

Healthier Jupiter Impact Report (Oct 2017-March 2018)

healthiertogetherpbc.org/report/healthier-jupiter-impact-report-oct-2017-march-2018/



WE ARE MAKING AN
IMPACT

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Neighborhood: Jupiter

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Summary:

Who We Are

Moving into our fourth 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 members of greater Jupiter community together by listening to the needs of all, building support and providing resources to empower residents to make healthier choices.

The 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

How We Got Here?

Based on results from Healthier Jupiter Focus Groups and Community Health Surveys, Jupiter Medical Center's Community Needs Assessment, research completed by community partners, and Town of Jupiter surveys, our initiative selected diabetes. Diabetes was selected knowing that promoting healthy lifestyles can lower diabetes risk and complications as well as many other chronic diseases.

Once our community decided on diabetes and promoting a healthy lifestyle, the initiative began to explore the national, state and local trends around diabetes. According to the Centers for Disease Control and Prevention, 9.3% of the U.S. population has diabetes. In addition, another 27.5% of the U.S. population has pre-diabetes, and 90% of those are undiagnosed. If national trends hold true, looking at Jupiter it is estimated that 8,000 people (of our estimated 89,000 community members) have diabetes and an estimated 24,000 people have pre-diabetes with many of both going undiagnosed. The sheer number of community members possibly affected, or currently affected, by diabetes or pre-diabetes has steered our community to focus on creating awareness of risk factors and how to lower their risk.

Where are we going now?

To understand the trends and our community's well-being better, we needed to take a step back and understand the social determinants of health. Social determinants of health are the conditions in the environments in which people are born, live, learn, work, play, worship and age that affect a wide range of health and quality of life outcomes and risks. Resources focused on improving quality of life can have a significant impact on entire community health. Therefore, in order to make a larger impact, Healthier Jupiter focuses on creating social and physical environments that promote better health for all. To ensure

that Jupiter residents have access to opportunities, we work with our community partners in healthcare, town government, schools, community organizations, business, childcare, media and various others to advance opportunities for better health for all.

Therefore, as we move forward with the initiative we will be focusing on resources, programming and dialogue centered around:

- Community Engagement
- Community Capacity to Influence Health
- Policy Changes that influence Health Outcomes
- Examining upstream root causes of determinants of health

Key Partners:

Please refer to previous Impact Reports

New Partners:

N/A

Goals:

1. Increase percentage of people that are physically active.
2. Support and help change policies that promote healthier eating and physical fitness.
3. Increase strength of existing systems.

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

Behavioral and Systems Changes:

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

Baseline:

In our 2017 Community Health Survey, it painted a picture that our community needed resources they could access on their own time to fit in with their schedules: 65% would like to be more active than they currently are and of those respondents, 59% responded that the main reason they are not more physically active is that they don't have time (work, family, etc. obligations)

46% responded that the first place they turn when they want to learn more about their health is the internet - followed by a Medical Provider

People would most like to receive information from Healthier Jupiter about physical activity, healthy foods, events online (website, email and Facebook) and followed by receiving information from an organization.

Progress:

January 1, 2018

These results, showed that our community needs resources that could be accessed on their own time to fit into their schedules and their own needs.

Therefore, Healthier Jupiter developed 3 new resources to fill this need. We not only distribute these new resources online (website, newsletter and facebook) but through our community partners, as well.

Couch to 5K: Created a Couch to 5K program, with a training schedule and communication plan so community members could easily train on their own.

Future plans include creating a toolkit to be accessed by individuals and community organizations.

Walk on Jupiter: Created a toolkit for community members to start their own walking groups, includes tips on how to recruit participants, choose a routine and how to sustain participation.

Get Started Guide: Serves as a one-stop-shop for the best articles around diabetes prevention, specifically related to healthy foods, physical fitness, access to medical care and knowing your risks of diabetes. We partnered with FAU Medical School students as a service project to identify the best resources. Then worked with our Healthier Jupiter Access to Medical Care and Marketing Committee to edit, organize and update the guide to best serve our community. Currently, we have the online resource and we are working on the print version to be distributed to community partners and medical professionals.

