

HEALTHIER JUPITER IMPACT REPORT (APRIL 2019 – SEPTEMBER 2019)

Executive Summary

Healthier Jupiter, in partnership with Jupiter Medical Center¹ is dedicated to bringing the greater Jupiter community together to encourage each person to live their healthiest life. Healthier Jupiter is part of the Palm Health Foundation's Healthier Together Initiative, a long-term, community-driven approach to solving a community's complex healthcare issues.

This initiative's project goals include:

- Promote and ensure opportunities for healthy eating and active living
- Encourage people to engage mentally and physically in healthy behaviors
- Convene and collaborate with individuals and organizations across multiple sectors
- Advocate for sustainable policy changes to improve health
- Provide resources and education on chronic disease risks and prevention
- Address the social, economic and environmental factors impacting health

A healthy population is key to our social, economic and physical vitality. When a community is healthy – everyone benefits! This work over the past 4 years is a true community effort and could not be done without our strong committee members and individuals who share their ideas, talents, time and commitment. In our April 2019 to September 2019 6-month Impact Report, please find discussions on:

- How Healthier Jupiter is working to implement the changes we want to see through Food as Medicine projects, mental health and our Couch to 5K program – see “Detailed Narrative”
- Our efforts to support our community-based organizations through funding, capacity building and network building – see “Community Support”
- The good and the bad from doing the work every day – see “Key Lessons Learned”

¹ Link to www.jupitermed.com

Detailed Narrative

As a collective impact, place-based, community led initiative, our entire Jupiter community has a role to play in building a healthier community. Healthier Jupiter acts as an intermediary bringing residents, public and private systems, community-based organizations and funders together to deliver on the following shared outcomes:

- Increase knowledge of risk-factors and available resources
- Support and help change policies that promote healthier eating and physical fitness
- Increase access to affordable healthy food
- Increase access to neighborhood exercise programs
- Increase access to medical care for those at a greater risk of chronic disease
- Increase strength of existing systems
- Increase the quality and availability of educational community-based programs
- Increase percentage of residents who make healthy food choices
- Increase percentage of people who are physically active

Below are three ways Healthier Jupiter has implemented the changes we want to see in the past 6 months.

Food as Medicine

WHAT IS THE BASELINE? 38% of those surveyed in our Community Health Survey² living with diabetes or pre-diabetes only eat fresh fruits or vegetables a few days a week or seldom. In 2018, of those who do not have insurance 47% eat fresh fruits and vegetables only a few days a week, seldom or never, compared to those with insurance who 50% eat fresh fruits and vegetables every day.

HOW IS HEALTHIER JUPITER MAKING CHANGES? Healthier Jupiter promotes collaboration among organizations that address food insecurity differently, including farmers, educators, funders, healthcare providers, chefs, universities, and researchers. Healthier Jupiter is serving as a facilitator and convener for two Food as Medicine Projects in the Jupiter community to ensure a healthy diet is part of a patient's comprehensive treatment plan rather than relying solely on medication.

Healthier Jupiter worked with Living Hungry Coalition³ to offer the Pop Up Eat Well program⁴ in Jupiter for a second year. Healthier Jupiter convened new and old partners to plan and implement the program. Healthier Jupiter is excited for the work that those partners will be doing to provide nutritious food and education to the participating residents.



Healthier Jupiter was asked to assist in facilitating the implementation of the FreshRx program at Jupiter Medical Center. FreshRx⁵ is a fresh produce pilot prescription program for low income and food insecure oncology, cardiology, neurology (stroke), and pediatric patients in the community whose doctors have advised them to change their diets as part of a comprehensive treatment plan. Healthier Jupiter works with lead physician, Dr. Marshall Stone to educate team members about program and implement their ideas for process improvement. Jupiter Medical Center team members are strong patient advocates and Healthier Jupiter is excited to support them in bringing this opportunity to their patients.

WHAT HEALTHIER TOGETHER GOAL(S) DOES THIS ACCOMPLISH? Increased organizational responsiveness to targeted community needs.

