

Healthier Jupiter Impact Report (April-Sept 2017)

healthiertogetherpbcc.org/report/healthier-jupiter-impact-report/



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Neighborhood: Jupiter

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Summary:

Who We Are

Entering our third year in a five-to-seven-year initiative, 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. Headquartered at Jupiter Medical

Center, Healthier Jupiter works in partnership with the Medical Center to address health and quality of life issues, with an emphasis on diabetes. Healthier Jupiter brings the community together by listening to the needs of all, building support, and providing resources to empower residents to make healthier choices.

This Initiative Has Four Steps:

- Increasing awareness of diabetes risks and healthy lifestyles
- Helping individuals make healthier food choices
- Encouraging individuals to become more active
- Giving individuals greater access to necessary medical care

Diabetes was selected 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 Palm Healthcare Foundation as part of its 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.

Here's how you can get involved:

- Join one of our Committees!
Committees: Access to Medical Care/Marketing, Healthy Foods/Physical Fitness
- Join us for a Walk & Talk
- Volunteer to assist at our events – We have so many great opportunities.
- Like us on Facebook
- Keep informed on our Website

Key Partners:

Please refer to previous Impact Reports

New Partners:

N/A

Goals:

1. People in Greater Jupiter will be healthier and more community oriented

Process and Implementation Outcomes:

Outcome: **See Previous Impact Report Below**

Progress:

Early years process and implementation outcomes complete; please see early years impact reports for information

Behavioral and Systems Changes:

- Outcome: **Greater Jupiter Residents increase knowledge of risk factors for diabetes**

Baseline:

Sept 2016: According to our 2016 Community Needs Assessment 28% of those surveyed recognized all the factors that may put a person at a greater risk for Type 2 diabetes.

December 2016: 57 participants out of 199 people screened had a risk score of 5 or higher on the Diabetes Risk Assessment Forms. Data provided by and in partnership with the Diabetes Coalition of Palm Beach County from the 2016 data collected and represents the residential zip codes (33458, 33469, 33477, and 33478) of those screened.

Progress:

- May 20, 2017
2017 Community Needs Assessment 38.5% of those surveyed recognized all the factors that may put a person at a greater risk for Type 2 diabetes.
- January 31, 2017
Mini-grants were provided to the community to promote awareness of diabetes risks and accessing necessary medical care. Outcome Data will be provided by grant recipients in a final report in January 2018. Grant recipients included are: FAU Lifelong Learning Institute, MyClinic, Jupiter Church of God, and YMCA of South Palm Beach County.

Associated Media:

- [2017 Healthier Jupiter Mini Grant Recipients Announced](#)
[Post]
- [Diabetes Education at El Sol](#)
[Post]



- Outcome: **Increase access to neighborhood exercise programs**

Baseline:

September 2016: 50% of Zumba pilot program participants surveyed stated Zumba was the only exercise they engaged in per week.

Dec 2016: 120 Attendees participated in Healthier Jupiter Walk and Talks in 2016.



Progress:

- January 31, 2017

Mini-grants were provided to the community to help individuals become more physically active on a regular basis. Outcome Data will be provided by grant recipients in a final report in January 2018. Grant recipients included are: Town of Jupiter – REC on the Move, American Youth Soccer, and Els for Autism - ERNIE ELS #GAMEON AUTISM™ FITNESS.

- July 27, 2017

Participants have attended Zumba a total of 289 times in 2017 (total attendance counted only, not by individuals attending multiple times).

Zumba participants were surveyed again in 2017 and now only 14% state Zumba is the only exercise they engage in per week, with 50% stating they exercise 3 or more times a week. Up from 8% in 2016.

- September 30, 2017

Over 254 community members have participated in our Monthly Walk and Talk programs in the past six months.

Associated Media:

- [AmeriCorps Vista Members Recognized at Jupiter Town Council Meeting](#)

[Post]

- [Healthier Jupiter Explored a New Nature Trail](#)

[Post]

- [Rec on the Move... Is on the Move in Jupiter...](#)

[Post]

- [Healthier Jupiter Rocks!](#)

[Post]



- Outcome: **Increase access to affordable healthy produce**

Baseline:

Sept 2016: According to our 2016 Community Needs Assessment 36% of those surveyed ate fruits and vegetables on a daily basis.

Progress:

- January 31, 2017

Mini-grants were provided to the community to increase access to affordable healthier food choices.

Outcome Data will be provided by grant recipients in a final report in January 2018. Grant recipients included: El Sol, American Youth Soccer, Jupiter Elementary PTO, and The School District of Palm Beach County.