Continued distribution of Get Fit Map: Mapped the areas in Jupiter where you can walk or bike, with parks listed as well. To reinvest interest, we started to take the large print out of the Get Fit Map to outreach events.

Additionally, on our Facebook page, website and monthly newsletter, as well as at our outreach events, we have increased sharing resources about incorporating healthy living practices into your everyday life: Lighting the Way Series, Newsletter highlights on healthy eating, physical activity, and Community Calendar updates.

Associated Media:

Healthier Jupiter Lighting the Way...Facilitating Behavior Change

[Post]

Associated Attachments:

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



- Outcome: **Increase funding**

Baseline:

In 2016, Healthier Jupiter awarded 9 Mini Grants to nonprofits and civic organizations of \$2,500 each increasing funding provided to the community

Progress:

December 5, 2017

In our second annual (2017) Mini Grant cycle, Healthier Jupiter awarded 8 Mini Grants to nonprofits and civic organizations of \$2,500 each increasing the overall funding from Healthier Jupiter into our community to influence positive change. Additionally, we provided funding to 5 new organizations, increasing the reach of our funds and the impact on the community. Healthier Jupiter awarded 10 \$2500 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. Each awardee was given their money in January 2017 and required to report back on their successes in January 2018. Below find a summary of the successes each of our 2016-2017 Mini Grant awardee. This influences community's capacity to influence change around health and wellbeing in our community. We do focus on awarding funds to programming that creates sustainable change within our community.

Associated Media:

[Healthier Jupiter Awards Eight \\$2500 Mini Grants to Local Not-for-Profit and Civic Organizations](#)

[Post]

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

Baseline:

Two physical activity programs (Walk and Talks and Zumba) free and open to all in the community.



Progress:

March 3, 2018

Worked with community partners to add a third physical activity program:
Couch to 5K.

From our 2017 Community Survey, results showed that 65% of respondents want to be more physically active than they currently are. Additionally, results showed that 1 of the top 3 barriers to physical activity were that facilities were too expensive. So, Healthier Jupiter, in partnership with the Town of Jupiter's Recreation Department (LINK) and Jupiter Medical Center's Cary Grossman Health & Wellness Center, co-created a free 9-Week "Couch to 5K" Training Program to help participants gradually increase their physical activity to walk/run a 5K (3.1 miles). The 9-week training program started on March 3rd until April 28th all to prepare the participants for the Town of Jupiter's Turtle Trot on May 5th at Ocean Cay Park!

The Couch to 5K program was developed as a way for community members to get active and seek fitness in an inclusive and encouraging environment. We had overwhelming response from community members to participate in the Couch to 5K. We have participants just getting started with exercise, some getting back in shape, and families looking for an opportunity to bond while being physically active. Additionally, through our weekly newsletter, we providing tips on other areas of wellness (sleeping habits, healthy eating, sustaining behavior change, etc.).

By the numbers:

171 were interested in the Couch to 5K Training Program

75 participants attended the initial meet up

38 average participants at weekly meet ups

41 participants came to 4 or more weekly meet ups

5 participants attended all 9 weekly meet ups

155 subscribers to our Couch to 5K newsletters

11 weeks of newsletters sent out

51 average newsletter opens

Associated Media:

Healthier Jupiter Couch to 5K Training is Now Underway!

[Post]

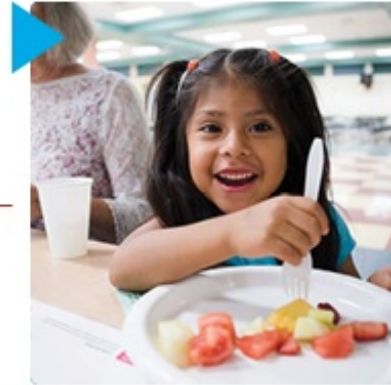


Detailed Narrative:



American Youth Soccer Organization FC Jupiter Score for a Healthier Jupiter!

Influenced soccer players and their families belonging to a neighborhood soccer program to make healthier food choices and increase exercise habits. Their was a special awards dinner for over 50 people with Jupiter High School's Culinary Program, parents were encouraged to walk laps during soccer practices for prizes.



