



**For Immediate Release**  
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**Quad City Health Initiative Launches Moon Walk 2009**

Today the Wellness Champions of the Quad City Health Initiative (QCHI) launched Moon Walk 2009 at the John Deere Planetarium on the campus of Augustana College. Moon Walk 2009 will pit the Quad Cities against teams from Peoria and Champaign-Urbana in a virtual community race equivalent to a roundtrip to the moon or 477,400 miles. The Moon Walk started in Peoria in 2003 and this will be the fourth Moon Walk for the Quad Cities; the Quad Cities has won two of the past three Moon Walks and is the defending Moon Walk Champion. This year's race will end June 12, 2009 and the winner will be declared on June 16<sup>th</sup> to be the community that has accumulated at least 477,400 miles and that has the highest number of miles per registered participant.

So far in the QCA, 97 teams and over 1,900 individuals are registered to participate in QCHI's Moon Walk 2009. These Moon Walkers will keep daily logs of their mileage and report weekly to Team Captains who will in turn report to Mission Control (QCHI). Every week during the race, Mission Control will total our community's miles and check-in on the progress of our competitors. The community can track our progress at [www.qchealthinitiative.org](http://www.qchealthinitiative.org).

"We are very excited about organizing Moon Walk again this year," says Nicole Carkner, Project Coordinator for Quad City Health Initiative, "because the Wellness Champions are committed to helping Quad City residents make healthy choices regarding diet and exercise. The Moon Walk is a fun way to start exercising or reinforce the importance of daily exercise to maintaining our health and preventing disease. Our spirited competition with Peoria and Champaign-Urbana helps raise awareness about wellness in all our communities."

The Peoria Area Labor Management Council is organizing the race in Peoria and the University of Illinois Extension is organizing the race in Champaign-Urbana. The winner of the race will possess the coveted Moon Walk Walking Stick trophy for the year. A list of the teams that are participating in Moon Walk 2009 is given at the end of this release. QCHI also thanks Augustana College/John Deere Planetarium and the Mississippi Valley Regional Blood Center for their in-kind support of Moon Walk.

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, 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](http://www.qchealthinitiative.org).

**The following teams are participating in Moon Walk 2009:**

Ahern Fire Protection  
ALCOA  
Alpha Kappa Alpha-Xi Beta Omega  
Alzheimer's Association  
American Red Cross  
Andalusia Elementary School  
APAC  
Aquent IT Solutions  
Arc of Rock Island County  
Asbury United Methodist Church  
Augustana College  
Bethany for Children & Families  
Big Brothers Big Sisters  
Bi-State Regional Commission/Scott County Kids  
Black Hawk College  
CADS  
Cambridge United Methodist Church  
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  
Family Resources  
FCA Manufacturing Co.  
First Baptist Church SAS  
First Congregational Church  
First Presbyterian Church, East Moline  
Genesis Health Group - Pediatrics  
Genesis Health System  
Genesis Occupational Health  
Genesis Systems Group  
Grace Lutheran Church  
Heart of America  
Honeywell  
Hy-Vee Food Store  
Isle of Capri  
Journey in For Jesus  
Katun Corporation  
KJWW Engineering Consultants  
Lafarge North America  
MA Ford MFG  
Manpower  
MetroLINK  
Metropolitan Medical Laboratory  
MidAmerican Energy  
Midland Information Resources  
Mississippi Bend AEA  
Mississippi Valley Regional Blood Center  
Moline Dispatch Publishing Co., LLC  
Nichols Aluminum  
PCT Engineered Systems LLC  
QC Tag  
QCHI  
Quad City Bank & Trust  
Quad City Community Health Care  
Quad City Sports Center  
Reynolds Grade School  
Riverside United Methodist  
Rock Island Arsenal - PM SKOT/Tools LCMC  
Rock Island Arsenal Fitness Center  
Rock Island Arsenal TACOM-ECBC Chemmies  
Rock Island County Children's Advocacy Center  
Rock Island County Health Department/Rock Island County Staff  
Rock Island County Regional Office of Education  
Russell Construction Company  
Ryan Companies US, Inc.  
Scott County Family YMCA  
Select Specialty Hospital  
Sherrard School District  
Skip A Long  
Smart Intermediate School  
St. Ambrose University  
St. John's Lutheran Church  
St. Pius X Catholic Church  
The Sedona Group  
Trinity Cardiac Rehab  
Trinity Church - Rock Island  
Trinity Lutheran Church  
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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