- July 27, 2017

2017 Community Needs Assessment 45% of those surveyed ate fruits and vegetables on a daily basis.

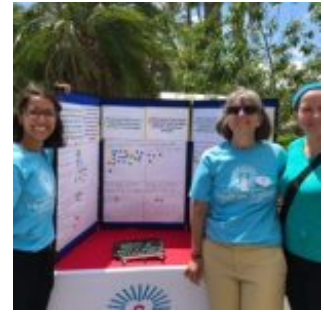
Associated Media:

- [Healthier Jupiter Hosts Family Holiday Cooking Class](#)
[Post]

- [Healthier Jupiter partners with new Jupiter Farmers Market](#)
[Post]

- [Healthier Jupiter Uses Collective Impact Training at Jupiter Farmers Market](#)
[Post]





Detailed Narrative:

What's been accomplished in the past six months?

By the Numbers

- Healthier Jupiter is seeking innovative health ideas to fund through its second Mini-Grant Program. The goal of the Program is to engage the Greater Jupiter community in creating innovative approaches to diabetes prevention and management. Healthier Jupiter will award up to ten **\$2,500** mini-grants to qualified not-for-profit/civic organizations in our community to pilot ideas that will improve our collective community health in one of three focus areas: increasing access to affordable healthier food choices; helping individuals become more physically active on a regular basis; or promoting awareness of diabetes risks and accessing necessary medical care.
- **10** mini-grants of **\$2,500** each were provided and programs have been started to fund pilot ideas that will improve our collective community health.
- Healthier Jupiter granted **\$10,000** to the Jupiter Tequesta Athletic Association – to provide Youth Athletic scholarships to those with financial need to participate in team sports. So far **30** scholarships have been provided for Rec Soccer with **50** more scholarships available for other JTAA sports.
- Grant to El Sol for support of the El Sol Organic Community Garden in the amount of **\$5,000**. The community garden allows El Sol day laborers and their families the opportunity to grow and harvest healthy foods, a portion goes to the kitchen at El Sol to feed and support the community.
- Participated in the US1 Multimodal Corridor Study's Health Impact Assessment committee. Using health information to improve Walkability and Bikeability along the **42** mile stretch of US1 Roadway from Boca Raton to Indiantown Road in Jupiter.
- In the past six months **254** people participated in **5** Healthier Jupiter Walk and Talks –a free, regular event to promote physical activity and community. These recreationally paced walks combine learning, socializing and exercise.
- **3** Winning Student Films focusing on adding physical activity to your day and walking and biking safely in Jupiter were announced. The students were recognized for their efforts by the Palm Beach County School Wellness Taskforce in May.

- The **2nd** Healthier Jupiter Community Needs Assessment has been completed, evaluated and presented to the community. **496** participants completed the survey, representative of demographics in Greater Jupiter.
- 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. Over **172** community members have participated in the past six months.
- More than **70** people attended our community meeting in July at Jupiter Medical Center to hear an update on Healthier Jupiter’s Community Survey results and progress to date.
- **5** Healthier Jupiter Steering Committee, Staff, and Committee Members participated in Racial Equity Training provided by Palm Healthcare Foundation.
- Supported the new **#1** Jupiter Farmers Market at El Sol providing local affordable fruits and vegetables. EBT cards accepted.
- **6** Diabetes Awareness/healthy cooking demonstrations presented to El Sol day laborers led by Steering Committee Member Siobhan Gross, RN, BSN, CDE and Betzy Rega.
- Presentations on the Healthier Jupiter initiative to over **4,458** Presentations included: Jupiter Medical Center events, WPTV Channel 25, Town of Jupiter Events, Mayor Wodraska Jup Radio show, School Advisory Councils of several Jupiter Schools, and Healthier Jupiter Events.
- Community is kept informed of progress through social media avenues: Healthier Jupiter E-Newsletter **1,022** email addresses, Facebook page **599** likes, **502** Twitter followers, **292** Instagram followers. In the past **6** months our social media presence has grown by: E-Newsletter recipients **53%**, Facebook Likes **28%**, Twitter Followers **20%**, and Instagram Followers by **47%**.

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Lessons Learned:

Healthier Jupiter's Community Health Survey sought to learn more about our community's needs around health and well-being. The questions asked related to our four focus areas: healthy foods, physical fitness, access to medical care, and awareness. Additionally, Healthier Jupiter is interested in walkable communities, so we introduced additional questions around safely walking or biking in Jupiter.

The survey was open to all who live, work, learn or visit in the Greater Jupiter area. 496 Jupiter community members completed the survey, representative of the demographics of the Greater Jupiter community. Healthier Jupiter worked with community partners and committee members to distribute the survey. This was the second year the survey was conducted.

Within this report you will find graphics showing the results, as well as text that further explains the results, especially looking at data by race, those who are diabetic or pre-diabetic and significant changes since the 2016 survey.

The Results are in! 2017 [Healthier Jupiter Survey Results](#).