El Sol, Jupiter's Neighborhood Resource Center the Jupiter Cookbook Project

Promoted healthy eating by developing a bilingual healthy cookbook containing 100 recipes from over 40 community members. Recipes were used for demonstrations and free tasting at the El Sol Farmers market. They sold over 100 books already!



FAU Lifelong Learning Society Jupiter Diabetes Awareness 101

Incorporated a new section to their health and wellness series, "Diabetes Awareness 101." It included 3 60 minutes lectures focused on nutrition, exercise and technology. In total, 412 people attended the lecture series.

DIABETES 101 SERIES

All Lectures are FREE for members and non-members. Registration required.

Becoming Healthier Together Through Diabetes Awareness, Prevention and Management — Lecture #1122

Lecturer: **Michelle Green, RN, BC, CDE**
The focus of the presentation will be becoming healthier together through awareness, prevention and control of diabetes. Involvement and support for families and caregivers will be provided to increase their understanding of the disease.
Michelle Green, RN, BC, CDE, is a registered nurse and a certified diabetes educator at Jupiter Medical Center.
Tuesday, November 18, 2017 from 9:00-11 am.

Health Care or Self Care? Using Technology to Manage Diabetes — Lecture #1118

Lecturer: **Mark Proulx, PhD**
The presentation will look at how the technology in the marketplace can help the most vulnerable diabetes control their long term health issues.
Mark Proulx, PhD, is an associate professor and director of the Center for Health, Behavior, and Society at the University of Florida.
Tuesday, December 5, 2017 from 9:00-11 am.

Nutrition for the Prevention of Prediabetes and Management of Diabetes: It is Not Just About Sugar — Lecture #1125

Lecturer: **Yvonne Torres, MS, CDE**
Healthy eating and exercise are key components to the prevention of prediabetes and management of diabetes. By following a more refined (balanced) complex carbohydrate intake regimen, healthy eating and exercise can help to prevent, manage, and reverse prediabetes.
Yvonne Torres, MS, CDE, is a registered and certified diabetes educator and a certified diabetes educator at Jupiter Medical Center's Diabetes Education and Support Center.
Tuesday, December 12, 2017 from 9:00-11 am.

For more information, call 888-794-6687 or email Registration@lifelonglearning.org.
FAU Lifelong Learning Society
100 University Blvd., Suite 100, Jupiter, FL 33458
www.fau.edu/lifelonglearning

Els for Autism ERNIE ELS FITNESS

Created a permanent, autism-friendly park in Jupiter Flatwoods, which includes break areas, improved fencing, signage and the modification of current informational literature. Over 100 autistic students have visited the park to date. Now all the community can benefit from a more inclusive park.



Jupiter Church of God Healthy Residents Healthier Jupiter

Provided educational programs focused on proper eating habits and exercise for the Jupiter Limestone Creek community. 5 seminars were provided at the Jupiter Church of God, with about 15 to 30 participants each, fruit trees were also planted in the community.

Jupiter Elementary PTO Irrigation system for Jupiter Elementary School Garden

Improved irrigation system to reach more students with increased plant production. This helped students create healthier eating habits by tasting more fresh vegetables.



MyClinic Improving Access to Medical Care of Type 2 Diabetes (T2DM) for Low Income, Uninsured patients in the Jupiter area

Allowed MyClinic to identify, treat, educate, follow up and provide support tools to low income, uninsured residents of our community who have Type 2 Diabetes, removing the financial barrier to proper diabetes management. 45 patients received supplies, such as glucometers, test strips, lancets, and lancing devices and/or in-office A1C testing.



The School District of Palm Beach County

Over 48 students and teachers toured Kai Kai Farm and sampled fresh veggies. Improvements were made to the school's garden. Wrap up included a Harvest Day Celebration highlighting the importance of healthy eating, growing your own food and making healthy choices.



Town of Jupiter Recreation Department Rec on the Move

A mobile playground program that gave children the opportunity to enjoy physical activity in their own neighborhood during summer break. The mobile unit visited 8 Jupiter neighborhoods/parks bringing play equipment such as balls and jump ropes to over 150 community members.



