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QCHI Wellness Champions Recognize Greater Antioch Wellness Women

The Quad City Health Initiative Wellness Champions team recognized 19 Wellness Women at Greater Antioch Baptist Church during an informal awards ceremony earlier today. The ceremony marked the completion of a pilot project to promote church-based wellness activity. The Greater Antioch Wellness Women started meeting two years ago with volunteers from the Quad City Health Initiative Wellness Champions to encourage healthy lifestyles through education, exercise and a diet rich in fruit and vegetables. The overall goal was to reduce health risk factors such as obesity, high cholesterol, high blood pressure and lack of exercise.

The pilot project, which was staffed by members of the Rock Island County Health Department with funding from the Illinois Department of Public Health, helped the Greater Antioch Wellness Women to set personal goals around exercise, nutrition, stress management, and blood pressure/cholesterol control. The women were encouraged to "Choose Health Live Well" through a series of educational programs on exercise techniques, reading food labels, healthy eating, and ways to recognize and reduce stress. Members logged their walking steps and regularly monitored their blood pressure and weight.

"I am so proud of these women", says Wellness Champion, Sharon Meister. "They have embraced the concepts of healthy living and many of them have achieved personal health goals as a result."

The Wellness Women plan to continue to meet regularly at Greater Antioch. The members of the Greater Antioch Wellness Women include:

Permetra Morrow
Betty Hall
Clarice Miller
Connie Hayes
Rosie Bradley
Debra Swift
Edie Hall
LaVaida Hall
Lillie Means
Bernice White

Carrie Hall
Tonya Davis
Mildred Taggart
Renee Sherrod
Aniece Scott
Ruby Miles
Tekara Davis
Delores Hare
Emma Bates

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 73 individual representatives from 52 organizations across the Quad City community.

The Quad City Health Initiative (QCHI) is a community partnership in active pursuit of a healthier community. The Initiative seeks to be a catalyst for improving the health and overall quality of life within the Quad City 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 2007 by Modern Woodmen of America. 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.

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