



Creating a Healthy Community Together

For many years, the Quad City Health Initiative (QCHI) has worked collaboratively across sectors to create a healthy community. As Quad Citizens, we understand how important it is for us to work together across geographic and organizational boundaries in order to address the physical, mental and social aspects of health. As we enter a new season and a new phase in our community's response to the COVID-19 pandemic, we thank the many community leaders, organizations and volunteers who have guided us so far. The COVID-19 Coalition, TogetherQC.com, and the Disaster Recovery Fund are just some of the many ways our community has demonstrated the commitment, collaboration and creativity that we greatly value.

We also understand the pandemic has highlighted our vulnerabilities, as individuals and as a community. We've become more aware of how factors such as income, education, housing, food, our physical environment and our social environment can help or hinder our health. Our pursuit of a healthy community is also a pursuit of health equity. Our community will be its healthiest when all members of the community are at their healthiest.

As we move forward in our community's recovery, it is imperative we continue to move forward together with shared messages and actions to showcase our unique community spirit. We must also embrace the recommendations that will keep our community healthy over time. We offer the following actions we believe will lead us to better community health:

1. Continue what we already know to stay healthy. Follow public health guidance for wearing masks, washing our hands, maintaining 6 feet of physical distance from others, and staying home when ill. These steps are crucial to mitigating the spread of COVID-19.
2. Eat healthy, move more, keep vaccinations up-to-date and make an appointment for an annual check-up! Prevention of disease is far better than treatment of disease.
3. Seek care when we need it. Our local hospitals, clinics and providers are working very hard to make sure they provide safe and supportive environments for our physical and mental healthcare. If there is an emergency health need, reach out for assistance right away.
4. Support our local community. Volunteer opportunities exist to support our neighbors in need of assistance with the basics of food, supplies and

housing. Consider how you can volunteer to make a difference!

5. Give blood. There is an urgent need for blood donations and this is a great way to help support your friends and neighbors when they need you the most!

6. Be an advocate for the Quad Cities. We know the Quad Cities is a special community—let's make sure others know it too. Support local businesses as they re-open, engage in dialogue about public policy, and be sure to fill out the Census so we can all be counted!

We know recommendations are not always easy to follow and there are challenges still to come. We also know we will rise and meet those challenges together. Our journey to create a healthy community will continue with your support.

Tom Bowman
QCHI Board Chair

Nicole Carkner
QCHI Executive Director

Quad City Health Initiative (QCHI) | qchealthinitiative.org