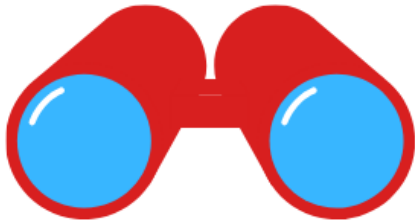
² LINK TO: <https://www.healthierjupiter.org/impact>)

³ LINK To: <https://livinghungry.org/>

⁴ LINK TO: <https://www.youtube.com/watch?v=ARB7RC2B6fY>

⁵ LINK: <https://www.freshrx.org/>

WHAT HEALTHIER JUPITER GOAL(S) DOES THIS ACCOMPLISH? Increased access to affordable healthy foods, increased access to medical care for those at a greater risk of chronic disease, increased percentage of residents who make healthy food choices, and increased strength of existing systems.



**WHAT IS HEALTHIER
JUPITER PAYING
ATTENTION TO?**

As “Food as Medicine” programs are popping up more, Healthier Jupiter is exploring and learning other ways to increase equitable access to affordable healthy foods for the Jupiter community. Specifically, how can we ensure access to nutritious foods and continuous learning beyond participation in a time limited programs?

Can it be expanded to have a physical activity component, such as Walk with a Doc?

Mental & Physical Health

WHAT IS THE BASELINE? Over the past several years of data collection on our Community Health Survey, most respondents want to be more active than they currently are and one of the major factors for why they are not more active is lack of motivation (second to lack of time – family obligations, school, work). Healthier Jupiter has been working to understand the complex relationship between healthy living and behavioral, mental, social and emotional health.

HOW IS HEALTHIER JUPITER MAKING CHANGES? Healthier Jupiter added “to encourage people to engage mentally and physically in healthy behaviors” to our project goals. We are actively identifying opportunities to tie mental health into Healthy Eating and Active Living work. We updated our Mini-Grant⁶ focus areas to reflect that. Now the applicants must work to address one or more of the following focus areas: (1) Increase availability and affordability of fresh, healthy foods; (2) Help individuals become more physically active on a regular basis; (3) Encourage people to engage mentally and physically to practice healthy behaviors; and/or (4) Support changes in the built environment and community policies that promote equitable opportunities for healthy living. 27 of the 31 applications we received recognized #3 – to encourage people to engage mentally and physically to practice healthy behaviors – as an integral part of their project. All 12 semi-finalists that will present at the Community Grants BBQ had an aspect of mental health in their proposed project.

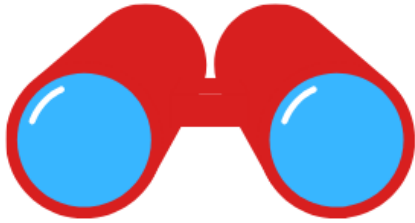
- Alzheimer Community Care’s - "Eating for the Future"
- Area Agency on Aging Palm Beach/Treasure Coast - "A Matter of Balance/Fall Prevention"
- Aurora’s Voice - "Mindfulness for Joy and Happiness at El Sol"
- El Sol, Jupiter’s Neighborhood Resource Center - “The Flavors of the Sun Cooking Series"
- FAU Brain Institute- “Brain Blitz Jupiter – Exercise Your Mind"
- Jupiter Middle School - "JMST Hydroponic Garden"
- MyClinic - "Improving Access to Care for El Sol Clients"
- Palm Beach County Food Bank - "The Marjorie S. Fischer Nutrition Driven Gets Cooking 2.0"
- Sea Turtle Adventures- "A Healthy Me, A Healthy Sea"
- StreetWaves - "StreetWaves Swim and Surf Immersion"
- Student ACES - "Student ACES Mental Health Initiative"
- William T. Dwyer High School - "William T. Dwyer High School IB Programme Mindfulness Project"

Each project, and how they were addressing the mental and physical health connection looks different, which highlights the important work of unique programs to address specific communities’ cultures, history, backgrounds and desires. Healthier Jupiter will continue to clearly define the role of behavioral and mental health in Healthier Jupiter’s mission, vision and goals, as well as support our community partners already doing important work in this area.

WHAT HEALTHIER TOGETHER GOAL(S) DOES THIS ACCOMPLISH? Shifts in awareness and understanding of issue area, which led to increased organizational responsiveness to targeted community needs

⁶ (LINK TO: <https://www.healthierjupiter.org/grants>)

WHAT HEALTHIER JUPITER GOAL(S) DOES THIS ACCOMPLISH? Support and help change policies that promote healthier eating and physical fitness, and increase strength of existing systems.



