



For Immediate Release
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CONTACT:
Nicole Carkner, QCHI, 563-421-2815

Quad City Health Initiative Moon Walk 2009 Closes with Splashdown Celebration:
Community walked 706,223 miles over 10 weeks to promote healthy lifestyles

On June 24, 2009, the Wellness Champions of the Quad City Health Initiative (QCHI) will celebrate the close of Moon Walk 2009 with a Splashdown Celebration at the Rogalski Center on the campus of St. Ambrose University. Three thousand two hundred and sixty nine (3,269) individuals participated in this 10-week event that began on April 3rd and highlighted the value of daily exercise to maintain good health. The Quad City team accumulated 706,223 miles beating competitor teams in Peoria and Champaign Urbana, Illinois in the virtual race equivalent to a roundtrip to the moon. The winning community was required to accumulate at least 477,400 miles, and then have the highest number of miles per registered participant. For the third time in four years, the Quad Cities won the coveted Moon Walk Walking Stick trophy and the title of Moon Walk Champions. Peoria and Champaign Urbana fell short of the total miles required but had outstanding team participation.

"We congratulate Peoria and Champaign Urbana on an excellent race," says Nicole Carkner, Project Coordinator for the Quad City Health Initiative, which organizes the Moon Walk locally. "The community-wide competition has been a tremendous success for all communities by motivating and encouraging individuals to incorporate physical activity into their daily lives. We are very proud of the Moon Walkers for their commitment to the Moon Walk race and most of all for their commitment to promoting healthy lifestyle habits in the Quad Cities."

The Splashdown celebration recognizes the top performing teams in the Quad Cities as well as individuals who accumulated more than 1,000 individual miles. The event also celebrates the 74 Moon Walk Teams and their Captains who led the effort across the community.

QCHI gratefully acknowledges the following organizations that contributed to the success of Moon Walk 2009:
Augustana College/John Deere Planetarium
Genesis Occupational Health
Mississippi Valley Regional Blood Center

A list of the teams that participated in Moon Walk 2009 is given at the end of this release.

In QCHI's 2002 Community Health Assessment, obesity, high blood pressure and high cholesterol (all risk factors for cardiovascular disease) emerged as critical issues for the health of our region. Since December 2002, the Wellness Champions team has been working to reverse these trends by promoting daily exercise, nutrition and regular screenings for health risk factors. The Wellness Champions team includes about 56 individual representatives from 40 organizations across the Quad City community.

The Quad City Health Initiative (QCHI) is a community partnership that works to create a healthy community. The Initiative raises awareness of health issues, encourages or creates projects to address gaps in health services and fosters community collaboration in all aspects of health. Major financial sponsors of the Initiative are Trinity Regional Health System and Genesis Health System. Additional financial support is provided in 2009 by Alcoa, McLaughlin Family Foundation, Cleaveland Insurance Group, Trinity Lutheran Church Endowment Fund, Orthopaedic and Rheumatology Associates and QCHI Board Members. For more information or to join the efforts of the Quad City Health Initiative, please call 563-421-2826 or visit our website at www.qchealthinitiative.org.

The following teams participated in Moon Walk 2009:

Alpha Kappa Alpha-Xi Beta Omega
Alzheimer's Association
American Red Cross
Andalusia Elementary School
APAC Customer Services, Inc.
Arc of Rock Island County
Asbury United Methodist Church
Bethany for Children & Families
Big Brothers Big Sisters
Bi-State Regional Commission/Scott County Kids
Black Hawk College
Center for Alcohol and Drug Services
Child Abuse Council
Church of Peace
City of East Moline
City of Moline
City of Rock Island
Community Action of Eastern Iowa
Community Health Care, Inc.
Cosey Connection
Deere & Company World Headquarters
Deere Davenport Works
Deere Harvester
Deere-PDC
Deere Seeding/Cylinder
Dept. of Human Services of Scott County
East Moline Metal Products Co.
Eisenhower Elementary School
Eldridge Moon Walkers
Faith Lutheran Church
FCA Manufacturing Co.
First Baptist Church SAS
First Congregational Church
First Presbyterian Church, East Moline
Genesis Health Group - Pediatrics
Genesis Occupational Health
Greater Metro Area Housing Authority
Heart of America
Hofer Roofing
Honeywell
Hy-Vee Food Stores
Katun Corporation
KJWW Engineering Consultants
Lafarge North America
Manpower
MetroLINK
Metropolitan Medical Laboratory
Midland Information Resources
Mississippi Bend AEA
Mississippi Valley Regional Blood Center
Moline Dispatch Publishing Co., LLC
Nichols Aluminum
Quad City Health Initiative
Quad City Bank & Trust
Reynolds Grade School
Riverside United Methodist
Rock Island Arsenal Fitness Center
Rock Island Arsenal - PM SKOT/Tools LCMC
Rock Island Arsenal TACOM-ECBC Chemmies
Rock Island County Health Department/Rock Island
County staff
Rock Island County Regional Office of Education
Russell Construction Company
Scott County Family YMCA
Skip A Long
Smart Intermediate School
St. John's Lutheran Church
St. Pius X Catholic Church
Trinity Lutheran Church & School
Trinity Regional Health System
Two Rivers United Methodist Church
Two Rivers YMCA
United Way of the Quad Cities Area
US Army Corps of Engineers
Western Illinois University-Quad Cities

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