



May ISSUE
2015 No. 2

Be Healthy QC Newsletter



Welcome to the Be Healthy QC Newsletter!

Our first newsletter had many of you wondering "Just what is the Be Healthy QC Coalition?" Read all about it in this latest issue!

What is the Be Healthy QC Coalition?

Be Healthy QC is a collaborative partnership of organizations from across the Quad Cities whose goal is to create a culture of wellness that supports healthy eating and active living. The Coalition is the forum these organizations use to "connect the dots" to address local issues as they arise, share opportunities they have encountered, and report progress on projects and initiatives.

Vision Statement

To have all sectors of our bi-state community align and work together on program, policy, systems and environmental changes in order to create a "culture of wellness" that supports healthy eating and active living.

Goals

Increase physical activity and healthy eating behaviors in order to increase the percentage of area adults and children who are at a healthy weight. These goals are measured through population health indicators such as: % adults with a BMI between 18.5 and 24.9 and % children (ages 5 - 17) with BMI between the 5th and 85th percentile for weight.

Strategies

1. Promote development and adoption of worksite wellness programs/policies
2. Promote development and implementation of comprehensive school wellness

policies

3. Promote development and implementation of nutrition and physical activity interventions in preschools and childcares
4. Increase the number of people who have primary care physician driven medical homes
5. Develop a built environment that supports active living
6. Increase access to healthy foods especially fresh fruits and vegetables
7. Implement a cross-sector health promotion campaign on health eating and active living

Coalition Membership

*Updated List

Bi-State Regional Commission
Broadway Presbyterian Church/Rock Island Urban Gardeners
City of Bettendorf
City of Davenport
Community Health Care
Deere & Company
Family Resources
Genesis Health System
Pleasant Valley Community School District
Quad Cities Food Hub
Quad City Health Initiative
Quad City Medical Society
Rock Island Arsenal
Rock Island County Health Department
Rock Island/Milan School District 41
Rock Island County Regional Office of Education
Scott County Family YMCA
Scott County Health Department
Two Rivers YMCA
United Way of the Quad Cities Area
UnityPoint Health - Trinity

Meet our Team!

Each month we will do a short feature on one of our team members so you can get to know our crew as well as our projects!

Clayton Naylor

This month's team member is the School Wellness Coordinator from the Rock Island County Regional Office of Education (RIROE). Clayton has had a long career in education on both the Iowa and Illinois sides of the river. He served as the Principal for five different schools over a span of nearly three decades before retiring early and transitioning to a consultant and Assistant Superintendent with RIROE.



Clayton is highly motivated and excited to be a part of Be Healthy QC's school wellness work. In his off time he is an avid cyclist and outdoorsman, and enjoys playing golf, tennis and racquetball. He is married with two children and two grandchildren.

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

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

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Quad City Health Initiative | Davenport Medical Center (West Campus) | Central Park Medical Pavilion 2, Suite 3100 | 1401 West Central Park Avenue | Davenport | IA | 52803