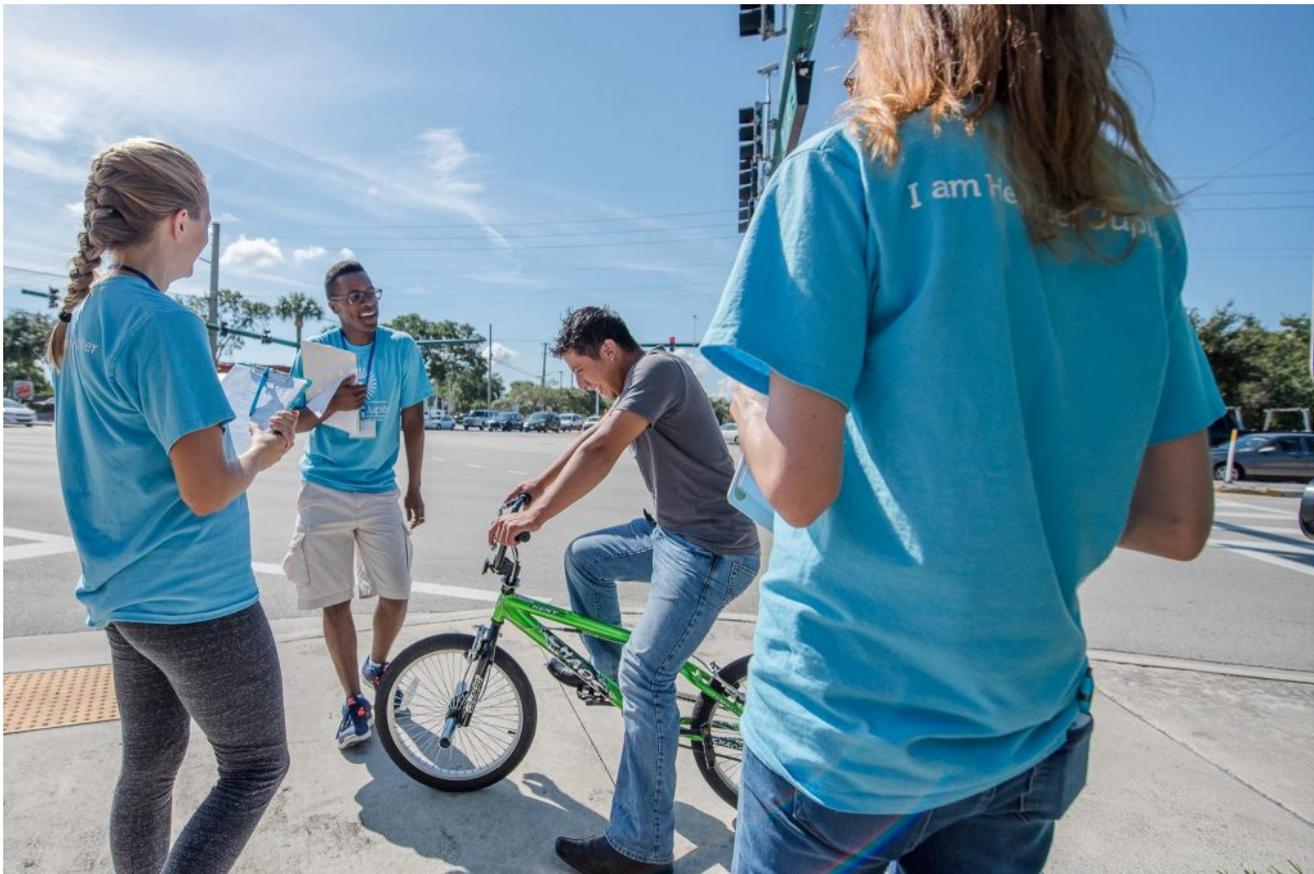


# Healthier Jupiter Impact Report April-Sept 2016

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[healthiertogetherpbc.org/report/healthier-jupiter-impact-report-april-sept-2016/](http://healthiertogetherpbc.org/report/healthier-jupiter-impact-report-april-sept-2016/)



Creation Date: October 31, 2016

Submitted By: Carrie Browne

Reporting Period: 04/01/2016 to 09/30/2016

Neighborhood: Jupiter

Keywords: Bikeability, Collective Impact, diabetes, Healthy Foods, Physical Fitness, Walk & Talk, Walkability

## Summary:

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Healthier Jupiter is a community initiative addressing health and quality of life issues starting with diabetes. We selected diabetes because promoting healthy lifestyles can lower diabetes risk and complications as well as many other chronic diseases. Healthier Jupiter is funded through a generous grant from The Palm HealthCare Foundation.

