

Healthier Jupiter Impact Report (Oct 2018–March 2019)

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Healthier Jupiter is making an Impact

STRENGTHENING LOCAL CAPACITY AND BUILDING NETWORKS



Support houses of worship to encourage a healthy lifestyle



Grant writing assistance to local agencies for mini grant process



Develop leadership of committee members and volunteers



Committee members attend Racial Equity and Collective Impact Trainings



Learn and share best practices with Healthier Together neighborhoods



Convene local (traditional and non-traditional) partners to improve health

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Summary:

Who We Are

Healthier Jupiter is a community-driven initiative funded by Palm Health Foundation. Headquartered at Jupiter Medical Center, Healthier Jupiter works in partnership with Jupiter Medical Center to encourage healthy behaviors and address the elements that affect our health and quality of life. Healthier Jupiter brings us together by listening to the needs of all, building community support and providing resources that 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:

1. Increase awareness of risk factors and healthy lifestyles
2. Empower individuals to make healthier food choices
3. Encourage individuals to become more active
4. Give individuals greater access to necessary medical care

Vision: The greater Jupiter community works together, supporting each person to live the healthiest life possible.

Goals:

Healthier Jupiter has three goals – awareness, access and inclusivity.

Awareness

The goal of the Healthier Jupiter initiative is to provide awareness of chronic disease risk factors to those in the greater Jupiter community. The goal is to reach all those who are at risk of developing a chronic condition by promoting lifestyles that are conducive to healthier living.

Access

It is the goal of Healthier Jupiter to improve access to wellness education, medical care, services and supplies. Towards that goal, we will systematically identify and remove or reduce barriers to access, starting with increased opportunities for care for those with limited financial resources and insurance.

Inclusivity

It is our goal to be inclusive in every aspect of the Healthier Jupiter initiative and to involve all those who live, work or learn in the greater Jupiter area, regardless of their age, gender, socio-economic status, national origin, race or religion.

Project Goals: (Changes we want to see)

- 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

In a climate of limited resources and great need, Healthier Jupiter acts as an intermediary bringing residents, public systems, community-based organizations and funders together to deliver on shared outcomes.

Healthier Jupiter initially set our focus areas and mission by gathering input and ideas from residents and community partners at one-on-one meetings, focus groups and community meetings. Since our beginnings five years ago, we have taken an active role to create an environment that supports health for all residents and promotes healthy lifestyles in the greater Jupiter area. This work is a true community effort and could not have been done without our strong committee members and the more than 500 individuals who shared their ideas, talents, time and commitment.

Key Partners:

Please refer to previous Impact Reports

New Partners:

N/A

Goals:

1. Increase access to affordable healthy food
2. Increase access to neighborhood exercise programs
3. Increase the quality and availability of educational community-based programs

Process and Implementation Outcomes:

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

Progress:

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

Associated Media:

[Healthier Jupiter is Making an Impact – Read our Report](#)
[Post]



Behavioral and Systems Changes:

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

Baseline:

Veterans and service members often suffer from PTSD, TBI and physical and mental injuries. Veterans, service members and their family members often have difficulty managing their stress and health issues, often leading to drug addiction, suicide and depression. A national survey found 8% of U.S. Veterans screened positive for PTSD at some point in their lives.

Progress:

December 1, 2018

- Healthier Jupiter provided a 2017/2018 Mini Grant to support Connected Warriors Yoga. Connected Warriors Yoga is an international organization, with an active Palm Beach County and Jupiter group, that empowers service members, veterans and their families through trauma conscious yoga. In Jupiter, Connected Warriors holds five free one-hour classes at the Jupiter Community Center every week on an ongoing basis.
- By teaching this population how to manage their stress and health issues through yoga and meditation, Connected Warriors is addressing, reducing and healing drug addiction, suicide and/or depression. Participants learn tools to manage stress, anxiety, depression, side effects of TBI (traumatic brain injury), PTS(D), insomnia and physical and mental health. In addition, it encourages individuals to incorporate more physical activity into their daily lives.
- Currently, Connected Warriors has 4 teachers who teach 5 classes with 70 participants who practice yoga regularly during the week. Majority of participants are 50 and older. Feedback from a survey from participants showed participants value the yoga classes and credit Connected Warriors Yoga with helping them stay physically active, increasing their desire to exercise regularly and reducing their stress. Additionally, the program has helped veterans form new friendships and encouraged them to try other programs that the Jupiter area has to offer.
- As a result of the Healthier Jupiter mini grant, the Jupiter group was chosen by Connected Warriors to run a pilot program of meditation for veterans. Connected Warriors in Jupiter is now the first area to offer a Connected Warriors weekly meditation class with an instructor with training in PTSD and TBI.

