



November 2016 ISSUE No. 17

Be Healthy QC Newsletter



National Walk to School Day Coincides with Publication of Safe Routes to School Plans

October 5, 2016 marked the 20th anniversary of National Walk to School Day, when thousands of students, parents, community leaders, state and local officials across the United States walked to school. This one-day event is aimed at building awareness of the need for walkable communities. The timing of this celebration fit perfectly with the publication of four new [Safe Routes to School](#) plans in the QCA. Plans completed this year were for the Martin Luther King, Jr. Center in Rock Island, IL; Hayes Elementary and Madison Elementary in Davenport, IA; and Lincoln-Irving Elementary in Moline, IL.

To learn more about National Walk to School Day and local Safe Routes to School efforts, check out this recent [story from KWQC](#).

SafeRoutes



Currently, Bi-State Regional Commission in partnership with the Quad City Health Initiative, is implementing a Be Healthy QC project to address healthy communities' initiatives in Rock Island County, Illinois and Scott County, Iowa. Over the last two years, Bi-State has assisted in the development of seven new Safe Routes to School plans thus facilitating access to physical activity for local school children. This project is one of the projects being funded by our PICH (Partnerships to Improve Community Health) grant.

Have a Happy and Heart-Healthy Thanksgiving!

It can be difficult to Eat Right and Move More during the holiday season, but here a few tips from the American Heart Association to help you have a happy *and* healthy Thanksgiving.

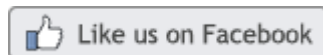
- Eat Right! - Substitute unhealthy ingredients for ones that are healthier
- Produce Power! - Fill your plate with vegetables first - they provide important nutrients and will help fill you up
- Move More! - Plan to take family walks after each holiday gathering
- Read more tips [here](#)



Want to be recognized for the work your organization or business is doing? Take our Worksite Wellness Healthy Workplace Assessment here!

Be Healthy QC recently unveiled a new healthy workplace recognition program. Businesses that meet at least 10 of the 20 items on the assessment found at the link below will receive a letter and certificate of recognition for their worksite wellness efforts, as well as a window cling to display at the entrance of their business. If you would like your business to be recognized for your progress in creating a healthy workplace, please download and complete the assessment linked below and return it to: quadcityhealthinitiative@gmail.com.

Take Our Assessment Here



Quad City Health Initiative
563-421-2826
evansrachel@genesishealth.com
<http://www.qchealthinitiative.org>



Made possible with funding from the Centers for Disease Control and Prevention

Quad City Health Initiative, Davenport Medical Center (West Campus),
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