



Be Healthy QC

Why are we focused on nutrition and physical activity?

Assessment:

- Healthy Food Choices
 - Approximately 1 of every 4 adults reports eating 5 or more servings of fruits and/or vegetables per day
 - Nearly 1 of every 2 children (age 2-17) eats 5 or more servings of fruits and/or vegetables per day (parents recalled their child's food intake on previous day)
- Physical Activity
 - Approximately 1 of every 5 adults reported no leisure-time physical activity in the past month
 - Roughly 1 of every 4 adults regularly participates in adequate levels of both aerobic and strengthening activities (meeting physical activity recommendations)
 - Nearly 1 of every 2 children (age 2 to 17) is reported to have had 60 minutes of physical activity on each of the seven days preceding the interview (1 or more hours per day)
- Healthy Weight
 - Approximately 1 of every 4 adults is at a healthy weight (Body Mass Index between 18.5 and 24.9)
 - Approximately 3 of every 5 children (age 5-17) have a healthy weight (Body Mass Index between $\geq 5^{\text{th}}$ and $< 85^{\text{th}}$ percentile)

An excerpt of Quad Cities Area results from the 2018 Community Health Assessment. For more information, visit quadcities.healthforecast.net

Coalition Members

- Bi-State Regional Commission
- Broadway Presbyterian Church/Rock Island Urban Gardeners
- Child Abuse Council
- City of Bettendorf
- City of Davenport
- Community Health Care, Inc.
- Deere & Company
- Genesis Health System
- Iowa State University Extension and Outreach
- Modern Woodmen of America
- Quad City Medical Society/True Lifestyle Medicine Clinic
- Rock Island County Health Department
- Rock Island/Milan School District #41
- Rock Island County Regional Office of Education
- Scott County Health Department
- Two Rivers YMCA
- United Way of the Quad Cities Area
- UnityPoint Health - Trinity
- University of Illinois Extension



Contact Us
563-421-2815
qchealthinitiative.org



Be Healthy QC

We want to create a culture of wellness in the Quad Cities. We partner with public and private organizations to encourage healthy eating and active living across our community.

The Be Healthy QC Coalition assembled with goals to increase physical activity and healthy eating. To date, the following activities have been completed:

Innovation and Action (2013 - 2018):

- Workplace Wellness
 - Celebrated the importance of physical activity and healthy eating in 29 workplaces through the Workplace Wellness Recognition Program
- School Wellness
 - Assisted 11 school districts working to improve access to healthy food and beverages in Rock Island County
- Built Environment for Active Living
 - Encouraged students to walk or bike to school by developing 10 Safe Routes to School plans in Scott and Rock Island Counties
 - Launched an interactive web-based map QCTrails.org that contains information on over 90 area trails
 - Approximately 50,000 users on site since its launch
- Cross-Sector Education and Health Promotion
 - Promoted physical activity and healthy eating with the educational campaign “Eat right. Move more.”
 - Implemented education/outreach activities and media messages to promote the use of QCTrails.org
- Coalition Facilitation
 - Facilitated information sharing and collaboration among local organizations through regular Coalition meetings and special topic meetings

Join Us In Creating a Healthy Community!

Contribute:




For \$1,000, your logo would appear on our Be Healthy QC webpage all year long!

- Support common community messaging to encourage healthy eating and physical activity
- Support the Workplace Wellness Recognition Program
- Promote QCTrails.org and increase access to information on area trails
- Promote school-based wellness initiatives such as Safe Routes to School

Collaborate:

Volunteer to serve on the Coalition or a workgroup.

Connect:

- [Join our email list](#)
 - Follow us on social media
-   
- Create an account on qctrails.org



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