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



Healthier Jupiter is a community initiative funded by Palm Healthcare Foundation. 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 selected diabetes as its focus because promoting healthy lifestyles can lower the risk of the illness and its complications, as well as reduce the risk of many other chronic diseases.

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



A CLOSER LOOK AT A MINI-GRANT SUCCESS STORY:

FAU Lifelong Learning Society Jupiter's Diabetes Awareness 101 lecture series included (3) sixty minute lectures focused on nutrition, exercise and technology. In total, 412 people attended the lecture series. Results from the post surveys are below:

- From Lecture #1: “Becoming Healthier Together Through Diabetes Awareness Prevention and Management” 95% reported they are confident in their ability to apply the skills and knowledge learned in this lecture
- Lecture #2: “Health care of Self Care: Using Technology to Manage Diabetes” 79% reported they are confident in their ability to apply the skills and knowledge learned in this lecture

Lecture #3: “Nutrition for the Prevention of Prediabetes and Management of Diabetes: It is Not Just About Sugar!” 95% reported they are confident in their ability to apply the skills and knowledge learned in this lecture

By the numbers:

- Successful first Couch to 5K meetup with **75** attendees at the Cary Grossman Wellness Center. Over **150** participants registered for the **9** week series.
- Received **10** Mini Grant Impact Reports from 2016-2017 Mini Grant Awardees. Highlighting successes and impact around diabetes in our community.
- Awarded **8** Mini Grants to X Community Partners of **\$2500** each for our 2017-2018 Mini Grant Cycle.
- **5** Grant writers provided to the community at our Grants Workshop to allow equal opportunity for assistance to those submitting grants.
- The combined Town of Jupiter Let’s Move Team placed **4th** in the month long activity challenge with **815,507** minutes of activity logged. We Moved!
- Created and a float and participated in the Jupiter Tequesta Athletic Association parade. Over **700** flyers distributed with information on starting a walking program in your neighborhood.
- 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. Culminated in a final report and presentation in Jupiter.
- Healthier Jupiter Walk and Talks – hosted **6** free, regular event to promote physical activity and community. These recreationally paced walks combine learning, socializing and exercise.

DIABETES 101 SERIES
All lectures are FREE for members and non-members. Registration required.

Becoming Healthier Together Through Diabetes Awareness, Prevention and Management — Lecture #FIT3
Lecturer: Sobhan Ghos, R.N., R.S.N., C.D.E.
The focus of this presentation will be on becoming healthier together through awareness, prevention and control of diabetes. Information and support for families and caregivers will be provided to increase their understanding of this disease.
Sobhan Ghos, R.N., R.S.N., C.D.E., is a registered nurse and certified diabetes educator at Jupiter Medical Center.
Tuesday, November 18, 2017 from 9:30–11 a.m.

Health Care or Self Care? Using Technology to Manage Diabetes — Lecture #FIT4
Lecturer: Mark Heyman, Ph.D.
This presentation will talk about the ways that technology is giving people the tools they need to manage diabetes to ease their doctors in office control.
Mark Heyman, Ph.D., is vice president of clinical operations and innovation at One Drop, where he runs a mobile diabetes coaching program. Heyman is also the founder and director of the Center for Diabetes and Mental Health (CDMH).
Tuesday, December 5, 2017 from 9:30–11 a.m.

Nutrition for the Prevention of Prediabetes and Management of Diabetes: It is Not Just About Sugar! — Lecture #FIT6
Lecturer: Yolanda Torres, R.D., C.D.E.
Healthy eating and exercise are important components for the prevention of prediabetes and management of diabetes. The following topics will be discussed: complex carbohydrates, vitamins, healthy eating tips, methods for portion control, weight management and much more!
Yolanda Torres, R.D., C.D.E., is a registered and licensed diabetes educator and a certified diabetes educator at Jupiter Medical Center's Diabetes Education and Outpatient Nutrition Center.
Tuesday, December 12, 2017 from 9:30–11 a.m.

