



Welcome to the Be Healthy QC Newsletter!

In a recent newsletter we told you about the multi-day site visit we hosted for our grant officers from the Centers for Disease Control and Prevention (CDC). This month we were able to visit them! Our PICH Project Director and Project Manager traveled to Atlanta, Georgia for a technical assistance conference. It was a very informative experience, and we'd like to thank the CDC for offering us the chance to attend!

Be Healthy QC Visits the CDC!

Why were we there?

We had the honor of visiting CDC headquarters in mid-September as a PICH awardee. The PICH grant is a 3-year initiative that supports strategies to improve the health of communities and reduce the prevalence of chronic disease. The purpose of the visit was to best position us, as a PICH awardee, to execute our proposed Community



Action Plan with minimal challenges moving forward. The CDC focused our visit on offering us insight and guidance about creating meaningful solutions to improving health in our communities through presentations and meetings with Division leadership, staff, and PICH awardees from around the country. We were able to share current successes that have been accomplished to date, with the help of our partners, and to begin discussions about the sustainability of our efforts.

What did we do?

We interacted with a variety of PICH awardees from around the country and learned about the health initiatives they are embracing. Public Health of Seattle and King County, Washington spoke on their local food initiative and how they are increasing the amount of fruits, vegetables, and other healthy food options available at food banks and meal programs through food bags. (Link [here](#)) Cherokee Nation Health Services - from Tahlequah, Oklahoma - shared their innovative farm to school program to increase access to healthy food. (Link [here](#)) Schenectady County New York Public Health Services, together with Ellis Medicine, are working to implement a chronic care model to provide access to medical services for pre-diabetics and diabetics within their Guyanan immigrant community. (Link [here](#)) The initiatives that communities around the nation are developing in order to improve the health of their community is truly inspiring!

We were surprised and delighted to be featured as an example of how our PICH projects are taking into consideration health equity. Our projects focus on an approach that allows all populations, regardless of age, disability, education, environment, gender, income, race/ethnicity, or sexual orientation the opportunity to access healthy opportunities tailored to their needs, environment and unique cultural characteristics.

What did we learn?

During the two day event we learned about a variety of community health tools and resources. With these tools and resources we are able to further our community health objectives for Year 2 and expand upon our current programmatic work.

The Division of Community Health developed a *Making the Business Case for Prevention* video series to help communities expand their partner efforts. The videos demonstrate how, if we improve public health, we can benefit communities while simultaneously allowing businesses to be profitable. The videos should inspire action and motivate change by illustrating what can be accomplished and how to build community support with multiple audiences. Check out the videos on the CDC's Community Health Playlist on YouTube [here](#).

Stay Tuned!

This year has been quite an exciting whirlwind and we can't wait to share with you all of the wonderful successes and accomplishments our partners have had in Year 1. Stayed tuned for next month's newsletter to find out how the QC is becoming a healthier and more active community.

With the start of Year 2 only days away, we are excited to continue enhancing our Year 1 work and begin our Year 2 projects. We are fortunate to be able to work with amazing partners and have such dedicated community involvement. Thank you for all you do and here's to making the Quad Cities a healthier and more physically active community!

**Want to be recognized for the work your organization or business is doing?
Take our Worksite Wellness Healthy Workplace Assessment [here!](#)**

Be Healthy QC recently unveiled a new healthy workplace recognition program. 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.

Take Our Assessment Here



Quad City Health Initiative
563-421-2826
plumbe@genesishealth.com
<http://www.qchealthinitiative.org>



*Made possible with funding from the Centers
for Disease Control and Prevention*

[Forward this email](#)



This email was sent to carknern@genesishealth.com by plumbe@genesishealth.com | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider](#).



Quad City Health Initiative | Davenport Medical Center (West Campus) | Central Park Medical Pavilion 2, Suite 3100 | 1401 West Central Park Avenue | Davenport | IA | 52803