project-Based Learning Program Encourages Healthy Behaviors

Chicago, IL - As National Public Health Week continues, public health leaders across the country are calling on Americans to commit to making America a healthier nation, one community at a time. Today public health leaders and community members convened at the Building a Healthier Chicago conference where InnerLink announced the outcomes of the Student Health Force Chicago summer program. Student Health Force, a project-based program with online and hands-on activities, is shown to be effective in transforming students into “health champions” for their community.

Dr. Robert Gillio, CEO and Chief Medical Officer of InnerLink designed Student Health Force to address the critical health and workforce challenges facing our cities. “The students in this program focus on fitness, nutrition and chronic disease, as we teach them how to Learn it! Live it! and Share it!,” said Gillio. “Through the partnerships forged with Chicago Public Schools, Building a Healthier Chicago, The Chicago Department of Public Health and a number of community based health organizations, these students were motivated to stay in school, take better care of themselves and their loved ones, and learn critical skills for employment in the health sector.”

Based on the Centers for Disease Control and Prevention’s (CDC) coordinated school health and socio-ecological models, the Student Health Force program supports community health consortia and involves all stakeholders in creating a healthy community. This Chicago summer program involved 100 at-risk high school students who used their summer vacation to further their health education. One hundred percent of students in the program created a personal wellness plan and were certified in CPR and AED. For those students that identified weight loss as a goal in their wellness plan, we witnessed an average weight loss of 4.7 pounds. Students in the program increased their health knowledge by twenty percent - demonstrated through pre and post testing.

Michael Diamond, executive director of Student Health Force Chicago is confident that these students are a vital part of a long term strategy to improve our health and productivity to become a more globally competitive city. “Health disparities in Chicago are unacceptable and people’s health can be improved through better access to timely and accurate health information, finding local health resources to administer care, and learning ways to better manage their health,” stated Diamond. “There are so many extraordinary programs and resources committed to improving health in Chicago, Student Health Force is exactly the program we need to help people find these resources and use them. The students from the summer program were able to influence their peers and their families in a way that professionals are not able to do. They have become a force for health in our community.”

Dr. Gillio challenges other cities to follow Chicago’s example. For more information, visit

<http://studenthealthforce.com/gallery.php>



313 West Liberty St, 201, Lancaster, PA 17603
Phone (866) 522-5487 Fax (717) 735-8109

News Release

About InnerLink, Inc. - Headquartered in Lancaster, Pennsylvania, InnerLink, Inc., is a developer of innovative web-based solutions that help communities learn and apply healthy behaviors to prevent chronic diseases. Student Health Force is a workforce development program powered by InnerLink that focuses on health and education to reduce health disparities, prevent chronic diseases and provide 21st century skills for the students in a community. With expertise in coordinated school health, electronic health records management and health literacy, InnerLink is a proven partner working with sponsors, schools and communities to improve health outcomes. For more information, go to www.theinnerlink.com.

###