For more information, call 305-799-8347 or email lls@fau.edu.
Florida Atlantic University Lifelong Learning Society
John D. MacArthur Campus
3333 Parkside Drive, PA 114, Jupiter, FL 33408
www.fau.edu/lifelong

- **2** Winning Student Films focusing on adding physical activity to your day and walking and biking safely in Jupiter were announced.
- The **3rd** Healthier Jupiter Community Health Survey is underway, the survey will be analyzed and presented to the community. Last year **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.
- Continued support to the **#1** Jupiter Farmers Market at El Sol providing local affordable fruits and vegetables.
- **3** 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 **10,107** Presentations included: Jupiter Medical Center events, WPTV Channel 25, Couch to 5K, Town of Jupiter Events, 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 **1,221** email addresses, Facebook page **695** likes, **551** Twitter followers, **498** Instagram followers. In the past **6** months our social media presence has grown by: E-Newsletter recipients **19%**, Facebook Likes **16%**, Twitter Followers **10%**, and Instagram Followers by **71%**.
- Introduced **2** new Communication tools Couch to 5K Facebook Group Page with **91** Members, and Couch to 5K newsletter with **154** recipients.

Lessons Learned:

1. Some programs will not be successful. A plan is needed to evaluate current programs and decide what outcomes are anticipated and when to discontinue.
2. Projects and tasks take much longer than anticipated. With a community initiative getting feedback takes time.
3. Celebrate the small wins such as adding new members to committee's, community partners deciding to change historically unhealthy events to include movement and healthy foods.

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

1. Eight 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: Connected Warriors, Dream Chefs, El Sol, Els for Autism Foundation, Healthy Mothers Healthy Babies of Palm Beach County, MyClinic, Jerry Thomas Elementary, and Palm Beach Harvest.
2. Healthier Jupiter has built a strong Network of partners and has worked to increase the strength of existing systems.
3. Partnership with Town of Jupiter and Jupiter Medical Center Cary Grossman Center to create a Couch to 5K program. Our goal was 30 participants and we had over 150 register for this 9 week program.

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

1. Keeping the Community Engaged. We utilize as many communication tools as possible: Social Media, Website, Newsletter, committee meetings, community events and we still hear of residents that have not heard of Healthier Jupiter.
2. Consistently strive to include community members as part of Healthier Jupiter and create messaging of the benefits of involvement that will be clear and concise.
3. We have had an amazing AmeriCorps Vista Member (Joanna Peluso) assigned to Healthier Jupiter and she was hired part time from February to April. She has accomplished so much, 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:

- Conclude Couch to 5K 9-Week Training Program, culminating in Town of Jupiter Turtle Trot on May 5th. Receive information about behavior changes and future programming.
- Transition our Couch to 5K participants into our Walk on Jupiter toolkit / program.
- Discussion around increasing healthy food programming for residents with diabetes.
- Create a Couch to 5K Tool Kit to provide to partners to implement the program.
- Evaluate Healthier Jupiter programs with an Outcome Diary Assessment.
- Finalize an executive summary to be presented to community partners
- Complete distribution of Healthier Jupiter Community Health Survey. Analyze results and write up a report to be distributed to community members and community partners.
- Finalize Get Started Guide – for those just starting out getting healthy and distribute to community partners and medical professionals in Jupiter – web version on healthierjupiter.org.
- Continue to disseminate a comprehensive directory and mapping of Jupiter’s resources – Get Fit Map.
- Continue to support cost of weekly 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.
- 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.
- 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:

- [Healthier Jupiter Announces 2018 Student Film Contest Winners](#)
[Post]
- [Healthier Jupiter Hosts Second Mini-Grant Workshop](#)
[Post]
- [Healthier Jupiter in the JTAA Holiday Parade](#)
[Post]
- [Healthier Jupiter Joins Palm Beach County MPO in a Health Impact Assessment of US-1](#)
[Post]
- [Healthier Jupiter Uses Collective Impact Training at Jupiter Farmers Market](#)
[Post]
- [Jupiter Middle Schools Culinary Students Visit Local Farm – Part of Healthier Jupiter Mini Grant](#)
[Post]

