



# Get Up & Go! 2011 Annual Report

Prepared by the Get Up & Go! Board of Directors, March, 2012

## Key Accomplishments 2011

- \* Pointing the Way to Health Campaign on KMOX radio
- \* 3rd Annual Policy Summit
- \* Pioneering Healthier Communities Initiatives
- \* Demonstration Projects Conclude
- \* Revised website
- \* First Annual Get Up & Go! Biathlon

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## President's Message—Karan Onstott, PhD

It has been my pleasure over the past few months to serve as President of Get Up & Go! Our Directors & Specialists are dedicated, hard-working volunteers committed to promoting, active living and healthy eating as well as other wellness behaviors in St. Clair County. It has been a fast-paced, exciting year. We have been the beneficiary of support this year from St. Clair County Medical Alliance, the 1<sup>st</sup> annual Get Up & Go! Biathlon, and Chiro-Med's 2<sup>nd</sup> Annual 5K Luau. We have been able to work within a number of communities (Belleville, East St. Louis, Lebanon, O'Fallon, Smithton) thanks to the support from

many of our partners. We have launched a new and improved website. Our goal is to take our county from #101 in Illinois to #1. It is a difficult, but not impossible, goal, and we are not shying away from the task. To achieve that goal, it will take not only the work of the Get Up & Go! members and our partners, but every citizen, business, and community entity in the county. GUG hopes to be the spark that will light a fire in the heart and soul of everyone in St. Clair County to work toward that end. As we move forward, we are planning to develop criteria for schools, neighborhoods, faith-based organizations, worksites,

and communities so that by engaging in health and wellness behaviors, they can achieve the designation of a GUG entity. We are planning to move our Pointing the Way To Health Program into more schools and elsewhere to encourage healthier lifestyles. Our hope is to create an endowment fund that would enable GUG to help fund entities striving to promote wellness activities and events. I invite you to visit our new website, [www.getupgo.info](http://www.getupgo.info). Join us if you have a passion for promoting health and wellness, or simply get up and go! Be well, Karan

## Who We Are; What We Are Trying to Achieve; What We Value

We are an independent, non-profit, 501 c3 voluntary organization with a mission to influence, inspire, & connect people to create healthier communities. **Get Up & Go** is a catalyst.

that will help transform St. Clair County into the healthiest county in the U.S. by 2020. We will achieve this transformation through leadership, advocacy, education, & providing opportunities for healthy living.

### Our Values:

- Optimism
- Excellence
- Social Justice
- Inclusiveness
- Cooperation

For More Information Visit [www.getupgo.info](http://www.getupgo.info)

## Introducing our Board of Directors.....

**On October 5,  
Get Up & Go  
hosted an open  
house in O'Fallon,  
for prospective  
board members &  
volunteers  
(specialists)**

The CDC awarded Communities Putting Prevention to Work funding to St. Clair County Health Department. The Health Department partnered with Get Up & Go to oversee 3 demonstration projects in the County. Project team were asked to form school community alliances, conduct school-neighborhood assessments & establish action plans to promote healthy eating & active living.

**President: Karan Onstott** is an Assistant Professor of health & wellness at McKendree University

**Vice-President: Jim Schneider** is the Director of Human Resources & Parks & Recreation for Belleville

**Treasurer: Darrell Coons** is the Illinois Outreach Coordinator for the St. Louis Alzheimer's Association

**Secretary: Amy Funk** works for Metro East Citizens Air Project.

**Past President: Rita Boyd** is an Emeritus Associate Professor with SIUE School of Nursing

**Ruby Allen Ellis** is a grant-writer & consultant for East Side Health District

**Jared Beard** is the Executive Director of the O'Fallon YMCA

**Jen DeJong** is senior consultant for Youth Ministry Architects

**Terry Almeida** is a massage therapist, spa owner

**Pam Funk** is an Administrator

for the City of O'Fallon.

**Joel Rahn** is a doctor of chiropractic medicine.

**Kathy Roche**, is a doctor of chiropractic medicine

**Debbie Townsend** is a self-employed insurance broker

**Angie Vassen** is the co-director of the Law Day Run

**Ex-Officio: Mark Peters** is the Director of Community Health at St. Clair County Health Department

## LEADERSHIP & OPPORTUNITY: Demonstration Projects Wrap Up

### *Belleville's West End-District 175*

Ellis & Emge Schools have integrated 3 components in their obesity-prevention campaign: an after school faculty and student Zumba class, a community-teaching garden project, & a food co-op.

### *East St. Louis Green Partnership*

An alliance between East Side Health District and SIUE School of Nursing created a unique opportunity for schools and communities to work together in renovating a greenhouse, organizing neighborhood clean-ups, & developing community gardens.

### *Lebanon Ridge Prairie Trail & District 9*

K-12th graders in Lebanon focused efforts on healthy diets and fitness through pre-school after-school programs. The school also partnered with the Ridge Prairie Trail Project to encourage citizens to walk and bike more.

## ADVOCACY & EDUCATION: Policy Summit

More than 150 community leaders, key stakeholders attended our third annual Policy Summit on November 16, 2011 at Westview Church. The keynote address was provided by Darwin Hindman, former Columbia, Missouri mayor. Under his leadership, Columbia was transformed into a pedestrian-bike

friendly community. Breakout sessions followed that described specifics of converting streets into *Complete Streets* and crafting creative solutions like *Walking School Buses* to get kids on the move. Board member Rita Boyd provided two break-out sessions on use of the Community Healthy Living

## PedNet

Index. Belleville Mayor, Mark Eckert was on hand to welcome attendees. Memorial Hospital hosted a reception for the speakers and stakeholders on the eve of the Summit.

