



QUAD CITY
Health Initiative

QCHI E-Newsletter



Photo Courtesy: QC Trails

QC Trail of the Month

Highlighting a regional trail for your next adventure.

Discovery Park (Muscatine)

Exciting news: QCTrails.org just got bigger! It now includes more than a hundred miles of trails in Muscatine County. It seems appropriate, then, to highlight just one of them as this month's Trail of the Month.

Welcome to Discovery Park-- a 100-acre gem in Muscatine. This natural beauty in an urban environment includes walking trails, fishing ponds, small streams, wooded hillsides, a reconstructed prairie, the [Environmental Learning Center](#), and the [Muscatine Arboretum](#).

To learn more visit the [trail listing!](#)

Partner Points

Showcasing a partner's strategy to improve the health of our community and/or educate us.

The Scott County Health Department is working to make it easier to Move More*-- even if you're wheelchair bound.

Thanks to Disability Inclusive funding from the Iowa Department of Public Health, Scott County recently installed seven wheelchair charging stations, including one at the County Administrative Center, and others located at the ADA accessible campgrounds in Scott County and West Lake Parks.

Roger Kean, Director of Scott County Conservation says the charging stations significantly



Photo Courtesy: Scott County Health Department and Larry True

Wheelchair Charging Station Locations:

- Scott County Courthouse
- Scott County Administrative Center

impact their goal of being more "inclusive and encouraging" when it comes to outdoor recreation for all.

- Scott County Park Pool
- Scott County Campgrounds
- West Lake Parks



Resource Corner

Tools to create a healthier you - a healthier community.

27. It's an important number when it comes to people and the year, according to the CDC and their [Active People, Healthy Nation](#) campaign!

It all centers around the important goal of getting 27 million Americans more active by the year 2027. Think big and find plenty of resources to initiate a community / school / workplace event, or start by getting personal.

There are so many improvements you can accomplish by becoming more active. Here are just a few:

- Better quality of life
- Better school / work performance
- Reduced health care costs
- Improved economic impacts
- Reduced risk of at least 20 chronic diseases

BOTTOM LINE:

*Did you know "Move More" is one of the Be Healthy QC Coalition's fundamental goals? Learn more at the [BHQC page!](#)



Visit [QCTrails.org](#)

Quad City Health Initiative | 563-421-2826 | quadcityhealthinitiative@gmail.com | qchealthinitiative.org

STAY CONNECTED