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

Baseline:

Low-income and uninsured community members living with Type 2 Diabetes may have a difficult time accessing medical care and managing treatment. It is important for individuals living with Type 2 Diabetes to maintain a prescribed treatment plan, in order to prevent further complications, and/or unnecessary and expensive Emergency Room visits or hospitalizations. MyClinic helps low-income and uninsured patients within our community access medical care, often working with patients diagnosed with Type 2 Diabetes and facing many barriers to care. MyClinic hopes to be a part of a critical shift from a focus on health care to optimizing overall health for individuals and populations.

Progress:

December 1, 2018

- Healthier Jupiter provided a 2017/2018 Mini Grant to support MyClinic. Through this funding along with funds from MyClinic's general operating budget, MyClinic hired a part-time Care Manager to provide high quality comprehensive care for high risk Type 2 Diabetes patients that are not responding to prescribed treatment plans. The Care Manager ensures that these patients receive dedicated assistance in managing their acute and chronic illness taking into consideration all the determinants of health. The Care Manager duties include assessment, planning, facilitation, care coordination, evaluation and advocacy. The goal is to provide options and services to meet the comprehensive medical, behavioral and psychosocial needs of an individual and their family while promoting quality and cost-effective outcomes.
- MyClinic's Care Manager focused on the high-risk 5-10% of diabetic patients, specifically identifying 12 low-income and uninsured patients. These patients have a Type 2 Diabetes diagnosis, high blood glucose, and regular treatment plans were not as effective. Majority of the participating patients were Hispanic.
- To benefit the patients, new relationships were made with pharmaceutical companies to provide free glucometers for better diabetes self-management and with Living Hungry Coalition's "Food Farmacy" that allowed patients participating in the program to receive healthy foods and nutrition education.
- 9 of the 12 participants who were assigned a Care Manager saw significant decreases in their blood glucose. Patient satisfaction surveys were positive. One of the participants, Alvaro, "hit the ground running". Alvaro lost close to 40 pounds and he was a positive influence in his home encouraging his mother and father.
- Through their work and this pilot program, MyClinic recognized the critical role of medication adherence to proper treatment and plans to apply for funding to reduce medication adherence barriers in Type 2 Diabetes patients.

- Outcome: **Increased base of support in the community**

Baseline:

In the past, Healthier Jupiter has held traditional Community Meetings and Mini Grant processes. At the Community Meetings, Healthier Jupiter presented on updates, such as a Mini Grant updates and announcements, community survey results, programming, initiatives and how to get involved. At our last Community Meeting in July 2017, about 70 people attended and in June 2016 about 65 people attended. Although there was great engagement and dialogue at the Community Meetings, most of our attendees were community partners and committee members. We recognized resident attendance was low.

Additionally, our Mini Grant process was modeled off traditional grant submissions and review panel. Community leaders from the private and public sector reviewed the submitted grants, used a rubric to score the grants and decided which projects received funding. We worked to engage our community partners through our Mini Grant workshops, where we brought in influential public speakers, offered grant writing assistance, supported networking and helped partners brainstorm innovative ideas to fund. At our 2017 Mini Grant Workshop we had about 50 people attend representing 30 organizations and at our 2016 Mini Grant Workshop we had about 60 people in attendance.

Feedback and continual involvement from community members is a main component needed for Healthier Jupiter to make an Impact.

Progress:

November 17, 2018

- Healthier Jupiter held its first Community Grant BBQ on November 17th, 2018 from 2pm to 4pm. The Community Grant BBQ was a new way for Healthier Jupiter to simultaneously engage our community partners, mini grant applicants and our community members to improve the health of our community. At the event 16 grant finalists, representing local not-for-profit and civic organizations, presented to the public their mission and innovative idea to promote healthy living and chronic disease prevention. The public then chose the top eight Mini Grant projects they wished to see funded with \$2,500.
- The Community Grant BBQ was a great success with over 400 people attending to vote and learn more about the proposed innovative ideas from our community partners. What did the community have to say: “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!” “I enjoyed learning about the various organizations in the community and the programs they have created to make Jupiter healthier”.
- This event was a great success as we focused on engaging community members along Tamarack Institute’s “Community Engagement Continuum,” providing opportunities to Inform, Consult, Involve, Collaborate and Empower. Additionally, the event received such great feedback due to the dedicated brainstorming and planning from our Access to Medical Care and Marketing Committee and Steering Committee.
- With such great feedback and success, we will be holding our second annual Community Grant BBQ on October 12th, 2019. We will modify the process slightly for this upcoming Community Grant BBQ cycle as there were many lessons learned and great constructive feedback received from all participants. Ultimately, any improvements we make are to increase our base of support, to have the larger Jupiter community recognize we all have a role to play in improving the health of our community.

