



Village Hall

5127 Oakton Street
Skokie, Illinois 60077

Phone (847) 673-0500
Fax (847) 673-0525

www.skokie.org
SkokieVision Municipal Cable
1660 AM Skokie

Council-Manager Government

Mayor	George Van Dusen
Clerk	Pramod C. Shah
Trustees	Michele L. Bromberg Karen Gray-Keeler Ralph Klein Randall E. Roberts Edie Sue Sutker Ilonka Ulrich
Manager	John T. Lockerby
Counsel	Michael M. Lorge

Awards and Distinctions

All America City Finalist
American Public Works Association (APWA) Accreditation
Center for Public Safety Excellence (CPSE)
Gold Level Clean Air Counts Community
Governor's Hometown Award
Government Finance Officers Association Budget Award
Government Finance Officers Association Certificate of Achievement for Excellence in Financial Reporting
Illinois Law Enforcement Accreditation (ILEAP)
Insurance Services Office (ISO) Class One Fire Department
State of Illinois Certified Health Department
Tree City U.S.A. Distinction

Village of Skokie

July 24, 2017

For Immediate Release

Village of Skokie and Northwestern University to Partner on South Asian Health Study

The Village of Skokie is partnering with Northwestern University on a five-year project to improve the health of South Asians in Skokie and the surrounding area, Skokie Health Director Dr. Catherine Counard announced today. “Numerous studies confirm that South Asians are at much higher risk for heart disease, diabetes and high blood pressure when compared to other populations. Our partners at Northwestern University have successfully addressed these issues with the South Asian Healthy Lifestyle Intervention (SAHELI), a recent pilot program that encourages South Asian individuals to adopt specific lifestyle changes to improve their health,” said Counard. “The National Institutes of Health (NIH) is providing a \$3.5 million grant for a study in which Northwestern University, the Village of Skokie, NorthShore University HealthSystem, Metropolitan Asian Family Services and other agencies will partner to expand the reach of SAHELI to Skokie and surrounding communities.”

Northwestern University successfully applied for the NIH grant and will administer the project over the five-year grant term. The recent SAHELI pilot was led by Dr. Namratha Kandula and her team at Northwestern University. “Individuals who participated in SAHELI lowered their blood sugar and weight,” said Kandula. “Most health advice is not geared to the unique cultural aspects of South Asians’ lifestyle, but in SAHELI, we provide education and behavior change strategies that are evidence-based and specifically geared to South Asians. The aim of the continued, larger study funded by the NIH grant is to implement and evaluate healthy lifestyle intervention adapted to the cultural context of South Asians, who are the second fastest growing ethnic minority group in the U.S.”

“The Skokie Health Department will assist Northwestern University with recruitment, health education and community outreach for the study. We look forward to working with Dr. Kandula, the rest of her team at Northwestern University and study partners on the expanded SAHELI to improve the health of South Asians living in and around Skokie,” said Counard. “We are grateful for the strong community partnerships that led to this important collaboration.”

Recruitment of study participants is expected to begin in early 2018. For more information on the study, email southasianhealth@skokie.org or call the Skokie Health Department at 847-933-8252.

Released by
Janelle Silva
Public Information Division
847/933-8257