

Healthier Jupiter Impact Report (Oct-Mar 2017)

healthiertogetherpb.org/report/reporthealthier-jupiter-impact-report-oct-mar-2017/



Creation Date: April 27, 2017

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Reporting Period: 10/01/2016 to 03/31/2017

Neighborhood: Jupiter

Keywords: Access to Medical Care, Bikeability, Collective Impact, community engagement, Diabetes Prevention, el sol, Healthier Jupiter, healthier together, Healthy Foods, myclinic, Physical Fitness, Town of Jupiter, Walk & Talk, Walkability, zumba

Summary:

Who We Are

Healthier Jupiter is entering our third year in a 5 year community-driven initiative designed to address health and quality of life issues from diabetes prevention and management to other areas of wellness. Our vision is that the Greater Jupiter community working together will support each person to live the healthiest life possible. We are working to mobilize our community towards action and empower community members to

find solutions. The change we want to see is for people in Greater Jupiter to be healthier and more community oriented. It will take four things to make that happen: increase awareness of resources and risk factors of diabetes, access to healthy foods, access to physical activities, and access to medical care.

Why Diabetes?

We chose Type 2 diabetes (referred to hereafter as diabetes) because the prevalence has reached epic proportion and is expected to worsen in coming decades if effective means of prevention are not implemented. Diabetes already affects approximately 29 million Americans – almost 1 in 10.

Obesity, linked to Type 2 diabetes, heart disease, stroke and certain cancers, is the leading cause 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 who may be pre-diabetic, with an overwhelming number of them unaware. The sheer number of possibly affected and unknowing members 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 may not know they have these conditions, our community decided to include greater Jupiter area as our target population. 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. 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. According to our 2016 Community Needs Assessment less than two thirds of the respondents 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 Have We Gone So Far

Healthier Jupiter, the community initiative founded to address health and quality of life issues starting with diabetes, recently awarded ten \$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. We are working to mobilize our community towards action and empower community members to find solutions. The grants totaling \$25,000 are to fund 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.

The ten organizations include: American Youth Soccer, El Sol, Jupiter's Neighborhood Resource Center, Els for Autism, FAU Lifelong Learning Society Jupiter, Jupiter Church of God, Jupiter Elementary PTO, MyClinic, The School District of Palm Beach County, Town of Jupiter Recreation Department, and YMCA of South Palm Beach County.

Healthier Jupiter also funded a \$10,000 Grant proposal from Jupiter Tequesta Athletic Association to provide scholarships to children with need. We are thrilled to serve our community and continue our mission of providing resources to empower Jupiter residents to make healthier choices.

Key Lessons Learned

To grow as a true community led initiative, it is important to include the community at all levels. With this concept in mind we feel it is important to have at least a fifty percent representation of community members on our steering committee and the remaining seats filled by partners. We will accomplish this goal by moving key partners to a newly created Advisory Council, opening four positions on our Steering Committee. Current committee members have nominated residents that have proved to be passionate about the health of our community. These new members will aid Healthier Jupiter to engage new and diverse community members.

The newly formed Advisory Council will be a forum for influential individuals and organizations in the community to provide their continued direction and advice. Legacy nonprofits that have been part of Healthier Jupiter from its inception and who have or may wish to seek funding from Healthier Jupiter will be asked to participate in the Advisory

Council. The Council will also seek other key community leaders and residents, and the Council will be charged with meeting three to four times a year to create and oversee a long-range vision and strategic direction for this initiative.

Key Partners:

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. 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..

New Partners:

New partners that have joined the Healthier Jupiter initiative include: Jupiter Tequesta Athletic Association, YMCA of South Palm Beach County, Treasure Coast Newspapers, FAU Lifelong Learning Center, Jupiter First Church, Legends Radio, 100 Women Who Care, American Youth Soccer Organization, Jupiter Church of God, ELS for Autism Foundation, Healthcare District of Palm Beach County, Digital Vibez, Nora Lara (Zumba in the Park instructor), Healthier Neighbors, Healthier Delray Beach, Healthier Boynton Beach, PBC School Food Service Department Jupiter Elementary and their PTO, Boy Scout Troop 774, KokoFit Abacoa, Palm Beach Metropolitan Organization, InJupiter Magazine, Lighthouse Elementary SAC, Beacon Cove Elementary SAC, Limestone Creek Elementary PTO, Jupiter Farms Elementary, Girls on the Run, Palm Beach Rowing, First Serve, Feeding South Florida, Forming Brands, Robertson Consulting, PBC ERM, Stayin Alive Senior Group, St. Peter REC, PBC Community Engagement Task Force, Jupiter Medical Center Foundation, Loxahatchee Battlefield Preservationists, Town of Jupiter CRA, Publix Abacoa Pharmacy, Hurricane Cafe/Fresh Nation, Loggerhead Fitness, Center for Children's Counseling.

Goals:

1. Distribution of Healthier Jupiter funds - Through the Mini-Grant Program 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 organization to obtain the needed funds 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.
2. Awareness –Increase awareness of Healthier Jupiter through the Champion program (committee members that engage the community and share the mission of Healthier Jupiter) 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.
3. 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. Community Garden Projects through our Mini-Grant program.
4. Physical Fitness – Getting the Greater Jupiter community walking together to support a healthy lifestyle through our Walk and Talks. The Healthier Jupiter Walk & Talk is a free, regular event to promote physical activity and community connection. These recreationally paced walks combine learning, socializing and exercising. We find local educational/cultural/inspirational partners to provide a more social experience while participating in light exercise.
5. Governance - Create and Implement an Advisory Council that will oversee a long-range vision and strategic direction for this initiative. The Council will be comprised of influential individuals and organizations in the community. Four HJ Steering Committee Members will move to the Council leaving four open slots to fill with community members, which will increase community representation on our steering committee.

Process and Implementation Outcomes:

- Outcome: **Quality, meaningful collaboration**

Progress:

Healthier Jupiter provided the community with the resources, through workshops, funds and partnerships to support their efforts on improving health in our community. We recently awarded ten \$2,500 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.

Associated Media:

- [2017 Healthier Jupiter Mini Grant Recipients Announced](#)
[Post]
- [Healthier Jupiter Mini Grant Announcement on WPBF 25](#)
[Post]
- [Healthier Jupiter Holds Mini Grant Workshop and Community Presentation with Mark Fenton, Nationally Recognized Walkability Expert](#)
[Post]
- [Healthier Jupiter Awards Jupiter Tequesta Athletic Association \\$10,000 Grant](#)
[Post]



- Outcome: **Necessary Resources are in Place**

Progress:

Healthier Jupiter has welcomed Joanna Peluso. Joanna is an AmeriCorps VISTA Member and her role will be Outreach Coordinator. She is from Point Pleasant, New Jersey and graduated from The College of New Jersey (TCNJ) in 2014 with a B.A. in Sociology and an interdisciplinary concentration in environmental studies. While at TCNJ, she became passionate about using social science research as a vehicle for social change and equality. While serving as the Outreach Coordinator, she hopes to use her skills and passion for research to create lasting change in the local community. In early March, she has attended Tamarack Institute’s Collective Impact Conference, “The Next Generation of Community Engagement”. She now has the knowledge, to focus on community engagement within the collective impact model, to bring different stakeholders and community members to move forward Healthier Jupiter’s mission.



Associated Media:

- [Healthier Jupiter Uses Collective Impact Training at Jupiter Farmers Market](#)
[Post]
- [Welcome Joanna Peluso to the Healthier Jupiter Team](#)
[Post]



Detailed Narrative:

What’s been done in the past six months?

By the Numbers

1.
 1. Healthier Jupiter awarded **10** Mini-Grants totaling **\$25,000**.

2. Healthier Jupiter granted a **\$10,000** partnership Grant to the Jupiter Tequesta Athletic Association – To provide Youth Athletic scholarships to those with financial need to participate in team sports.
3. **120** people participated in Healthier Jupiter Walk and Talks – a free, regular event to promote physical activity and community. These recreationally paced walks combine learning, socializing and exercise.
4. Welcomed **1** amazing AmeriCorps VISTA Member – Joanna Peluso that will serve as Outreach Coordinator through February **2018**.
5. Over **50** bike riders participated at the first Bike Valet in partnership with the Town of Jupiter and Boy Scout Troop **774**. Information on how to run a Bike Valet has been provided to **2** additional organizations.
6. Healthier Jupiter hosted a “windshield tour” with **20** community leaders on a Molly’s Trolley to view Greater Jupiter’s roadways, sidewalks and bicycle lanes through the fresh eyes of national walkability and bikeability expert Mark Fenton.
7. **3** Winning Student Films focusing on adding physical activity to your day and walking and biking safely in Jupiter were announced in March. The students will be recognized for their efforts by the Palm Beach County School Wellness Taskforce.
8. Zumba Pilot program in partnership with El Sol, and the Town of Jupiter, launched in the South Pines Neighborhood Park with participation of over **75** community members since September.
9. Over **100** High School Students attended a presentation HJ hosted with national speaker Mark Fenton introducing the need and impact of Walkability and Bikeability in Jupiter.
10. **24** Individuals were surveyed in the Walkability/Bikeability Audit performed by AmeriCorps VISTA Members. The community shared their vision of what safe streets look like to them.
11. **6** Diabetes Awareness/healthy cooking demonstrations with a total attendance of **229** El Sol day laborers led by Siobhan Gross, RN, BSN, CDE.
12. Presentations on the Healthier Jupiter initiative to over **2,800** Presentations included: Jupiter Medical Center events, Diabetes Coalition Symposium, Town of Jupiter Events, NPB Chamber Women in Business events, School Advisory Councils of Several Jupiter Schools, El Sol Health fair, Jupiter High School, and Limestone Creek Community.

13. Community informed of progress through social media avenues: Healthier Jupiter E-Newsletter **669** email addresses, Facebook page with **467** likes, **419** Twitter followers, **198** Instagram followers. In the past 6 months our social media presence has grown by: E-Newsletter recipients **9%**, Facebook Likes **21%**, Twitter Followers **16%**, and Instagram Followers by **66%**.

Check Presentation Photo American Youth Soccer

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zumba-4



Lessons Learned:

Healthier Jupiter has learned that strong partnerships are needed to “do the work” in the community. The community will only respond to those partners that they know and trust. We have an important and special partnership with El Sol. El Sol is a day labor hiring center with a majority of Hispanic members. We prioritize this partnership since Hispanics are at greater risk of diabetes. We provide support and partner with El Sol on various

programs. El Sol has shared data with Healthier Jupiter from their Annual Client Survey: El Sol clients, mostly day laborers and their families have increased their healthy living activities. For example, of those El Sol clients who attended Siobhan's Diabetes Awareness/ healthy cooking demonstrations, 53% reported making better nutrition choices in their lives. Of those El Sol clients who attended Zumba 63% reported making better nutrition choices and 63% reported incorporating more exercising into their lives. Thanks to this important data we feel we are making a difference in the lives of those in our community and will continue to work on this valuable partnership.

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

1. Designing the process and implementing the Mini-Grant Program. The goal of the program is to engage the Greater Jupiter community in creating innovative approaches to diabetes prevention and management. We have been able to provide community members with trainings, funds and partnerships, in order to help them to improve the health of our community. HJ provided over \$35,000 in grants to the Greater Jupiter area. This program stays true to our vision - the Greater Jupiter community working together will support each person to live the healthiest life possible.
2. Healthier Jupiter has listened to what the community wanted and needed. Through initial focus groups we learned the Hispanic community in Jupiter requested physical activity that did not require transportation, in their language and would allow their children to attend. Through a partnership with El Sol, and the Town of Jupiter, weekly Zumba classes have started in the South Pines Neighborhood Park. Over 75 community members have attended Zumba in the past six months. Our baseline survey showed that this was the only weekly exercise over 50% of attendees received. We are currently implementing a follow up survey. We will continue and grow this important program.
3. Building a culture structured on the importance of outcomes and measurement in all aspects of our initiative. HJ designed and launched a second community assessment tool to better understand our community's health needs. With the assistance of committee members and Dr. Shelley Robertson, we have created the process for evaluation and measurement for the next eighteen months of the initiative. This includes the evaluation of several of our programs, such as Walk & Talks, as well as our sponsored programs, such as Zumba and our Mini-Grant Program.

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

1. Difficulty in getting Community Members involved.
2. Adding Measurement and Outcome to all aspects of work.

3. To grow as an initiative additional staff is needed.

Next Steps:

The next few months April 2017- September 2017 Healthier Jupiter will focus on the Mini-Grant program, evaluation, and measurement. Part of that will be finding ways to evaluate the initiative as a whole and evaluating the Mini-Grant program.

Healthier Jupiter will continue our focus of the 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. The mini -grants funding offer 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.

Healthier Jupiter is funded through a generous grant from The Palm HealthCare Foundation, and the 2017 Mini-Grant Program plans to award up to \$25,000, (consists of ten mini-grants of \$2,500 each), to qualified not-for-profit organizations in our community whose innovative proposals are selected by our expert panel.

Look what else we have coming up!

Host Mini- Grant workshop on September 28th at the Town of Jupiter.

Analyze Community Needs Assessment and Greater Jupiter ADA Risk Assessment Results.

Steering Committee, Staff, and Committee Members have been invited to participate in Racial Equity Training provided by Palm Healthcare Foundation.

Host a community meeting on July 26th to share the findings of our Community Needs Assessment.

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

Collect data for policy baselines, mini-grant results, and tracking sites for physical activity and healthy foods.

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, 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.

Launch Greater Jupiter Walking program – target a walk in every neighborhood in Greater Jupiter.

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.

Second meeting of all Healthier Together Steering Committee Members will be held in May, 2017.

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 Attachments:

- [Download File "healthierjupiter_getfitmap-page-002.jpg"](#)
- [Download File "healthierjupiter_getfitmap-page-001.jpg"](#)
- [Download File "Riverwalk-map.jpg"](#)