Detailed Narrative:

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What’s been accomplished in the past six months?

By the Numbers



- In **2019** Healthier Jupiter awarded **9 \$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 **1** of **3** 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.
- Healthier Jupiter held a Community Grants BBQ on **November 17th**, at which **16 grant finalists** presented their project overview to the public, who then chose the top **9** to receive the Mini Grant. Over **400 community members** came together to learn and vote on which projects should receive funding. With such a large-scale event, we had great help from **29**



- The 9 organizations and their funded projects include: **Connected Warriors, Inc.** – “*Connected Warriors: Free Yoga for Military Veterans and Their Families,*” **Friends of Jonathan Dickinson State Park** – “*Meetup Outdoor Adventures for Jonathan Dickinson State Park,*” **El Sol: Jupiter’s Neighborhood Resource Center** – “*Training with Friends,*” **Meals on Wheels of the Palm Beaches, Inc.** – “*Meals on Wheels of the Palm Beaches,*” **Girls on the Run** – “*GATHER (Girls Access to Health, Empowerment & Running),*” **Palm Beach County Food Bank,** – “*Marjorie S. Fisher Nutrition Gets Cooking,*” **MyClinic** – “*Increased Medication Access – Improved Health – Reduced Costs,*” **Palm Beach Harvest** – “*Pedaling Food to the Needy,*” and **Southpaw Prince** “*Southpaw Prince’s Free After School Boxing Program*”.

Healthier Jupiter is making an Impact



IMPROVING OUR LOCAL BUILT ENVIRONMENT



Distribute "Get Fit" Maps



Encourage Bike Valets at local events by providing toolkit



Provide external built environment experts



Support autism friendly additions to North Jupiter Flatwoods



Focus on improving Jupiter's walkability and bikeability



Study our neighborhood parks to understand park usage

- 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, **52 people** attended our Information Session to alleviate concern. **100** people attended our first meetup on **March 2nd** and **15** people trained on their own for the first week and checked in on social media. Our **2019 Couch to 5K** Facebook group has **95 members**.
- **16 Couch to 5K planning committee members** supported the implementation of the **2019 Couch to 5K program**. Leading us at the weekly meetups are **6** dedicated trainers from the Jupiter Medical Center Cary Grossman Wellness Center.
- 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.
- Participated in the Let’s Move initiative – **32 million minutes** of activity logged. The combined Town of Jupiter logged **966,045 minutes** and our sub-team of Healthier Jupiter & Jupiter Medical Center logged **580,476 minutes**. Our Couch to 5K team alone logged **21,015 minutes** of physical activity at our Saturday morning meetups in March.
- 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 January through March 2019, **119 community members** participated in weekly Zumba in the Park.
- Healthier Jupiter hired **1 full time** Outreach Coordinator – Joanna Peluso. Joanna 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.
- Information on the Healthier Jupiter initiative presented to over **11,882** Presentations included: Jupiter Medical Center events, Jupiter/Tequesta Kiwanis Club, Limestone Creek Community, 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 **1,368**, Couch to 5K newsletter **143** subscribers, Facebook page **865** likes, **604** Twitter followers, **931** Instagram followers. In the past **6** months our social media presence has grown by: Facebook Followers **10%**, Twitter Followers **3%**, and Instagram Followers by **22%**.

We all have a role to play in building a healthier community. Community organizations, public and private systems, residents and youth are all essential in achieving the results we want. A healthy population is key to our social, economic and physical vitality. When a

community is healthy – everyone benefits!

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Lessons Learned:

Several months ago, 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 true work that we do. Through careful consideration and thought 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.* The updated 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.* 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 will continue the discussion to improve our messaging.

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 involving all sectors in the assessment, 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. We will continue to include community members in the mini grant decision-making process at the second Community Grants BBQ on October 12.

Healthier Jupiter is working to understand the complex relationship between healthy living and physical, behavioral, mental, social and emotional health. As we encourage more

people to be physically active, we recognize the importance of social and emotional well-being in programming. Specifically, we know those who are new to or just getting back into exercise have a high level of anxiety. Last year in our Couch to 5K program there was a large drop out rate from those that registered for the program to those that participated. This year we incorporated an information session prior to the first meetup which included: meeting the trainers, meeting teammates, what to expect the first meetup, what to wear and additional information make participants feel comfortable and confident. Additionally, throughout the program we have stressed connection with teammates during training, through our Facebook 2019 Couch to 5K Group page and non-staffed meetups outside the weekly meetups. The 2019 Couch to 5K group is a cohesive and connected team.