**WHAT IS HEALTHIER
JUPITER PAYING
ATTENTION TO?**

How the practice of mindfulness be incorporated into healthy eating and active living opportunities?

How to engage the community more around mental health?

Who are the mental health community leaders in Jupiter?

Couch to 5K⁷

WHAT IS THE BASELINE? Healthier Jupiter recognizes the key role of social and emotional wellbeing as we encourage people to be more physically active on a regular basis. Those who are new to or just getting back into exercise may have a high level of anxiety or struggling with motivation.

HOW IS HEALTHIER JUPITER MAKING CHANGES? This year we incorporated an information session prior to our first Couch to 5K meetup which included: meeting the trainers, meeting teammates, what to expect the first meetup, what to wear and additional information to make participants feel comfortable and confident. Those who attended the Information Session, on average participated in 5 meetups over the 9-week program, compared to 3 meetups for those who did not attend the information session. Of those who attended the information session 87% found the information helpful or very helpful. One person stated, “it made me feel a little more optimistic about participating”⁸.

A great motivating factor in active living having people who support you. Throughout the program we stressed connection with teammates during training, through our Facebook group and non-staffed meetups outside the weekly meetups. When asked what kept them motivated to participate in the Training Program 56% said other C25K participants and 33% said friends and family. Beyond encouraging people to be more physically active, 53% of our Couch to 5K team made friends and 53% felt more confident⁹. Another great support network is families¹⁰. This year, we had 13 families participate. We were very purposeful in advertising this program as an opportunity for everyone to be active, including all ages and ability levels. When asked if they noticed any positive changes, participants said:



⁷ <https://www.healthierjupiter.org/couchto5k>

⁸ <https://www.healthierjupiter.org/recent-news/79-couch-to-5k-participants-crossed-the-finish-line-and-you-can-too>

⁹

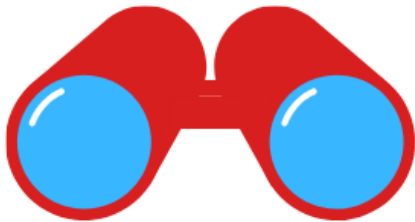
<https://static1.squarespace.com/static/5c99395ee66669472681b90e/t/5d2e13b605ff9e00015ba930/1563300829873/Couch+to+5k+2019+Highlights.pdf>

¹⁰ <https://www.healthierjupiter.org/recent-news/spring-training-healthier-jupiter-student-voice-reporter>

- “My kids are more interested in taking walks on the weekends. Both of them completed the Turtle Trot”
- “[My mother] had running a 5K on her bucket list, and she can cross that off now”
- “I think we’re both moving - whether walking or jogging more”
- “[I] was able to run 5K with my son and we enjoyed running together on Saturdays”

WHAT HEALTHIER TOGETHER GOAL(S) DOES THIS ACCOMPLISH? Cultural norms and capacities that support behavior change

WHAT HEALTHIER JUPITER GOAL(S) DOES THIS ACCOMPLISH? Increase access to neighborhood exercise programs, increase the quality and availability of educational community-based programs, and increase the percentage of people who are physically active



WHAT IS HEALTHIER JUPITER PAYING ATTENTION TO?

How can we incorporate more active learning during the Couch to 5K, such as on topics of nutrition, mindfulness, etc. instead of sending it out in the newsletter? Is there opportunity for capacity building?

Can there be stronger ownership or lasting commitment of the Couch to 5K program from our partners?

Is there as "Food as Medicine" tie?

Check out By the Numbers graphic to see what other changes we are working on...