The greater Jupiter Area includes zip codes 33458, 33469, 33477 and 33478 and is extended to those who live, work and learn in these areas. Expressed another way, the greater Jupiter area extends west to include Jupiter Farms, north to the Palm

Beach/Martin County line, east to the Atlantic and south to Donald Ross Road.

### Why Diabetes?

“For the first time in over 200 years, children have shorter life expectancies than their parents” – Centers for Disease Control.

Obesity linked to Type 2 Diabetes, heart disease, stroke and certain cancers – leading causes of preventable deaths in Jupiter. According to the Centers for Disease Control and Prevention, 9.3% of the U.S. population has diabetes. Applied to the greater Jupiter area’s population of 89,648, we expect approximately 8,337 people in our community have diabetes, and of that number, 27.8%, or 2,317, are undiagnosed.[1] In addition, another 27.5% of the U.S. population has pre-diabetes, and 90% of those are undiagnosed. That translates to another 24,639 people in Jupiter with pre-diabetes, with an overwhelming number of those unaware. The sheer number of possibly affected and unknowing number of our population affected by diabetes and pre-diabetes has steered our community towards an initiative to create a greater awareness in which people: (1) *know* the risk factors for diabetes and pre-diabetes; (2) know *their* personal risk; and (3) know *how to lower* their risk.

Since diabetes and pre-diabetes are so widespread and since such a large percentage of the population does not even know they have these conditions, our community decided to include all those who live, work or study in the greater Jupiter area as our target population. Our primary interventions – creating awareness through communications and education plus promoting a healthy diet and increased activity to control weight – are actions that have no adverse effects and can be applied throughout our population.

That being said, we do recognize that members of racial and ethnic minorities are at greater risk for diabetes and pre-diabetes; in fact, the CDC says that half of all Hispanic men and women and non-Hispanic black women are predicted to develop the disease. In the greater Jupiter area, according to the last census, 2.4% of the population is Black/African-American, and 11% of the population is Hispanic. Less than two thirds of the respondents in our Community Needs Assessment know that Hispanics and African-Americans are at greater risk for diabetes. Additional efforts with our community partner organizations will be made to reach these populations at greater risk.

[1] <http://www.cdc.gov/diabetes/data/statistics/2014statisticsreport.html>

Where we have gone so Far In our second year from April – September 2016, we have set into action an evaluation framework and a commitment to learning and sharing. We have reached out to residents through our Community Needs Assessment, calculated the data and shared those results at our Community Meetings. Based on self-reported data from our Community Assessment, we learned that 7% of our greater Jupiter population has been

told they have diabetes, and another 10% have been told that they have pre-diabetes. Superimposing that information on national statistics from CDC, we have an estimated 2% who have diabetes and don't know it plus another 17% who have pre-diabetes and don't know it.

Key Lessons Learned Healthier Jupiter is learning to evaluate both population health and intermediate outcomes Population-level impact, measurement challenging, but critical. Intermediate outcome measurement is key for understanding and communicating impact.

Healthier Jupiter will re-evaluate summer scheduling of committee meetings in 2017. Attendance was very poor over the summer months so will need to find a balance of less meeting but continued communication with committee members to not lose momentum completely.

### Key Partners:

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Because Healthier Jupiter seeks to impact everyone within our entire community, the multiplying effect of collaboration is essential to our success. Jupiter's collaborative efforts for health Pre-date the Healthier Jupiter initiative and began when concerned community members identified the need for primary medical care for the uninsured in Jupiter. Organizations involved in this early effort included El Sol, Jupiter Medical Center, Florida Department of Health, The Town of Jupiter, My Clinic, the Edna Runner Tutorial Center and the Wellness Task Force of the Palm Beach County School District. Members from these organizations are represented on our Steering Committee and are joined by representatives from the faith community, small businesses, the Diabetes Coalition, and local residents. CROS Ministries, The Jupiter Coalition for Hunger, Palm Beach County Food Bank, Florida Atlantic University, Jupiter Walk and Bike, Northern Palm Beach County Chamber of Commerce, the Palm Beach County Medical Society, the Food School, Children's Services, Florida Power & Light Company, Memory Trees, Limestone Creek Community Group, Jupiter High School Environmental Program, Abacoa Greenways, Jupiter Lighthouse, Scripps Research Center, River Center and the Jupiter Medical Center's Wellness Center.

