



Welcome to the Be Healthy QC Newsletter!

Are you eating your fruits and vegetables?



According to the [2015 Community Health Needs Assessment](#), only 35.7% of adults reported consuming 5 or more servings of fruits or vegetables daily in the Quad Cities. 61.1% of kids 18 and younger were reported as having consumed 5 or more servings a day.

The USDA recommends that you eat 5-9 servings of fruits and vegetables daily. To find more information on ways you can make healthy changes to your diet, as well as tasty recipes, check out: [Fruits and Veggies - More Matters!](#) More Matters is a program spearheaded by the non-profit Produce for Better Health Foundation, in conjunction with the Centers for Disease Control (CDC).

Ever considered growing your own?

Summer is the perfect time to get outside and try your hand at gardening. There are several resources in the Quad Cities for residents to learn how to grow an indoor or outdoor herb garden, create a container garden, or even a backyard vegetable garden! Check out some of the resources below to learn more!



- [University of Illinois Horticulture Page](#)
- [Iowa State University Gardening Page](#)

Urban Gardening - Rock Island Urban Gardeners

We know that eating plenty of fruits and vegetables is key to a healthful diet, but not everyone has ready access to a grocery store or can afford to buy fresh produce. One approach is to bring the farm closer to people's homes by making it easier to grow food in backyards and on vacant urban land.

Through the Partnerships to Improve Community Health (PICH) Grant, sponsored by the Centers for Disease Control and Prevention (CDC) and awarded to Be Healthy QC, the Rock Island Urban Gardeners (RIUG) are working to increase access and availability to healthy food through their local urban- and community-gardens initiative. RIUG offers educational events for urban gardeners; strives to strengthen and expand the existing network of community- and resident-cultivated urban gardens; and communicates with residents about the value of urban gardening. To find out more, visit their webpage!

- [Rock Island Urban Gardeners](#)

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
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<http://www.qchealthinitiative.org>

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