BY THE NUMBERS BY PROJECT GOAL

PROMOTE AND ENSURE OPPORTUNITIES FOR HEALTHY EATING AND ACTIVE LIVING

- Implemented 2nd Couch to 5K Program with 2 community partners – Town of Jupiter’s Recreation Department and Jupiter Medical Center’s Cary Grossman Wellness Center. The 9-week Couch to 5K Training program trains participants to get ready to walk/run a 5K in a fun and supportive environment for all levels. 214 individuals registered to participate (compared to 176 in Year 1). The average number of participants at our weekly meetups was 79, with an average of 16 participants checking in online. Our 2019 Couch to 5K Facebook group has 97 members.
- The Couch to 5K Team won biggest team at the Town of Jupiter Turtle Trot with 79 participants running or walking the Turtle Trot.
- Transported hundreds of pounds of gleaned produce from the Palm Beach County Food Bank to the Culinary Program classroom at Jupiter Middle School for students in the program to access healthy produce while learning, preparing, and sharing.
- Over 30 Jupiter Middle School 6th Grade Culinary Students and their families planned and implemented a Food Rescue Project at El Sol. They rescued 300 pounds of Food from Whole Foods, thanks to the assistance from 1 additional partner – Palm Beach Harvest and distributed the rescued food to over 40 community members at El Sol.
- Weekly Zumba in the Park pilot program with El Sol and the Town of Jupiter in the South Pines neighborhood has been renewed by the Town of Jupiter for another year. From April through September 2019, over 200 community members participated in weekly Zumba in the Park.
- Healthier Jupiter donated 1 Bike Fix Station to Town of Jupiter, which was installed at Cinquez Park.
- Awarded Jupiter Tequesta Athletic Association a \$5,000 grant to offer participation scholarships to the underserved areas in the Greater Jupiter Area.



ENCOURAGE PEOPLE TO ENGAGE MENTALLY AND PHYSICALLY IN HEALTHY BEHAVIORS

- Focus areas were updated for the **2019-2020 Healthier Jupiter Mini-Grants** to be more responsive to focus areas the community wants to see. The grants will fund pilot ideas to improve collective community health in **1 of 4 focus areas: (1)** Increase availability and affordability of fresh, healthy foods; **(2)** Help individuals become more physically active on a regular basis; **(3)** Encourage people to engage mentally and physically to practice healthy behaviors; and/or **(4)** Support changes in the built environment and community policies that promote equitable opportunities for healthy living.

CONVENE AND COLLABORATE WITH INDIVIDUALS AND ORGANIZATIONS ACROSS MULTIPLE SECTORS

- For the **4th year** in a row, Healthier Jupiter will offer Mini-Grants. The goal of the Grant program is to engage the greater Jupiter community in creating innovative approaches to healthy living and chronic disease prevention. We engaged over **1,500 not-for-profits, civic organizations, churches, schools, temples, and community members** to submit proposals through our newsletter (**1,394** subscribers) and personal emails to over **200** Healthier Jupiter connections. Healthier Jupiter received **45 Interest Forms, 32 applications** were submitted on **September 12th**, **27 applications** made it to the Grants Review Committee based on eligibility requirements on **September 13th** for review, and **12 applications** were chosen to present at the **2nd Community Grants BBQ on October 12th 2019** where the community will choose the **8 projects** they want to see funded.
- With the assistance of **4 volunteers**, over **3 days** Healthier Jupiter held Mini-Grant Application One-on-Ones to assist **30 applicants** to brainstorm ideas, answer any questions or to edit completed applications before submitting online. This what not required, but highly recommended.
- **16 Couch to 5K planning committee members** supported the implementation of the **2019 Couch to 5K program**. **6 dedicated trainers** from the Jupiter Medical Center Cary Grossman Wellness Center led us at the weekly meetups and an average of **5 volunteers** assisted with set up and cleanup.
- **6 new committee members** joined our Community Action Committee, formerly known as the Access to Medical Care and Marketing Committee.
- **34 committee members** from various Jupiter Medical Center departments active in the FreshRx committee. **4 patient diagnosis** were identified that will receive **1 of 50 fresh produce shares** over **12 weeks** – neurology (stroke), pediatrics, oncology and cardiology. Program starts **November 10th**

ADVOCATE FOR SUSTAINABLE POLICY CHANGES TO IMPROVE HEALTH

- Information on the Healthier Jupiter initiative presented to over **11,300 people** at over **100 community events**. Presentations occurred through various Palm Health Foundation and Jupiter Medical Center, Healthier Jupiter's **5 newsletters**, and invitations by individuals, community organizations, and coalitions to present about Healthier Jupiter.

