



Welcome to the Be Healthy QC Newsletter!

This month we are eager to share our new spokesfruit and spread the word about an exciting new local initiative that is also promoting nutrition and physical activity - the United Way's Born Learning campaign.

Meet our newest Team Member - Skip!

Be Healthy QC is so excited to finally introduce our newest team member: Skip! Skip loves fruits and veggies and playing outside with his friends. You'll be seeing him soon as he walks to school using his designated Safe Route or picking snacks out of his local community garden. He is excited to tell everyone how much fun it is to be healthy! Keep an eye out for him in the coming months.



Fun Facts about Skip:

- **Age:** 10
- **Sibling:** Scout - You'll meet her soon!
- **Favorite Color:** Why **green** of course!
- **Favorite Food:** Tomatoes, 'cause they're sweet like me!
- **Favorite Activity:** Walking along the trails
- **Favorite Hobby:** Gardening with my family
- **Favorite School Subject:** Lunch! Because I love the healthy food they serve me at school!
- **Favorite Part of the Day:** Walking to school



Have you heard? Born Learning is here!

What is Born Learning?

Born Learning is a national public engagement campaign designed by United Way, a world wide organization that works to advance the common good by focusing on education, income and health to improve conditions in local communities. Launched in 2005, Born Learning is designed as a tool for long-lasting community change that supports young children through:

1. Awareness and Education - Providing easy, fun action steps that parents, grandparents and caregivers can use every day. Educational material provided by Born Learning makes it simple and easy for parents, grandparents, informal caregivers and professional child care providers to find, understand and apply the latest research to help children come to school ready to succeed. The material helps parents make learning fun and take advantage of everyday moments.

2. Action - Providing a visible platform for public policy and action. Born Learning puts research-driven products - along with tools and templates for education and outreach - into communities through a national grassroots network that's creating innovative ideas to help local children. They're supporting a mobilization effort that helps any community's early learning efforts, providing tools, templates and training, along with more intensive national support for targeted communities or states.

The United Way's goal is to inspire everyone who impacts young children to make the best possible decisions to boost school readiness. They aim to give each child the tools to make long-lasting community change. For more information go to www.BornLearning.org.

Did you know that there are local Born Learning Trails?

Get outside and visit a trail for outdoor fun and learning. Born Learning Trails are fun, physical learning activities designed for parents or caregivers to play with young children. These may include fun games or activities that can be found on aluminum signs such as count the number of flowers or colors nearby, hopscotch, identifying shapes, colors, and various images painted on the ground, and much more. Look for Born Learning Trails in the following locations throughout the Quad Cities:

- **Buffalo Park** - 1115 Chestnut St., Buffalo
- **Camden Park** - Highway 67 & Milan Beltway, Milan
- **Fejervary Park** - 1800 W. 12th St., Davenport
- **Lindsey Park** - 2200 E. River Dr., Davenport
- **Marquette Park** - 3200 N. Marquette St., Davenport




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](#)

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