## ADVOCACY & LEADERSHIP: Pioneering Healthier Communities (PHC)

Pioneering Healthier Communities is a joint, national, initiative established by the Robert Wood Johnson Foundation & the CDC in 2005. 128 communities have been funded through PHC.

St. Clair County Illinois PHC began in December 2008, Four Get Up & Go board members travelled to Washington DC for



the initial training in 2008.

PHC funding has provided much of the support for our Policy Summits over the last three years.

PHC funding also supported 14 mini-grants during 2010. These small awards provided seed funding for initiatives to promote healthy eating and active lifestyles across St. Clair County.

Jared Beard, Executive Director of the O'Fallon YMCA Branch presently serves on the Get Up & Go board and is the liaison between the Y-USA & Get Up & Go.

## We Could Not Be Successful without Collaboration & Support from Our Partners

Get Up & Go has partnered with dozens of entities since 2008-too many to mention in this report. Here are a few of our partners that have made 2011 a successful year. For a more complete list of partners & friends, visit [www.getupgo.info](http://www.getupgo.info)

YMCA of Southwestern Illinois  
Y-USA

Willard Scrivner Public  
Health Foundation

St. Clair County Health  
Department

City of Belleville

Get Up & Go Biathlon

St. Clair County Medical Soci-  
ety Alliance

McKendree University

Southern Illinois University  
Edwardsville

Memorial Hospital

St. Elizabeth's Hospital

ChiroMed

## OPPORTUNITY: Get Up & Go! Supports Health & Fitness Endeavors



[www.getupgo.info](http://www.getupgo.info)

The website offers a free calendar for fitness & other health events around the county. Free publicity provides a real BOOST for established and new events. Over 100 events were listed in 2011.

Get Up & Go supports community health & fitness events. Get Up & Go was represented at 36 events in 2011.



Get Up & Go! is a catalyst for change. Do you remember learning about catalysts in your high school chemistry class? Here's a reminder. A catalyst changes the rate of a reaction. Unlike other agents that are part of the reaction, the catalyst is not consumed by the reaction itself, it's independent. Catalysts may participate in many transformations. We think this chemistry definition applies to our organization!



## Pointing the Way to Health Challenge

In 2011 we planted a seed that we hope will sprout into a total health transformation for the 270,000 residents of St. Clair County. We challenged county residents to eat more fruits & veggies, establish and fulfill exercise goals for themselves. We then set up a system on the Get Up & Go website where participants could record their progress in total distance travelled, pounds lost, fruits, and vegetables consumed. In 2012 we hope to expand the campaign—inspire more groups or individuals to accept the challenge. To learn more about the Pointing the Way to Health Challenge, visit [www.getupgo.info](http://www.getupgo.info).



**Carol Daniel, popular radio & television personality for KMDV tv & KMOX radio, served as the face & the voice for the Pointing the Way Campaign.**

### How Can I Help?

- > **Donate –Mail your tax deductible donations to: Get Up & Go, Box 304, Belleville, IL 62226**
- > **Donate via Paypal through the website: [getupgo.info](http://getupgo.info)**
- > **Volunteer— contact us by sending a message through the website**
- > **Join the Pointing the Way Challenge**

## Financial Report Get Up & Go: 2011

**Expenses:** These are direct expenses for Get Up & Go!

**Opening Balance:**  
851.91

Website Hosting & Development **\$5500.00**

Advertising **\$300.00**

Post Office Box **\$96.00**

Bank Fees **\$54.16**

Filing State Report **\$15.00**

Pass through expense Youth Coalition Website **\$1000.00**

**Total \$6965.16**

**Revenue:** These funds were given directly to Get Up & Go.

**Donations \$3250**

(Biathlon, Personal, Other)

**Grants \$5250**

(Medical Alliance, SCCHD from CPPW Funding)

**Contractual \$2300**

(Advertising & Set Up Youth Coalition Website)

**Fees \$550**

(Policy Summit)

**Total \$11,350**

**Closing Balance 5236.75**

**Get Up & Go has been instrumental in helping other organizations secure & apply \$131,500 funds for education, leadership, advocacy, & providing opportunities for healthy eating & active lifestyles for the citizens of St. Clair County.**

**Communities Putting Prevention to Work—**Awarded to St. Clair County Health Department Amount: \$100,000 in 2011— Funded 3 demonstration grants; 2 extensive news articles in Belleville News Democrat; 12 *Get Up & Go Minutes* on KMOX radio by Carol Daniel during evening drive time

**NOTE:** Get Up & Go helped secure \$3500 in funding for 14 **additional** *Get Up & Go Minutes*. This kept the radio messages on KMOX from Dec.2010-July 2011.

**Pioneering Healthier Communities Mentoring Grant—**Awarded to YMCA of Southwestern Illinois \$8000 in 2011 - Provided funding for Policy Summit and

**Pioneering Healthier Communities High Impact Interventions to Prevent Obesity-** \$20,000 awarded to YMCA of Southwestern Illinois. These funds will be dispersed to improve safety & aesthetics of parks in East St. Louis, Belleville, Smithton, & O'Fallon. These types of improvements have been shown to increase the number of people using parks for exercise.

**How can I learn more about Get Up & Go? >>>> Visit the website for news & updates**  
**Interested in a speaker from Get Up & Go? >>>> Send your request via the website**