### New Partners:

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New partners that have joined the Healthier Jupiter initiative include: Jupiter High School's Medical Academy, 211, United Way Hunger relief, Palm Beach County Parks and Recreation, Center for Family Services Council, PBC Office of Community Revitalization offices, Limestone Creek Community Advocates, Inc., Buzz Agency, Pediatric Oncology Support Team, Jupiter Tequesta Athletic Association, YMCA of South Palm Beach County, Treasure Coast Newspapers, FAU Lifelong Learning Center, Jupiter First Church, Department of Health, Legends Radio, JDRF, 100 Women Who Care, Rev it Up, Connected

Warriors, First Serve USA, Banana Head Films, Palm Beach County Medical Society, American Youth Soccer Organization, Jupiter Church of God, ELS for Autism Foundation, Healthcare District of Palm Beach County, Feeding South Florida, Digital Vibez, Dream Chefs, Nora Lara (Zumba in the Park instructor) PBC School Food Service Department and specific area elementary and middle schools along with SAC and PTO Committees.

## Goals:

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1. Awareness –Increase awareness of Healthier Jupiter through Champion program and marketing materials. Increase number of individuals and organizations involved in the Healthier Jupiter initiative. Ensure that Healthier Jupiter is recognized as a community resource for wellness and diabetes prevention.
2. Healthy Foods –Increase access to healthy foods through a farmer’s market partnership. Reduce obesity in Jupiter by promoting healthy produce and making it more affordable and accessible. Promote Eating Smart Partner program to local restaurants.
3. Physical Fitness – Increase access to exercise programs in neighborhoods. Provide information on local healthy resources through promotion of our Get Fit Map.
4. Access to Medical Care –Increase awareness of personal risks for diabetes by completing Diabetes Risk Assessments. Complete a Getting Started Toolkit for those just starting the journey to get Healthy. The toolkit will include information on Healthy Foods, Physical Fitness and Access to Medical Care.
5. Distribution of Healthier Jupiter Funds – Distribute a portion of programmatic dollars to participating Not-for-profit and civic organizations with our mini-grant program to support Healthier Jupiter initiatives.

## Process and Implementation Outcomes:

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- Outcome: **Diverse community engagement and communication**

Progress:

Healthier Jupiter has listened and heard what was needed and wanted by the Hispanic Community regarding an exercise program. The focus of our exercise program was solely on this population and neighborhood and the community has responded positively by participating and sharing the information. We partnered with El Sol as a trusted leader in the Hispanic community and supported the initiative to share with the community as requested by focus groups. In addition, we wanted to further engage the Limestone Creek community, and we were successful in adding a community leader from Limestone Creek to our steering committee and another resident as a judge for our mini-grant program.

Associated Media:

- [Healthier Jupiter hosts Limestone Creek Natural Area Walk and Talk](#)

[ Post ]



- Outcome: **Clear, flexible place-based vision**

Progress:

Carrie Browne, project director, and Gene Hudon, Co-chair, attended Tamerac training in Toronto, Canada to further educate themselves on collective impact theory and application.

Additional community meetings and interactive programs have strengthened and refined our vision. The mini-grant program will both give our community insight into designing for health, and the proposals we receive and grants that we award will further solidify our vision.

Associated Media:

- [Healthier Jupiter Announces Mini-Grant Program at Community Meeting](#)

[ Post ]

- [Healthier Jupiter – Youth Master Plan Community Conversation](#)

[ Post ]





## Detailed Narrative:

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What's been done in the past six months?

### By the Numbers

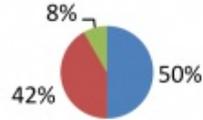
1. Announced a new website [HealthierJupiter.org](http://HealthierJupiter.org) to share with the community what Healthier Jupiter is, how they can get involved? And a calendar of local Healthy events. With 684 Page views since going live and an average session duration of 2:57.
2. Supported Six Subcommittees: Access to Medical Care, Awareness/Marketing, Governance, Healthy Foods and Physical Fitness and Grants.
3. Welcomed 1 new Steering Committee Member Darlene Hatcher.
4. Started Zumba in Park with 63 participants in September. 50% of attendees self-identify on our survey that during a normal week they never exercise, 100 % state as a reason they do not exercise as Lack of safe space to be active.
5. Conducted 5 Healthier Jupiter Walk & Talks with 122 attendees.
6. 450 Residents Completed the Diabetes Risk Assessment.
7. Participated in 49 Community meetings to increase HJ's involvement and exposure.
8. 2,000 pounds of fresh produce grown in El Sol's garden (Healthier Jupiter's first grant recipient)
9. Presentations on the Healthier Jupiter initiative to over 2,226 attendees. Presentations included: Jupiter Medical Center events, Diabetes Coalition Symposium, NPB Chamber Healthcare Committee, NPB Chamber Women In Business events, SAC School Advisory Council Lighthouse Elementary, PBC Youth Division Community Conversation, Jupiter Elementary, El Sol Health fair, Jupiter High School, FAU Social Entrepreneur Class.
10. Community informed of progress through social media avenues: Healthier Jupiter E-Newsletter 613 email addresses, Facebook page with 386 likes, 373 Twitter followers, 114 Instagram followers.