PROVIDE RESOURCES AND EDUCATION ON CHRONIC DISEASE RISKS AND PREVENTION

- **1 new Healthier Jupiter website** designed and launched. We have listened to the community about what resources they would like to see and will incorporate that into our new website design. This website will allow for greater transparency of the work Healthier Jupiter is doing.
- Received **193 completed Children's Behavior Survey**, which was distributed over **6 months** at **3 local pediatrician's** offices and **1 community partner** as a tool to discuss health behaviors.
- Working on **6 Toolkits** to promote Healthy Eating and Active Living in Jupiter: Couch to 5K, Workplace Wellness, SMART Guide to a Healthier You, Get Fit Map, Bike Valet, and Walk on Jupiter.
- Community is kept informed of progress through social media avenues: Healthier Jupiter website (blog posts **28**, page views **2,756**, **1,286** unique visitors), Healthier Jupiter E-Newsletter **1,394**, Couch to 5K newsletter **125** subscribers, Facebook page **907** likes with 126 posts and 1.7K engagement, **615** Twitter followers, 6 tweets and 12 engagements, **983** Instagram followers with 22 posts and 430 engagements. In the past **6 months** our social media presence has grown by: Facebook Followers **4%**, Twitter Followers **5%**, and Instagram Followers by **6%**.

ADDRESS THE SOCIAL, ECONOMIC AND ENVIRONMENTAL FACTORS IMPACTING HEALTH

- **1 University of Miami Public Health student** partnered with Healthier Jupiter to conduct a Park Usage Study. Data was collected on **10** neighborhood parks in Jupiter – Cinquez, Heights of Jupiter, Indian Creek, Jupiter Village, Kennedy Estates, Limestone Creek, Maplewood, Ocean Cay, Officer Bruce St. Laurent, Old Town Hall, West Jupiter Recreation Center. Altogether, **7** data collectors performed a total of **131 park visits** over the sample period of **2 months** to collect data.



Keep Updated!



Like Healthier Jupiter on Facebook



Sign up for our Email Newsletter



Community Support

In 2019 Healthier Jupiter awarded 9 \$2500 Mini-Grants¹¹ to deserving local not-for-profit and civic organizations. The goal of the Mini Grant Program is to engage the Greater Jupiter community in creating innovative approaches to community health. We have already received great feedback from our Mini-Grant Awardees, including lessons learned and great successes.

SouthPaw Prince's Free After School Boxing Program used the mini grant to order boxing equipment including boxing gloves and hand wraps. The mini-grant was also used to rent the facility at Jupiter Boxing Club. Their program helped individuals become more physically active on a regular basis by offering after school program to give children ages 8 to 17 a healthy outlet. Southpaw Prince was asked "Now that your program is complete, do you feel it will become a permanent part of the greater Jupiter area? How? Does it impact policies, or does it provide for a sustainable commitment to health?" Here is what they had to say...



"The children enjoyed and benefited from the boxing program. However, we found that transportation was an issue for some students who wanted to attend practice. On the other hand, we also found that some students were late to practice due to a lack of responsibility stemming from the parents. Although the students benefited from the program, it is my personal belief that the best way to help youth become more physically active on a regular basis is to educate parents and leaders within at-risk communities about the importance of youth extra-curricular activities. Originally, I thought the cost associated with after-school activities was the main factor that prevented parents from putting their children in after-school activities. To my surprise, I found that a lack of education causes many parents not to value these activities as much as they should. I suggest an emphasis on a top-to-bottom approach that focuses on educating the parents, along with delivering a healthy outlet for youth rather than a bottom-to-top approach that focuses solely on providing youth services. In summary, the children can want to participate in an after-school activity as much as the next kid that participates in every sport under the sun, but children will soon be disappointed if parents do not create an encouraging environment to assist them. We, as a community, have to solve the root causes of a problem rather than the symptoms".

The Mini-Grants are a way to pilot and test an innovative idea in the community, and with that innovation comes learning. We are appreciative of the hard work and critical holistic perspective

¹¹ <https://www.healthierjupiter.org/recent-news/healthier-jupiter-2018-2019-community-grants-bbq-photos>

Southpaw Prince is bringing to the physical activity and active living area. Another win, Southpaw Prince recommended a great physical activity advocate to participate in our Community Action Committee.

¹²Palm Beach County Food Bank used the mini-grant funds to purchase and distribute 33 electric skillets. They created a one-pot skillet meal cookbook, which were given to the participants and the recipes were demonstrated during educational classes. In Palm Beach County Food Bank's words, this is how they are impacting the community...