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

1. Healthier Jupiter created the Darlene Hatcher Memorial Grant to honor the work of our Steering Committee Member who passed away in January of 2019. Darlene will be remembered as a friend, and strong community advocate for health and well-being of residents in the Limestone Creek community and beyond. Her son Johnathan will assist in implementation of the grant process focused on continuing the great work of Darlene Hatcher to make an impact in the community.
2. Our first Community Grants BBQ was a great success with over 400 people attending the event to learn more about the proposed projects and to vote on which projects they wanted to see funded. It was an important opportunity for community members to engage with their local community, and for other agencies and not-for-profits to network and brainstorm potential collaboration.
3. Due to our work with “Food as Medicine” pilot project in Jupiter, we are a resource for others and have fostered additional “Food as Medicine” opportunities to the Jupiter community.

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

1. Healthier Jupiter staff often hear, “So what do you actually do”? We hear this from community members at outreach events, community partners during meetings, new community partners, and, sometimes even, our already engaged community partners. As a collective impact, community-driven initiative, focused on community engagement and network building it is often difficult to summarize Healthier Jupiter’s work into easily digestible information. It is especially difficult for creating concise and friendly website content to recruit supporters, volunteers, committee members and community partners.

2. We recognize that 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 advocate for their own health. Sustainability and funding must be prioritized moving forward.
3. Moving into Year 5 of a 5-7-year initiative, evaluation is going to be a key part of measuring our success. Beyond programmatic surveys, Healthier Jupiter is finding it difficult to locate localized health data that properly evaluates Healthier Jupiter overall.

Next Steps:

The collective impact framework, with a strong presence of community engagement, 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. We also hope to learn from those completing similar work locally and across the country.

In the next few months, Healthier Jupiter will focus on the mini-grant program and Community Grants BBQ planned for October 12th, 2019. 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 fund pilot ideas to 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.

We have sought out feedback about the Community Grants BBQ from community members who attended, participating organizations (both those who won and those who did not), volunteers and our various committees. We learned a lot from last year and will be incorporating this feedback into our upcoming planning. During the next few months, our committees (Steering, Advisory Council, Access to Medical & Marketing, and Grants) will be meeting to discuss details, process and improvements we can make to the 2019 Community Grants BBQ.

As this will be our 4th year of the Healthier Jupiter Mini Grants, we are still supporting and celebrating our previous Mini Grant winners and their projects. We received Wrap Up reports from our 2017/2018 Mini Grant recipients showing great success, impact and lessons learned in December 2018 (see “Changes” section). We will be receiving our 2018/2019 Mini Grant Wrap Up reports in December 2019, in the meantime we are assisting these recipients with peer support from members of our Access to Medical Care & Marketing Committee.

As Healthier Jupiter moves forward, we recognize the important role of behavioral and

mental health in a healthy lifestyle and for chronic disease prevention. There is much evidence demonstrating the link between physical activity, healthy eating, access to medical care and improvements in and/or management of behavioral and mental health. Additionally, behavioral and mental health issues may impact individuals' healthy eating or physical activity behaviors. During the next several months, Healthier Jupiter will be working to clearly define the role of behavioral and mental health in Healthier Jupiter's mission, vision and goals, as well as supporting our community partners already doing important work in this area.

Moving into year five of a five to seven-year initiative, Healthier Jupiter is looking toward the future. We recognize the critical importance of a long-term commitment from our fiscal agent, Jupiter Medical Center, and our funder, Palm Health Foundation. This commitment will contribute to our sustainability and allow Healthier Jupiter to manage the direction of our initiative to continue to make substantial and long-lasting change within our community.

Look what else we have coming up!

Healthier Jupiter has created the Darlene Hatcher Memorial Grant. Darlene Hatcher passed away in January, and she will be remembered as a strong community advocate for health and well-being in the Limestone Creek community. We are currently working with her son Johnathan to decide on scope and implement the grant process. This grant will continue the great work of Darlene Hatcher to make an impact in the Limestone Creek community in Jupiter.

After the success of the first year, Healthier Jupiter will be partnering again with Living Hungry Coalition to offer the "Food as Medicine" / "Pop Up Eat Well" program in Jupiter for a second year. Planning and implementation will be coming up in the next couple months. Living Hungry Coalition plans to include existing partners, such as MyClinic, Jupiter Medical Center, and Healthcare District, and new partners to include Tufts University.