## Zumba Survey Results September 2016 – Healthier Jupiter/El Sol

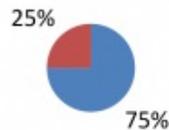
### Do you consider your body weight to be?

■ Too High ■ Somewhat High ■ Fine



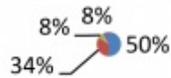
### Are you trying to lose weight?

■ Yes ■ No ■



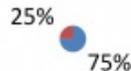
### During a normal week how often do you exercise?

■ Never ■ Once a Week ■ 3 or more times a Week ■ Daily



### Are you content with your level of physical activity you do now or would you like to be...

■ Would like to be more Active ■ As Active as I would like to be



### What are the reasons you are not as active as you would like to be?

■ I do not have time ■ Health limitations ■ Lack of safe space to be active  
■ Lack of teams or equipment ■ Too expensive ■ There are no parks near me



## Lessons Learned:

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The Community Needs Assessment by Healthier Jupiter was completed by 376 people, representing the demographics of the town. According to the survey, fewer than two-thirds of the respondents knew that Hispanics and African Americans were at a greater risk for diabetes. Seven percent were told they were diabetic and ten percent were told they were pre-diabetic. But 53 percent said they knew that being overweight was a risk factor for diabetes, and more than 60 percent said their weight was a little too high or too high. In the Greater Jupiter area, 57 percent are either obese or overweight. This information was shared with the public at our Healthier Jupiter Community meeting and will be used as a baseline for future Community Surveys.

A Key lesson learned was that sometimes the community needs to be broken into segments and you need to do what is needed for that segment, population or neighborhood. One size does not fit all. While our Walk and Talks have been successful at getting a group of Greater Jupiter residents active and social, it was not reaching a target population such as Hispanics that have an increased risk of diabetes.

Nora Lara, a Jupiter resident was part of the initial Healthier Jupiter focus groups. She spoke with Carrie Browne, *Healthier Jupiter's* Project Director, and expressed that she would love to lead a community exercise program. Members of *Healthier Jupiter's* steering committee and El Sol Jupiter's Neighborhood Resource Center set to work to make the project a reality. After scouting several local parks, and with the Town of Jupiter's blessing, it was decided that the park right behind the Jupiter Library was the perfect spot to provide a Zumba program. The park offers an opportunity for participants to bring their family; it is close to the targeted neighborhood so transportation is not an issue.

We learned to listen and react to what the community needs which is a huge step toward *Healthier Jupiter's* mission to improve the quality of life of its residents. By participating in *Zumba*, community members are not only reducing their risk for diabetes, but equally as important, are also coming together and holding each other accountable in leading healthier, more fulfilled lives.

## Top three things you are proud to have accomplished through your work with Healthier Together:

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1. Designed the process of our upcoming Mini-Grant Initiative. The goal of the Mini-Grant Program is to engage the Greater Jupiter community in creating innovative approaches to diabetes prevention and management.
2. Created a Healthier Jupiter website to share with the community; who we are, how they can get involved and a calendar of upcoming local healthy events.

3. Solicited and gained support of influential community leaders, including the Mayor of the Town of Jupiter and the CEO of Jupiter Medical Center. These were two of the seven judges selected for the mini-grant proposal reviews. Other judges include the president of the Northern County Chamber of Commerce; the president of the Indian Creek HOA; the pastor of Jupiter First; a board of director member from El Sol and My Clinic; and a resident of the Limestone Creek community and charter member of Limestone Striders.

## Top three challenges you have faced with your work with Healthier Together:

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1. Unexpected delays set back project timelines.
2. Commitment to initiative from committee members and volunteers fluctuates.
3. This work is a marathon and not a sprint.