"The project affected access to affordable healthier food choices. The Marjorie S Fisher Nutrition Driven Gets Cooking Program utilized an evidence-based obesity prevention curriculum that targets five core areas: food security, food resource management, food safety, physical activity and nutrition quality. 97% of participants showed improvement in one or more diet quality indicator. 97% of participants showed improvement in once or more physical activity behavior. 88% of participants showed improvement in one or more food safety practice. 73% of participants are more food secure. 97% of participants showed improvement in one or more food resource management practice. The inclusion of the skillet and cookbook in the classes and the fact that participant took a skillet home; they were able to increase their self-efficacy of cooking meals at home. Data reveals that 73% are cooking dinner at home more times a week due to what they have learned during classes".



We are excited to know that there is programming providing the tools for cooking to promote healthy eating. In conversations with the staff that implemented the project, the team used the results of this project implemented at El Sol to apply for and receive additional funding from the USDA to buy more skillets for their Marjorie S Fisher Nutrition Driven Gets Cooking Programs throughout Palm Beach County.

As part of the Healthier Jupiter Mini-Grant Program, we pair our Community Action Committee members with a Mini-Grant awardee to be available to assist with making connections and helping to maintain Mini-Grant awardees' relationship with Healthier Jupiter. One great mentorship has been one of our committee members, who is passionate about running, with Girls on the Run. A relatively new committee member has taken the role as mentor and ran with it (pun intended). Girls on the Run is a national program with a holistic approach to well-being that addresses the mental, physical, emotional and social health of each girl. Running is used as a kinesthetic means of exploring relevant topics, setting and achieving goals, and encouraging physical activity. The committee member assisted in helping to get

¹² <https://www.healthierjupiter.org/recent-news/mini-grant-recipient-success-stories-southpaw-prince>

connections to advertise participation, receive volunteers for one of their 5Ks and write up a great blog post about the work Girls on the Run is doing.

Healthier Jupiter looks forward to receiving more of the 2018-2019 Wrap Up Reports¹³¹⁴¹⁵ and excited to see which 2019-2020 Mini-Grant Projects get awarded.¹⁶

¹³ See recent news for other Mini-Grant Wrap Up Reports

¹⁴ Also the yellow image with Healthier Jupiter Community Grants BBQ should be linked here

¹⁵ <https://www.healthierjupiter.org/recent-news/healthier-jupiter-awards-jtaa-5000-grant>

¹⁶ <https://www.healthierjupiter.org/recent-news/healthier-jupiter-announces-2019-2020-mini-grant-program>



MAKING AN IMPACT

20

Organizations have been awarded a Healthier Jupiter Mini-Grant over the past 3 years.

\$62,500

Dollars have been awarded

13

Projects focused on increasing availability and affordability of fresh, healthy foods.

3

Projects encouraged people to engage mentally and physically to practice healthy behaviors.

5

Projects supported changes in the built environment and community policies that promote equitable opportunities for healthy living.

6

Projects created awareness of diabetes risks and/or helped individuals access necessary medical care for diabetes.

13

Projects helped individuals become more physically active on a regular basis.



HEALTHIER JUPITER COMMUNITY GRANTS BBQ



NOVEMBER 17, 2018 - JUPITER COMMUNITY CENTER



ABOUT HEALTHIER JUPITER GRANTS

Over 400 community members came together at a Community Grants BBQ on November 17th, at which 16 Grant finalists presented their project overview to the public, who then chose the top nine.

The goal of the Mini Grant Program is to engage the Greater Jupiter community in creating innovative approaches to healthy living and chronic disease prevention. The grants are funding pilot ideas that will improve our collective community health.

GRANT RECIPIENTS

THE NINE ORGANIZATIONS AND THEIR FUNDED PROJECTS INCLUDE THE FOLLOWING:

- **Connected Warriors, Inc.** - "Connected Warriors: Free Yoga for Military Veterans and Their Families"
- **El Sol: Jupiter's Neighborhood Resource Center** - "Training With Others"
- **Friends of Jonathan Dickinson State Park** - "Meetup Outdoor Adventures for Jonathan Dickinson State Park"
- **Girls on the Run** - "GATHER (Girls Access to Health, Empowerment & Running)"
- **Meals on Wheels of the Palm Beaches, Inc.** - "Meals on Wheels of the Palm Beaches"
- **MyClinic** - "Increased Medication Access-Improved Health-Reduced Costs"
- **Palm Beach County Food Bank** - "Marjorie S. Fisher Nutrition Gets Cooking!"
- **Palm Beach Harvest, Inc.** - "Pedaling Food to the Needy"
- **Southpaw Prince** - "Southpaw Prince's Free After-School Boxing Program"





TESTIMONIALS

"I know these grants are giving great ideas a chance to make Jupiter a healthy place to raise a family, work or retire. Thank you!"