A local organic farm, Lox Farms, and a Jupiter Medical Center pediatric surgeon, Dr. Stone have partnered together to create a Fresh Rx program. The Fresh Rx program will provide fresh produce to patients who have been prescribed to eat more fresh produce as part of their treatment, with a focus on those who are low income and food insecure. As Healthier Jupiter has experience with "Food as Medicine" projects, Healthier Jupiter has joined the Fresh Rx team to facilitate the process of implementing the Fresh Rx program at Jupiter Medical Center among several doctors and physicians. Plans are to have the Fresh Rx program ready by October 2019.

Phase two of the FreshRx program, a partnership between Lox Farms and Jupiter Medical Center, a "Farm to Hospital" garden will be installed onsite at Jupiter Medical Center.

Healthier Jupiter is working with Lox Farms, lead physicians and Jupiter Medical Center building and operations team to facilitate this project.

As “Food as Medicine” is becoming ever more important, especially backed by research studies and evidence, Healthier Jupiter is studying and exploring other ways to increase access to affordable healthy foods for our Jupiter Community to help prevent or reduce chronic disease risk factors, especially for those who are food insecure and low-income.

For a second year, Healthier Jupiter partnered with Town of Jupiter Recreation Department and Jupiter Medical Center Cary Grossman Wellness Center to provide a 9 week “Couch to 5K” training program to help participants gradually increase their physical activity to walk or run a 5K (3.1 miles). The training program started March 2nd and will culminate with the participants running the Town of Jupiter Turtle Trot on May 4th. A post program survey will be distributed to participants to evaluate the success of the program.

The Couch to 5K Planning Committee will meet May 9th to discuss what we learned and how we can improve for next year. Committee will also discuss sustainability of the Couch to 5K.

Our Couch to 5K Team will participate in the annual Town of Jupiter Turtle Trot on May 4th, 2019. This is the third year that Healthier Jupiter has had a team in the Turtle Trot. We invite anyone who would like to participate to join our team for the fun and support! Our Couch to 5K Turtle Trot Team will include those participating in the Couch to 5K Training Program, their friends and family, and our other local supporters/friends. We hope to win biggest team!

Healthier Jupiter has created a Couch to 5K Toolkit to educate those interested in hosting their own Couch to 5K program.

Healthier Jupiter has partnered with a University of Miami Miller School of Medicine student to conduct a capstone project to study our local parks. Data collection will happen all April and early May with the hopes of collecting data on at least 6 priority parks. Once data collection is complete, the student will analyze the data, create a report and present to interested local agencies, such as the Town of Jupiter Recreation Department and Planning & Zoning.

Healthier Jupiter partnered with a University of Miami student for a capstone project to create a Getting Started Guide, now titled “SMART Guide to a Healthier You,” which gives people easy steps to start living a healthy life. The student has completed the text for a short brochure as well as in-depth text on our website. Staff will be working with a graphic designer to complete the brochure and website.

Jupiter Middle School 6th grade culinary students and teacher Greg Launel will host a food

rescue and food distribution project at El Sol in partnership with Palm Beach Harvest and Healthier Jupiter.

Healthier Jupiter's website will be refreshed, the site will align with the updated mission, goals and programs. We have listened to the community about what resources they would like to see and will incorporate that into our new website design. Additionally, this website will allow for greater transparency of the work Healthier Jupiter is doing.

The Healthier Jupiter Get Fit Map – a comprehensive directory and mapping of Jupiter's resources – will be updated to include the new Cinquez Park.

Healthier Jupiter donated a Bike Fix station to the Town of Jupiter, and it will be installed at the new Cinquez Park. Plans to advertise and celebrate the station will be discussed.

We have received the survey results from the Children's Behavior Survey, which has been distributed over the past 6-months at local pediatrician's offices as a tool to discuss health behaviors. We will analyze the results of the Children's Behavior Survey and provide a report.

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

Healthier Jupiter will work with committees and community partners to decide the sustainability of the successful Walk & Talk program.

Work with Town of Jupiter officials, Health Department of Palm Beach County and community neighborhoods to support Jupiter in becoming more walkable and bikeable.

Finalize and distribute several new toolkits: Couch to 5K, Workplace Wellness, SMART Guide to a Healthier You, Get Fit Map, Bike Valet, and Walk on Jupiter.

Monthly Healthier Jupiter Newsletter to keep the community informed on the latest updates on the initiative, events and spotlight of community partners.

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 is committed to continuous improvement by aligning policies and practices with mutually-reinforcing activities across sectors that will produce improved life outcomes for the greater Jupiter area for years to come. We hope you will join us.