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# Be Healthy QC Newsletter



## PICH Partner Profile

Let's start off 2017 by learning about one of the partners we'll work with all year!

### Rock Island County Regional Office of Education (RIROE)

**Involvement in Be Healthy QC:** The role the Rock Island County Regional Office of Education #49 has undertaken within the [PICH Grant](#) is to provide support and leadership to Rock Island County school districts toward the development of School Wellness plans and the promotion of nutrition awareness and healthy choices in their schools.

**Year Established:** Offices for 102 County Superintendents in Illinois were created in 1865. In 1973 the number of Superintendents was reduced to 78 and the office was renamed Regional Superintendent. Currently there are 38 Regional offices throughout the state.

**Mission:** Regional Offices of Education are essential support offices partnering with the Illinois State Board of Education to support local school districts.

As an intermediate agency between the Illinois State Board of Education and local school districts, the office of the Regional Superintendent performs regulatory functions as directed by the Illinois School Code.



## QC Trail of the Month

We're starting a new feature in our newsletters. Each month, we'll highlight a different trail from the Quad Cities area.

### Middle Road Sidepath - Bettendorf, Iowa

Don't let the cold weather stop you from getting out and being active in the winter months. The Middle Road Sidepath is a 3.7 mile bicycle and pedestrian path, that runs parallel to Middle Road in Bettendorf and is kept cleared of snow and ice

in the winter months. Bring your skates along for a fun experience at the new [Frozen Landing Family Ice Rink](#) in Middle Park. Visit [QCTrails.org](#) to learn more about this trail and others!



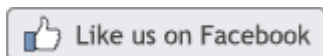
Take a break on a bench located along the sidepath

**Want to be recognized for the employee health work your organization or business is doing?**

**Take our Be Healthy QC Worksite Wellness Healthy Workplace Assessment!**

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).

**Take Our Assessment Here**



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



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