



# QUAD CITY HEALTH INITIATIVE (QCHI)

QCHI facilitates collaborative planning and action across community sectors and creates tangible resources that improve our community's health status and quality of life.

As the only Quad City organization to serve this role, we align community efforts and maximize community resources. QCHI paves the way to focus on what keeps you well and creates a healthier Quad Cities.



**QUAD CITY**  
Health Initiative

## WILL YOU JOIN US IN CREATING A HEALTHY COMMUNITY?

Contribute. Collaborate. Connect.  
[qchealthinitiative.org](http://qchealthinitiative.org)



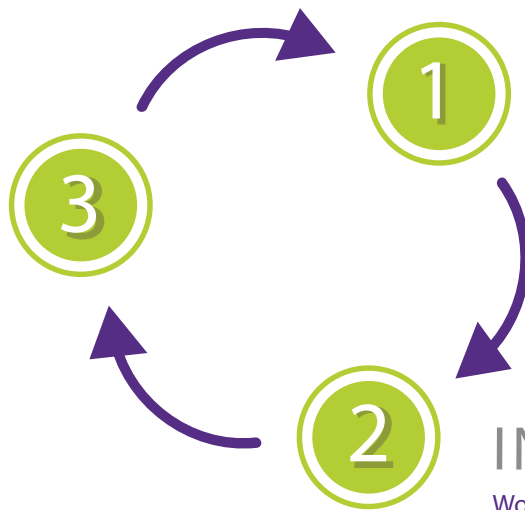
# CREATING A HEALTHY QUAD CITIES

Aligned with Q2030 goals, the Quad City Health Initiative creates collaborative action on health to operationalize our community's commitment to improved health and quality of life. Healthy people make a healthy community with lower health care costs, higher worker productivity, healthier families, higher educational achievement, and safer neighborhoods.

As an award-winning partnership, we create a healthy community by:

## ACTION

Convening people from across community sectors, organizations, and geographic areas to discuss and act on projects that tackle major community population health issues such as physical activity and healthy eating.




## ASSESSMENT

Coordinating and disseminating the comprehensive bi-state Community Health Assessment every three years that facilitates collaborative and individual action on the community's highest priority health needs.

## INNOVATION

Working with community partners to create innovative, new approaches on important community health issues such as mental health and person-centered care.



The Quad City Health Initiative is important because it convenes all sectors of our community including government, education, and private sectors which helps us to understand that it takes all of us working together to make our community healthy.

Denise Bulat, Executive Director, Bi-State Regional Commission

Over two decades, the Quad City Health Initiative has created and participated in community projects to promote health.



## SAFE ROUTES

Encouraged students to walk or bike to school by developing 10 Safe Routes to School plans in Scott and Rock Island Counties



## WORKPLACE HEALTH

Celebrated the importance of physical activity and healthy eating in dozens of workplaces through the Workplace Wellness Recognition Program



## MENTAL HEALTH

Advanced the importance of integrated physical and mental health care



## MOON WALKS

Promoted physical activity through five annual "Moon Walks"



## ORAL HEALTH

Increased access to oral health care



## TOBACCO

Reduced tobacco use by adults in the area



## NURSING

Worked to increase the number of qualified people entering the local nursing workforce



## NUTRITION

Assisted 11 Rock Island County school districts working to improve access to healthy food and beverages



## OUTDOOR ACTIVITY

Encouraged outdoor activity with an interactive web-based map QCTrails.org that contains information on over 90 area trails



## BE HEALTHY QC

Encouraged physical activity and healthy eating with the educational campaign "Eat right. Move more."



**QUAD CITY**  
Health Initiative



The Quad City Health Initiative focuses on community-wide health and access to services for all of our citizens. We convene and collaborate with all sorts of individual entities to make sure we have wellness within our community.

Mike Oberhaus, Vice President Finance & Administration, Quad Cities Chamber

# CONTRIBUTE. COLLABORATE. CONNECT.

Your investment today helps create a healthier tomorrow for each individual and the community as a whole. As new community-health related issues emerge, the Quad City Health Initiative stands

**READY TO TAKE ACTION.**



The power to make our community a healthier area is beneficial to everyone who lives, works and owns a business in the Quad Cities.

Amy Trimble, Owner  
WaterMark Corners

## WILL YOU HELP?

- Make a financial contribution
- Volunteer to serve on one of our committees
- Join our email list at [qchealthinitiative.org](http://qchealthinitiative.org)
  - Follow us on social media



## CONTACT US TODAY

(563) 421-2815

[qchealthinitiative.org](http://qchealthinitiative.org)

Please see our website for a list of all current QCHI Board Members and Sponsors.

Mission Statement: The Quad City Health Initiative exists to create a healthy community.

Vision Statement: The Quad City Health Initiative will be our community's recognized leader for creating collaborative action on health.

FOUNDED BY:

