

Healthier Jupiter Impact Report (April – September 2018)

healthiertogetherpbc.org/report/healthier-jupiter-impact-report-april-september-2018/



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Neighborhood: Jupiter

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Summary:

Midway in our fourth year of our five-to-seven-year initiative, Healthier Jupiter has updated our mission statement to reflect our maturing scope. Healthier Jupiter is a community-driven initiative funded by Palm Health Foundation and part of the Healthier Together county-wide initiative. Healthier Together is a long-term, place-based funding approach designed to solve the community's most complex healthcare issues, neighborhood by neighborhood.

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.

This initiative has four steps:

1. Increasing awareness of risk factors and healthy lifestyles
2. Empowering individuals make healthier food choices
3. Encouraging individuals to become more active
4. Giving individuals greater access to necessary medical care

Key Partners:

Please refer to previous Impact Reports.

New Partners:

Living Hungry Coalition's Pilot Program Using Food as Nutrition Collaboration with partners: Diabetes Coalition of Palm Beach County, Health Care District of Palm Beach County, Jupiter Medical Center, Living Hungry Coalition, MyClinic, Poverello, South Florida Hunger Coalition, and our amazing volunteer base.

Goals:

1. Increase the quality and availability of educational community-based programs
2. Increase strength of existing systems.
3. Increase knowledge of risk-factors and available resources.

Process and Implementation Outcomes:

Outcome: **See Early Years Impact Reports (Reports dated March 2015- March 2017)**

Progress:

Progress and implementation outcomes achieved. Results can be viewed in Early Years Impact Reports.

Associated Media:

- [Healthier Jupiter Releases April-September 2017 Impact Report](#)
[Post]
- [Healthier Jupiter Releases Oct – Mar 2017 Impact Report](#)
[Post]



Behavioral and Systems Changes:

- Outcome: **Shifts in cultural norms and capacities that support healthier behavior changes**

Baseline:

December 2017: From the Healthier Jupiter Community Survey, 85% of those who are diabetic/ pre-diabetic recognized their weight as “too high” or “a little too high.”

Progress:

June 16, 2018

In 2018, launched Fresh Food Pharmacy—a pilot program with Living Hungry Coalition using “food as medicine.” Participating residents were diagnosed as diabetic or pre-diabetic and also food insecure. Each resident in the program was provided two weeks’ worth of healthy food and nutritional guidance. This is what one resident had to say about the program: “The program is very good as it helps people eat healthier, and it has helped me stretch my budget. As a result of the program I have lost 10 lbs., feel good, think clearer and have more energy. If you are a diabetic, you will love this program. Please tell the people who run this program I really appreciate and want to continue it.” During the program this resident lowered her A1C, lost weight and felt better overall while feeding a family of six with the healthy food. Participants in the program learned how to incorporate healthy food in their daily diets, were introduced to new foods, and learned budget-friendly recipes.

Diabetic Outcomes

- 104 Diabetic, Pre-Diabetic and Food Insecure clients served.
- Pre- and Post-biomarkers screened by Diabetes Coalition of Palm Beach County, June 16 & 30 and September 22 and 29
- A1C and Lipid tests and staff costs underwritten by Healthier Jupiter.
- 13 Diabetic Clients in Data Cohort for Analysis

Outcomes Evaluated Pre/Post

- Biomarkers: A1C, Weight, Cholesterol Lipids
- Food Insecurity Index
- Healthy Days Index
- Food Revolution Health Index
- Post Attitudinal Survey
- Self-Report Healthy Habits and Learning New Behaviors

Associated Media:

[Food As Medicine Pilot Program in Jupiter](#)

[Post]



- Outcome: **Increased organizational responsiveness to targeted community needs**

Baseline:

75 participants attended the first Couch to 5K meet up

Prior to C25K program, only 16% of participants reported at least 30 minutes of physical activity several days a week

Progress:

May 5, 2018

- Healthier Jupiter and Jupiter Medical Center’s Cary Grossman Wellness Center in partnership with the Town of Jupiter Recreation Department created a free 9-week “Couch to 5K” (C25K) training program to help participants gradually increase their physical activity to walk/run a 5K (3.1 miles). The 9-week training program prepared participants for the Town of Jupiter’s annual Turtle Trot on May 5th at Ocean Cay Park.
- 56 Couch to 5K Team Members participated in the Town of Jupiter Turtle Trot on May 5th.
- Before C25K ,16% of participants reported at least 30 minutes of physical activity several days a week; after the 9-week C25K program, that number increased to 86%.
- Results also showed the C25K program impacted participants beyond physical activity: 31% lost weight, 77% focused on a healthier diet, 62% made friends, and 73% felt more confident.

Associated Media:

- [Healthier Jupiter Couch to 5K Training is Now Underway!](#)
[Post]
- [Healthier Jupiter Couch to 5K Free Fitness Program Wrap Up...](#)
[Post]

Associated Attachments:

[Download File "HJ-C5K-Fly-F.png"](#)



- Outcome: **Shifts in awareness and understanding of issue area**

Baseline:

Individuals with Autism Spectrum Disorder (ASD) often lack opportunities for physical activity due to high levels of intensive therapy involving stagnant activities throughout each day. In addition, many individuals with ASD have high incident deficits in motor planning and coordination leading to an aversion to fitness activities. Although these individuals may shy away from physical activity and organized sports, it is imperative to create programs that use evidence-based practices to get them active, moving and practicing social skills.

Progress:

September 28, 2018

- A Healthier Jupiter mini-grant was used to help fund a golf coach for Ernie Els #GameON Autism™. Golf Program is an innovative program, developed by Els for Autism in collaboration with PGA Reach and The First Tee, that gives children and adults on the spectrum access to the game of golf. The program is aimed at developing life skills, encouraging social interaction and promoting healthy living through golf. #GameON Autism Golf is designed to build self-esteem and confidence in a fun, welcoming and supportive environment; encouraging participants to learn golf skills while practicing specific autism learning concepts infused into each golf session.
- 265 children and adults with ASD participated in the program.
- The project's success was evaluated using the following evaluation tools: 1) a picture-based questionnaire to assess participant's knowledge in fitness and 2) a behavior questionnaire for both participants and caregivers to determine a change in fitness routines. 60% of participants have continued with a fitness routine at least 2 days per week after the 8-week initial program.
- As an example, Andrew B. is a 20-year-old nonverbal young man with autism. He had no interest in golf at all, and in the initial sessions, he would just run around the greens. It took about 4 or 5 sessions to get him to stay with the group and start to participate in some of the activities. By the beginning of the second session, we were able to get him to hold the club with both hands independently. By the end of the series, we had him swinging the club and making contact. The thrill for all of us was when he putted into the hole during the very last session!

Associated Attachments:

[Download File "GameON-Autism-Golf-300x200-1.jpg"](#)

Detailed Narrative:



What's been accomplished in the past six months?

By the Numbers

- In **2018** Healthier Jupiter awarded eight **\$2500** Mini Grants 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 diabetes prevention and management. The grants are funding 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.
- These eight organizations and their funded projects include the following.
Connected Warriors, Inc. – *“Connected Warriors: Free Yoga for Military Veterans and Their Families,”* **Dream Chefs, Inc.** – *“Kids Can Cook!”*, **El Sol: Jupiter’s Neighborhood Resource Center** – *“El Sol’s Passport to Health,”* **Els for Autism** – *“ERNIE ELS #GAMEON AUTISM™ GOLF,”* **Healthy Mothers Healthy Babies Coalition of Palm Beach County, Inc.** – *“Small Steps Great Parents: Nutrition and Diabetes Prevention Workshop for Pregnant Women,”* **Jerry Thomas Elementary School**, – *“Jerry Thomas Water Bottle Refill Stations,”* **MyClinic** – *“Diabetes Care Coordination Triple Aim Initiative: Better Care, Better Health, Better Value,”* and **Palm Beach Harvest** – *“Healthy Harvest Family Gardens.”* Healthier Jupiter members of the marketing committee mentored the grant recipients to improve contact with these organizations and encourage greater impact.
- Concluded **first** Couch to **5K** program March-May, in partnership with the Town of Jupiter’s Recreation Department and Jupiter Medical Center’s Cary Grossman Wellness Center. **56** participants completed the **9**-week program and completed The Town of Jupiter’s Turtle Trot 5K

- Couch to 5K planning committee formed with 16 members, will guide and support the 2019 Couch to 5K program.
- From June to September, in partnership with the Living Hungry Coalition and **8** partner organizations, we launched “Nutrition is Medicine”, a pilot program for food insecure diabetic and pre diabetic patients. **104** patients served, **9** events, **15,732** diabetic friendly grocery items, **437** sets of groceries provided with the help of **115**
- Transported **100’s** 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, learn, prepare, and share.
- Participated in the Let’s Move initiative – **32** million minutes of activity logged. The combined Town of Jupiter placed **4th** with **815,507** minutes of activity.
- University of Miami Student, Tessa McKay completed **120** total hours on a Capstone project focused on Workplace Wellness and a Couch to 5K toolkit for Healthier Jupiter.
- The **3rd** Healthier Jupiter Community Needs Assessment has been completed, is currently being analyzed and will be presented to the community. **513** 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 **273** community members have participated in the past six months.
- Presentations on the Healthier Jupiter initiative to over **8,307** Presentations included: Jupiter Medical Center events, Leadership Palm Beach County Engage Class, Town of Jupiter Events, School District – Wellness Taskforce, Legends Radio, 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 **1,227**, Couch to 5K newsletter **153** subscribers, Facebook page **794** likes, **585** Twitter followers, **761** Instagram followers. In the past **6** months our social media presence has grown by: Facebook Followers **33%**, Twitter Followers **17%**, and Instagram Followers by **161%**.

VOTE FOR A HEALTHIER JUPITER AT THE COMMUNITY GRANT BBQ

FINALIST ORGANIZATIONS: Connected Warriors \ Diabetes Coalition of PBC \ El Sol: Jupiter's Neighborhood Resource Center \ First United Methodist Church of Jupiter-Tequesta \ Friends of Jonathan Dickinson State Park \ Girls on the Run \ Meals on Wheels of the Palm Beaches \ Mount Carmel Baptist Church/Our Time To Shine \ My Clinic \ Palm Beach County Food Bank \ Palm Beach County Parks and Recreation \ Palm Beach Harvest \ Pearl Mae Foundation \ Rev Up Your Mental/Motor Skills \ School District of Palm Beach County \ Southpaw Prince

Which organizations will get enough votes to receive a Healthier Jupiter Mini-Grant? Funding will be used toward innovative ideas to improve the health of the collective community in the Greater Jupiter area.

Sixteen finalist organizations will present their proposed projects at a Community BBQ on November 17, 2018 from 2-4pm at the Jupiter Community Center. Members of the public will have the opportunity vote for those projects they wish to see funded, so it is imperative that you come out to make your voice heard and help us support these great organizations and the important work they are doing in Jupiter.

This event will be free and open to the public with food and healthy treats (while supplies last), so please feel free to spread the word!

Date & Time:

November 17, 2018
Voting Open from 2:00 PM-3:30 PM
Grant Recipients announced at 3:45

Location:

Jupiter Community Center
200 Military Trail, Jupiter, FL 33458

For additional information, please visit:
healthierjupiter.org or contact
Carrie Browne at carrie.jupiter@hjtbc.org
or (561) 263-7580.

For more information please visit... www.healthierjupiter.org



Healthier Jupiter is a community-driven 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.

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

Lessons Learned:

Healthier Jupiter, through listening, collaborating and working with the community, arrived at the realization that we needed to update our mission statement. We are so much more than just diabetes prevention. Through careful consideration and thought we have moved 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 the new Mission Statement – *Healthier Jupiter is a community-driven initiative designed 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.

We have learned community participation and inclusion is key in the success of our program, and community participation starts one person at a time. Healthier Jupiter has worked on the process for making contacts, building trust in the community, and ultimately involving all sectors in community assessment and in the planning, implementation, and evaluation of activities and policies aimed at improving the quality of life in the Greater Jupiter area. This focus is the reason we implemented the Community Grant BBQ to include the residents in the decision making process and allowing an opportunity to vote on the programs they would like to see in the community. In addition to further engaging the community with Healthier Jupiter, each of our 16 finalist organizations will be able to improve their community engagement and further their marketing and impact with the community and with each other.

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

1. Healthier Jupiter will bring the community together by hosting a free Community Mini Grant BBQ on November 17, 2018. At this event, the public will have an opportunity to learn about proposed projects to improve the health of our community from 16 finalists representing local not for profit and civic organizations. By putting the choice in the hands of the community, organizations will be chosen whose innovative projects will benefit the Greater Jupiter Area.
2. A benefit of our Couch to 5K Program involved improving an independent social determinant of health – the extent, strength and quality of our social connections with others. Increased social networks, social support and emotional support.
3. A true collaboration to launch Fresh Food Pharmacy—a pilot program with Living Hungry Coalition using “food as medicine.” Participating residents were diagnosed as diabetic or pre-diabetic and also food insecure. Each resident in the program was provided two weeks’ worth of healthy food and nutritional guidance. Community partners came to get and provided this opportunity to our community. Participants in the program learned how to incorporate healthy food in their daily diets, were introduced to new foods, and learned budget-friendly recipes.

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

1. Health is often considered solely the domain of health professionals and organizations. In keeping with our Collective Impact approach we will need to remind partner organizations to prioritize impacting health outcomes, even is that is not part of their original mission. This work requires every partner to work towards the same goal.
2. The roles and expectations of participating groups and volunteers can become unclear. Constantly striving to include all partners and volunteers with a solid role requires effort.
3. Our Part Time Outreach Coordinator position has been difficult to recruit and retain a staff member.

Next Steps:

The collective impact framework can be 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.

In the next few months, October 2018- March 2019, Healthier Jupiter will focus on the mini-grant program we will be including community members in the decision process. Healthier Jupiter will bring the community together by hosting a free Community Mini Grant BBQ on November 17, 2018. At this event, the public will have an opportunity to learn about proposed projects to improve the health of our community from sixteen finalists representing local not for profit and civic organizations. Recipients will be chosen whose innovative projects will benefit the Greater Jupiter Area. Finalists will present their mission and project overview to the public, who will then choose the top eight they wish to see funded by eight \$2500 mini grants. Voting will be open from 2:00 PM – 3:30 PM and grant recipients will be announced at 3:45 PM.

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 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.

For the third year Healthier Jupiter plans to award up to \$20,000, (consists of up to eight mini-grants of \$2,500 each), to qualified not-for-profit and civic organizations in our community. The sixteen finalists and their project name: **Connected Warriors, Inc.** – *“Connected Warriors: Free Yoga for Military Veterans and Their Families,”* **Diabetes Coalition of PBC**– *“Know Your Numbers- A Diabetes Prevention and Management*

Educational Initiative” **El Sol: Jupiter’s Neighborhood Resource Center** –
“*Training With Others*,” – **First United Methodist Church of Jupiter-Tequesta**
– “*N.I.K (Nutrition in a Knapsack)*,” **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*“, **Mount Carmel
Baptist Church/Our Time To Shine** – “*Mount Carmel Baptist Church/Our Time
To Shine*“, **MyClinic** – “*Increased Medication Access=Improved Health=Reduced Costs*,”
Palm Beach County Food Bank – “*Marjorie S. Fisher Nutrition Gets Cooking!*” **Palm
Beach County Parks and Recreation** – “*Fit and Strong*”, **Palm Beach Harvest,
Inc.** – “*Pedaling Food to the Needy*”, **Pearl Mae Foundation** – “*Get Health, Get
Educated: Diabetes Self-Management for Seniors*”, **Rev Up Your Mental/Motor Skills**
– “*Rev Up Your Mental/Motor Skills*”, **School District of Palm Beach County** –
“*Middle School Field Trip to Inspire Healthy Eating Choices*”, **Southpaw Prince** –
“*Southpaw Prince’s Free After-School Boxing Program*”

Look what else we have coming up!

HJ will analyze present and share the 2018 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.

Evaluating the success of the Living Hungry Coalition “Food as Medicine” program with partners: Diabetes Coalition of Palm Beach County, Jupiter Medical Center, MyClinic, and the Healthcare District of Palm Beach County and additional partners. Find ways to celebrate and continue momentum of this important program.

For the second year in a row will partner with the Town of Jupiter Recreation Department and Jupiter Medical Center Cary Grossman Wellness center to provide a free nine-week “Couch to 5K” training program to help participants gradually increase their physical activity to walk or run a 5K (3.1 miles). The 9-week training program prepared participants for the Town of Jupiter’s annual Turtle Trot 5K.

Couch to 5K Planning Committee formed to guide and support the Couch to 5K program. The Committee started meeting Monthly in August of 2018.

HJ has partnered with a University of Miami Student – Capstone project to create a Work Place Wellness Toolkit. This guide will be an interactive tool for small to midrange business with guidance on implementing a workplace wellness program.

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

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.

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. Partners will include: Busch Wildlife, Historic DuBois Home, Riverbend Park, Palm Beach County Parks and Recreation.

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

Work with Town officials, Health Department of Palm Beach County and Community Neighborhoods to support Jupiter become more walkable and bikeable. Healthier Jupiter will be represented at the Safe Streets conference in February of 2019.

Healthier Jupiter has been certified and has the ability to 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.

Healthier Jupiter will hire a part time Outreach Coordinator. The Outreach Coordinator will help drive and implement Healthier Jupiter’s activities, including strategy, program activities, communications, community engagement and data functions. The Coordinator helps implement Healthier Jupiter activities while upholding the mission, vision and guiding principles of the initiative.

Additional Media:

- [Healthier Jupiter 2018 Grant Finalists Announced](#)
[Post]
- [Healthier Jupiter on Legends Radio with Mike McGann](#)
[Post]

