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# Be Healthy QC Newsletter



## Welcome to the Be Healthy QC Newsletter!

Dear Friends,

This past year has been good to us here at QCHI! We were awarded a Centers for Disease Control (CDC) Partnerships to Improve Community Health (PICH) Grant to expand upon our work under Be Healthy QC. We are happy to announce that we are beginning to break ground on our associated projects and can't wait to let you know how they are doing!

As part of our efforts, we're going to start distributing a newsletter containing progress updates as well as information on healthy eating and active living opportunities and events happening around the Quad Cities. In our first issue below, we'd like to introduce you to the new projects and partners working with Be Healthy QC.



### **Nutrition:**

#### ***Increase the Number of People with Improved Access to Environments with Healthy Food and Beverage Options***

##### **Enhancing School Wellness Policies**

The Rock Island County Regional Office of Education (RIROE) is the primary provider of intermediate educational services between the local Illinois school districts and the Illinois State Board of Education. Under the PICH grant, RIROE will work to enhance the current opportunities for children and staff to access healthy foods and beverages at school. To accomplish this, RIROE has hired a School Wellness Coordinator that will support staff and students within the school districts to: provide awareness of the need for increased accessibility to healthy foods and beverages; work with school district partners to align existing school nutrition practices with national standards and guidelines; and to work with school districts to implement healthy vending and concession practices.

##### **Building Neighborhood Gardens and Distribution Centers**

Broadway Presbyterian Church, in conjunction with the Rock Island Urban Gardeners (RIUG), operates neighborhood gardens in Rock Island. These gardens fill several needs in the community, including providing fresh produce to food pantry sites and maintaining an "international garden" tended by refugee and immigrant groups that features native produce not normally found in local markets.

Under the PICH grant Broadway Presbyterian will work to increase Rock Island residents' access to healthy foods by establishing 4 new gardens in Year 1 and providing produce to the community through distribution locations. To assist with this project work, Broadway has hired a Community

Gardens Coordinator to direct the coordination of all area gardens and to provide learning opportunities to area residents on gardening practices and healthy eating habits.

### **Physical Activity:**

#### ***Increase the Number of People with Improved Access to Physical Activity Opportunities***

Bi-State Regional Commission (BSRC) is the region's local voluntary planning organization for 5 counties and 43 municipalities. It has primary responsibility for coordinating transportation planning across the metropolitan area. As such, BSRC is in a key position to coordinate the development of grant related physical activity work.

#### **Developing Safe Routes to Schools**

BSRC has hired a Planner to focus on designing and implementing Safe Routes to Schools (SRTS) programs with interested elementary schools in both Iowa and Illinois. The Planner will offer technical assistance to schools to ensure physical activity practices meet CDC or national standards by developing SRTS Travel guidelines that include identification of issues and mitigating solutions for walking and biking near schools in the Rock Island and Scott County school districts. This objective will facilitate greater access to physical activity by involving the schools, parents and community to ensure connectivity to the schools for adjoining neighborhoods and will promote physical activity through school commuting.

#### **Creating a Trails Web-based Map and Mobile App**

BSRC will also collaborate with community partners and stakeholders to develop and release an interactive, web-based map and mobile application that shows connectivity between sidepaths, parks and public resources to increase opportunities for physical activity for the public. This will create opportunities for physical activity in public settings by providing current information on trail and park conditions through an interactive map on a website and through an application for mobile devices, such as tablets and smart phones.

We're very excited to begin work on these projects! If you have any questions please call the QCHI office at 563-421-2826. Keep an eye on your inbox and we'll talk to you again soon!

**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](mailto:quadcityhealthinitiative@gmail.com).

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