## Next Steps:

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The next few months will be exciting for Healthier Jupiter. We will be launching the initial Mini-Grant Program. The goal of the Mini-Grant Program is to engage the Greater Jupiter community in creating innovative approaches to diabetes prevention and management. Funds available through the mini-grants will allow not-for-profit organizations to obtain the needed funds to pilot ideas that will improve our collective community health in one of three focus areas:

1. Increasing access to affordable healthier food choices;
2. Helping individuals become more physically active on a regular basis; or
3. Promoting awareness of diabetes risks and accessing necessary medical care.

Healthier Jupiter is funded through a generous grant from The Palm HealthCare Foundation, and the 2016 Mini-Grant Program plans to award up to \$20,000, (consists of eight mini-grants of \$2,500 each), to qualified not-for-profit organizations in our community whose innovative proposals are selected by our expert panel.

The kickoff event will be on October 26th at our Mini-Grant workshop. Attendees will hear Mark Fenton, national public health consultant, and Jill Hamilton Buss, Executive Director with Healthy Central Florida, talk about their experience on what is needed to make communities healthier and what other areas have accomplished through mini-grants. During Mark's visit, we will also host a Windshield Tour of Jupiter. Utilizing a Trolley, we will Ride along with Town Planners and those with an interest as we view roads, sidewalks, and bicycle lanes in greater Jupiter through the fresh eyes of a walkability and bikeability expert. The final event of Mark's trip will be a partnership with Jupiter Medical Center Academy at Jupiter High School for The Power of Walking event in the Auditorium. This will be a discussion of practical insights to a more active and healthy

lifestyle. Mark will also introduce and interview an AmeriCorps Vista Member that recently completed a Walk Audit of Jupiter.

Look at what else we have coming up!

With our partner, El Sol, we have helped to sponsor a weekly Farmer's Market starting Nov. 13 .

We will be supporting efforts to promote National Diabetes Month.

We plan to present the findings of our walkability and bikeability audit and research to the Town of Jupiter.

Mini-Grant Awardee's will be announced January 30<sup>th</sup> 2017.

We plan to apply for an AmeriCorps VISTA worker to help create and support a comprehensive walking program.

Zumba in the Park – every Thursday night in Officer Bruce St. Laurent Park.

Student Film Contest for Middle and High School Students. In 60 seconds or less students will tackle big-picture questions: making healthy foods fun; adding physical activity to your day or walking and biking safely in Jupiter.

Monthly Walk & Talks – HJ will continue to partner with local educational/cultural/inspirational partners to provide a monthly Walk & Talk. The purpose will be to entice those not normally interested in exercising to a more social experience with light activity. We will provide targeted interventions to Jupiter's vulnerable populations.

Collect and analyze a second Community Survey (including assessment of health knowledge and health behaviors).

Creation of a Getting Started toolkit by our Access to Medical Care committee. The concept is the best of the best resources for community members (Healthy Foods, Physical Fitness, Wellness, Children's Health) just starting on the road to getting healthy.

Healthier Jupiter Champions have been introduced and will continue to grow as an extension of Healthier Jupiter. Champions will be armed with information to educate the community on Healthier Jupiter and how the community can get involved.

Healthier Jupiter website continually updated with the latest Healthier Jupiter information. Utilize blogging and mapping tools on the Palm Healthcare Foundation HealthierTogetherPBC.org to share progress of the Healthier Jupiter initiative.

Work with Town officials and Community Neighborhoods to help Jupiter become more walkable and bikeable.

Through public events and programs, we will continue to initiate and work with our partners to actively involve Greater Jupiter in health, wellness, and fitness activities.

Promote Healthier Jupiter through Social Media resources.

Monthly Healthier Jupiter E-Newsletter to keep the community informed on the latest updates on the Initiative.

## Additional Media:

- [Healthier Jupiter Announces Mini-Grant Program at Community Meeting](#)  
[ Post ]
- [Healthier Jupiter Hosts First Walk & Talk](#)  
[ Post ]
- [Healthier Jupiter hosts Limestone Creek Natural Area Walk and Talk](#)  
[ Post ]
- [Healthier Jupiter in the Jupiter Courier](#)  
[ Post ]
- [Healthier Jupiter Mini Grant Announcement on WPBF 25](#)  
[ Post ]
- [Healthier Jupiter on Legends Radio](#)  
[ Post ]
- [Jupiter Elementary Celebrates their Teaching Garden Harvest](#)  
[ Post ]





## Additional Attachments:

[Download File "Limestone-Natural-Area-Walk-and-Talk.jpg"](#)