— Healthier Jupiter Grant Finalist

"Jupiter Medical Center is proud to partner with Healthier Jupiter and the mini grant program. As the largest health care provider in Northern Palm Beach County, we are very excited to see the innovative, grassroots programs being implemented in our community."

— Don McKenna, Jupiter Medical Center CEO

"I enjoyed learning about the various organizations in the community and the programs they have created to make Jupiter healthier."

— Healthier Jupiter Volunteer

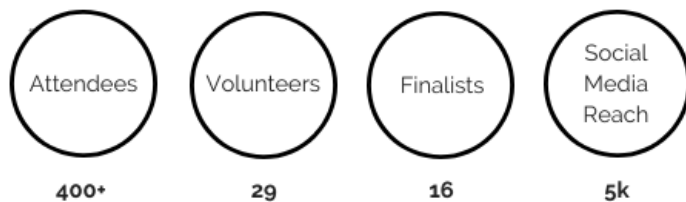


HEALTHIER JUPITER GRANTS

2018 Mini Grants - 2.3k+

Total Grants - 100k+

EVENT STATISTICS



Healthier Jupiter is a community initiative funded by Palm Health Foundation. Headquartered at Jupiter Medical Center, Healthier Jupiter works in partnership with the Medical Center to address healthy behaviors, social determinants of health, and quality of life issues across the lifespan. Healthier Jupiter brings the community together by listening to the needs of all, building support, and providing resources to empower people to make healthier choices. Healthier Jupiter is part of Palm Health Foundation's Healthier Together Initiative. Healthier Together is a long-term, place based funding approach designed to solve the community's most complex healthcare issues, neighborhood by neighborhood.

For additional information visit... HealthierJupiter.org
 Healthier Jupiter Executive Director Carrie Browne * carrie.browne@jupitermed.com

Key Learning

The collective impact framework, with a strong presence of community engagement, is an effective tool for guiding the next generation of social change initiatives. While no two communities or initiatives will be the same, we hope through sharing our efforts, stories and lessons we can assist other communities to address healthy behaviors, social determinants of health, and quality of life issues across the lifespan. We also hope to learn from those completing similar work locally and across the country.

TOP ACCOMPLISHMENTS THROUGH YOUR WORK WITH HEALTHIER TOGETHER:

1. *Leadership* – Healthier Jupiter experienced a successful transition of leadership in August/September. Joanna Peluso has stepped into the role of Project Manager at Healthier Jupiter. Joanna has been with Healthier Jupiter for over two years now and has learned a lot from her work as Outreach Coordinator and working alongside the community. Healthier Jupiter has learned community participation and inclusion is key in the success of our program, and community participation starts on person at a time. Joanna is eager to continue to build new relationships and strengthen old ones¹⁷ and get more of the Jupiter community involved.



2. *Mission Statement* - Earlier this year, Healthier Jupiter through listening, collaborating and working with the community arrived at the realization that our mission statement needed to be updated to reflect the work we are doing. Through consideration we moved away from *Healthier Jupiter is a community-driven initiative designed to address health and quality of life issues from diabetes prevention and management to other areas of wellness. Healthier Jupiter brings the community together by listening to the needs of all, building support, and providing resources to empower people to make healthier choices* to another mission statement of *Healthier Jupiter is a community initiative funded by Palm Health Foundation. Headquartered at Jupiter Medical Center, Healthier Jupiter works in partnership with the Medical Center to address healthy behaviors, social determinants of health, and quality of life issues across the lifespan. Healthier Jupiter brings the community together by listening to the needs of all, building support, and providing resources to empower people to make healthier choices. Healthier Jupiter is part of Palm Health Foundation's Healthier Together Initiative. Healthier Together is a long-term, place based funding approach designed to solve the community's most complex healthcare issues, neighborhood by neighborhood.* When sharing our updated mission statement with the community we quickly realized that the wording “social determinants of health” did not resonate with community members and needed to be edited to effectively communicate what we do to all. We have

