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Quad City Health Initiative's Wellness Champions Team Releases New Speakers Bureau Guide

The Wellness Champions team of the Quad City Health Initiative has produced a revised version of its Speakers Bureau Guide that is now available to the community free of charge on the Quad City Health Initiative website, www.qchealthinitiative.org. The guide includes a list of individuals and organizations that provide wellness education to the community through group presentations. The first version of the guide was released December 2004.

"The Wellness Champions seek to support Quad City residents in making healthy choices regarding diet and exercise," says Jerry Jones, Wellness Champions Co-Chair. "We hope this updated guide will answer questions and provide new avenues for individuals looking to improve their health."

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 74 individual representatives from 51 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 in 2006 are Trinity Regional Health System, Genesis Health System, and Modern Woodmen of America. Additional financial support is provided by Royal Neighbors of America. For more information or to join the efforts of the Quad City Health Initiative, please call 563-421-2815 or visit our website at www.qchealthinitiative.org.

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