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

1. Ten mini-grant recipients are working on their projects that will improve our collective community health in one of three areas: increasing access to affordable healthier food choices; helping individuals become more physically active; promoting awareness of diabetes risks and access to necessary medical care. Winners include: American Youth Soccer, El Sol, Jupiter's Neighborhood Resource Center, Els for Autism, FAU Lifelong Learning, Jupiter Church of God, Jupiter Elementary PTO, MyClinic, The School District of Palm Beach County, Town of Jupiter Recreation Department, YMCA of South Palm Beach County.

2. The Weekly Zumba program in the Pine Garden South Neighborhood started in September 2016 as a pilot partnership with the Town of Jupiter, Healthier Jupiter and El Sol. The program has grown to become self-managed by instructor Nora and a core group of Zumba participants. The group is so strong we feel even without our support the program would continue on its own.
3. Healthier Jupiter reacted to the need for proposal and writing assistance for those submitting mini-grant applications. Grant Writers and Steering Committee Members provided assistance through a break out session at our second mini-grant workshop to allow those that desired assistance.

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

1. Healthier Jupiter has accomplished so much but there is so still much to be done to improve the health of our community. There needs to be constant focus to stay within our four strategies and not be pulled in other directions.
2. Consistently striving to include the residents in the community who are at increased risk of diabetes: African Americans, Hispanics and seniors. While we are making headway, we still lack full participation.
3. This year we have had an amazing AmeriCorps Vista Member (Joanna Peluso) assigned to Healthier Jupiter. She has accomplished so much and when her assignment is over, her loss will be significant. While her capacity building efforts will live on, it proves to HJ that additional assistance will be needed to maintain this year's level of activity and progress.

Next Steps:

The next few months, October 2017- March 2018. Healthier Jupiter will focus on the mini-grant program including evaluation, and measurement of the program. We have created a tool for grant recipients to use to provide a final report to Healthier Jupiter. That tool will be important in evaluating the impact of the mini-grant program in our community.

The goal of the mini-grant program is to engage the Greater Jupiter community in creating innovative approaches to diabetes prevention and management. The mini -grants funding offers the opportunity for not-for-profit organizations 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.

For the second year Healthier Jupiter plans to award up to \$25,000, (consists of up to ten mini-grants of \$2,500 each), to qualified not-for-profit and civic organizations in our community whose innovative proposals are selected by our expert panel. The deadline for

the 2017 mini-grant program is October 20th.

Look what else we have coming up!

HJ will continue to present and share Community Survey results to the community and interested organizations. We have the ability to break down data and present drilled down information important to each segment of the population.

Walk on Jupiter – is launching soon. A physical fitness challenge to encourage everyone in our community to walk by creating walking groups and collectively achieve the distance it would take to land on the planet Jupiter.

HJ has partnered with FAU Medical School Department and students to create a Healthier Life Guide. This guide will be an interactive tool for individuals needing assistance eating healthy, increasing physical activity and finding local resources.

Continue to disseminate a comprehensive directory and mapping of Jupiter's resources – Get Fit Map.

Student Film Contest announced and is open to all PBC students. In 60 seconds or less students will tackle big-picture questions: making walking fun, encourage others to walk or walking safely in Jupiter.

Continue to support cost of Zumba in the Park to support the increased physical fitness of the South Pines neighborhood (higher rate of Hispanic residents and, at a greater risk of diabetes) weekly in Officer Bruce St. Laurent Park.

Healthier Jupiter serves on the committee for the US1 Multimodal Corridor Study. The study is using a Health Impact Assessment as a process to analyze and quantify how policy or investment influences people's health. The Healthier Jupiter community survey was provided as an example for the health information section of their survey. The findings will be analyzed and reported to the community. We hope this type of work will continue in additional roadways in Jupiter by using health indicators to improve mobility.

Continue 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 participate in a more social experience with light activity. We will provide targeted interventions to Jupiter's vulnerable populations.

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 will be 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.

Healthier Jupiter has been certified and can now provide Free Adult and Child Bicycle Helmets fittings to improve the safety of our residents.

Promote Healthier Jupiter through Social Media resources.

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

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.

Additional Media:

- [Congratulations Healthier Jupiter Student Film Winners](#)
[Post]
- [Healthier Jupiter Announces Results and Progress](#)
[Post]
- [Healthier Jupiter Awards Jupiter Tequesta Athletic Association \\$10,000 Grant](#)
[Post]
- [Healthier Jupiter Hosts Second Mini-Grant Workshop](#)
[Post]
- [Healthier Jupiter Joins Palm Beach County MPO in a Health Impact Assessment of US-1](#)
[Post]
- [Healthier Jupiter on WPBF 25 News](#)
[Post]





Additional Attachments:

[Download File "2017-Community-Survey-Report.pdf"](#)