¹⁷ <https://www.healthierjupiter.org/recent-news/healthier-jupiter-announces-staff-changes>

finalized our new mission to *Healthier Jupiter*, in partnership with *Jupiter Medical Center* is dedicated to bringing the greater Jupiter community together to encourage each person to live their healthiest life. *Healthier Jupiter* is part of the *Palm Health Foundation's Healthier Together Initiative*, a long-term, community-driven approach to solving a community's complex healthcare issues and have updated our Project Goals to reflect the work we are doing.

TOP CHALLENGES THROUGH THE WORK WITH HEALTHIER TOGETHER:

1. *Policy Change* - We recognize to have a lasting impact on the health of the community we must take a long-term approach, focusing on policy, systems and empowering residents to take charge of their own health. Understanding the landscape for policy changes and lasting impact in the Jupiter community will be critical in Year 5. There are great examples of successful policy changes in Healthy Eating and Active Living nationally and locally, and it will be imperative to research and learn from these communities' successes and look to our community leaders for input. Long term changes, will take time to collaborate, plan and implement. In the meantime, Healthier Jupiter is discussing and identifying some easy wins.

2. *Evaluation* – In Healthier Jupiter's early years, working with Palm Health Foundation and our community partners established shared outcomes to measure our success against. However, beyond programmatic surveys and tracking participation, it is difficult to find localized health data that properly evaluates Healthier



Jupiter overall. Within the last few years, Healthier Jupiter has focused on learning as a key part of our success, which Palm Health Foundation has supported, especially as they move through their journey of evaluation. Being in Year 5, the last 4 years have presented us with different models of evaluation, measurements and outcomes and Healthier Jupiter needs to explore if those are still relevant to the adaptive work Healthier Jupiter is doing in responding to community needs. Therefore, Healthier Jupiter's "Changes We Want to See" document with shared outcomes and an evaluation plan may need to change. Healthier Jupiter has updated the initiative's Project Goals, which represents what we are working toward, but may be difficult to measure. It is especially challenging not knowing what Year 6 will look like for Healthier Jupiter

and if the measurements and data we have collected so far will be enough for our sustainability plan and fiscal agent Jupiter Medical Center.

3. *Programs* - Healthier Jupiter has been relatively successful at making sure that what we are doing is convening, collaborating, and facilitating, not running programs. Healthier Jupiter must keep that in mind as we continue to work with Couch to 5K, Food as Medicine Projects, and transition to focus on policy changes within the community.

TOP THINGS WE ARE LOOKING FORWARD THROUGH THE WORK WITH HEALTHIER TOGETHER:

1. *Fiscal Agent Relationship* - Building a strong relationship with Jupiter Medical Center's new CEO and other hospital team members. We recognize the critical importance of a long-term commitment from our fiscal agent Jupiter Medical Center, and our funder Palm Health Foundation. This will contribute to Healthier Jupiter's sustainability and allow us to continue to make substantial and long-lasting change within our community.
2. *Policy Change Research* - Healthier Jupiter has been fortunate to work with two University of Miami students that will address environmental changes for Healthy Eating and Active Living in the Jupiter community: A Park Usage Study and Nutrition Environment Assessment Tool. The Park Usage Study is complete and marketing of information and brainstorming for policy implementation is the next step. The Nutrition Environment Assessment Tool is in the research phase and data collection phase. We are excited that this research will lead to important insights for policy changes in our community.
3. *FreshRx* – FreshRx has spurred a lot of engagement and excitement from Jupiter Medical Center team members, especially around brainstorming to ensure the program goes on successfully. FreshRx start date will be November 10th, and we are excited to assist team members in reaching the goal of 50 participants over 12 weeks for three different cohorts.
4. *Feedback Loops* – More effort and thought will be on creating stronger and more effective feedback between a variety of Healthier Jupiter stakeholders - community residents, community organizations, institutions, Mini-Grants and committee members - that both informs, engages and involve them in the process. Exploring what that will look like, especially in Year 5, will be important to demonstrate all the work we have done together over the past years.