

Destination: Healthy Community Fun Run/Walk Summary

On Saturday, October 15th, nearly 500 people attended the first ever Destination: Healthy Community Fun Run/Walk event at St. Vincent Park and Community Center. This event was sponsored by the Express Scripts Foundation and the Office of Minority Health and was a kick-off to the 24:1 initiative's new Passport to Health program, funded solely by the Express Scripts Foundation.

The Destination: Healthy Community event started with a community fun run/walk featuring Jackie Joyner Kersee. More than 80 University of Missouri- St. Louis (UMSL) athletes, seven Normandy High School cross country athletes and over 60 24:1 residents and non-residents participated in the morning fun run/walk. Jackie Joyner Kersee started the event by speaking to the runners and walkers about the importance of leading a healthy life and then led the group in a series of stretches. Also as part of the fun run/walk, a 24:1 Mayor's Challenge was instituted—where the 24:1 mayor with the most walkers and runners from their community would win a trophy and bragging rights for a year. This year's winner was the city of Pagedale, with Greendale and Vinita Park municipalities taking second and third place. Northwoods, Beverly Hills, Pine Lawn Bel-Nor, Wellston and Pasadena Hills also had residents who participated.

At the conclusion of the fun run/walk, the Destination: Healthy Community Health Festival commenced. The health festival featured five distinct areas, including: a registration area for the new Passport to Health (P2H) program, a children's interactive health village sponsored the UMSL College of Nursing, a health screening village with powerhouses like St. Louis County Health, BJC, Myrtle Hilliard, and CHIPS Health and Wellness administering various screenings and flu shots, a resource fair with more than 30 partners and an entertainment stage with zumba, aerobics, and cooking class demonstrations.

The Destination: Healthy Community event served as a recruitment ground for the new P2H program. This program was directly informed *and* designed by 24:1 residents during the 24:1 planning process. Residents spoke of the need to have access to health resources, activities and education opportunities within the 24:1 footprint. To this end, the P2H program will provide residents with free access to fitness classes and health education resources such as yoga, zumba, circuit training, nutrition, and health empowerment. The program will also provide the opportunity for residents to connect with one another to receive encouragement and support in leading a healthy life. As the P2H program ensues, there are plans for the program to develop community health advocates and initiate a 24:1 health council.

The children's interactive health village was the first of its kind for the UMSL College of Nursing. 24:1 and one of the clinical groups of UMSL Nursing partnered for three semesters to develop 15 booths featuring a particular health theme. The nursing students who joined this clinical group, researched health information, reviewed the Missouri Department of Elementary and Secondary Education health education standards and put their creative thinking hats on to develop fun, interactive health games for elementary students. The health topics UMSL Nursing students developed focused on healthy homes, asthma, smoking, nutrition, exercise and helping others, to name just a few. At the health festival, the nursing students unveiled their health games for the first time and more than 115 kids participated, receiving sidewalk chalk, jump ropes and basketball hoops as prizes.

At the health screening village, partners like St. Louis County Health, Myrtle Hilliard Health Center and CHIPS Health and Wellness administered Body Mass Index (BMI), blood pressure, cholesterol, glaucoma and glucose

screenings. In total, the group screened nearly 50 adult event participants. St. Louis County Health also administered a helmet clinic and provided 88 helmets to children and adults. BJC through funding available from the Foundation of Barnes-Jewish Hospital provided free flu shots to 136 people, 96 patients age 18yrs and above and 36 patients age 3yr to 17yr.

The resource fair area saw a considerable amount of traffic and included 30 service providers; at least 50% of the providers receive funding from the St. Louis County Keeping Kids First Children’s Fund. Attendees at the health event had the chance to receive information or connect with resources about drugs and alcohol abuse, affordable pharmaceutical options, mental health services, maternal health, heart healthy information—and more. In addition to the resource fair, there was an entertainment stage featuring exercise demonstrations of karate, zumba, and senior aerobics from Oasis. Along with the exercise demonstrations, there were two cooking demonstrations from the American Heart Association and Operation Food Search. Note—all of the samples were gone in a matter of minutes after each demonstration!

Overall, the Destination: Healthy Community event was a great success for the 24:1 initiative and commenced the start of something healthy!

Destination: Healthy Community Fun Run/Walk and Health Festival Numbers	
# of attendees at the entire DHC	486
# of attendees at the Fun Run/Walk	154 participants (88 UMSL Athletes, 47 residents; 19 non-residents)
# of attendees at the Health Festival	214
# of children participated in the Children’s Health Village	118
# of health screenings administered	50
# of helmets given away	88
# of flu shots administered	136 (96 patients age 18yrs & above; 36 patients age 3yrs-17yrs)
# of prizes given at the children’s festival	150 (72 jump ropes, 32 basketball hoops, and 46 sidewalk chalks)
# of pieces of fruit given	325 out of 400 pieces of fruit
# of service providers	30 service providers
# of sponsors	3 sponsors (Express Scripts Foundation, Missouri State Office of Minority Health, and Save-A-Lot)
# of enrolled in the P2H program	61 residents
# of items donated	Milk from Prairie Farms, \$500 in gift cards from Save-A-Lot, Food from Save-A-Lot, Bags from Save-A-Lot
# of enrolled in the P2H program	61 participants enrolled into the P2H program