



2012 Annual Report

Prepared by the Board of Directors, May 2013

President's Message – Karan Onstott, PhD

As I approach the end of my second term as President I am more excited than ever about the efforts and continued projects of Get Up & Go! (GUG).

The past year has been very busy with familiar activities and many new endeavors. As in the past, our board members, specialists, and our many agency partners have worked hard to make things happen.

The financial support from Chiro-Med, the Get Up & Go! Biathlon sponsors, the Willard C. Scrivner Foundation, and the many in-kind donations have helped to sustain our work. Speaking for the organization, we thank you all very much!

Key accomplishments included:

A move upward for St. Clair County in the CDC's County Health Rankings. Perhaps most important, St. Clair County saw an improvement in the University of Wisconsin/ Robert Wood Johnson County Health Rankings, rising in the Overall Rankings from 94 to 88. We're still not to our goal of #1, but we're certainly moving in the right direction!

A successful 4th Annual Health Policy Summit. The summit, held at McKendree University, was the most highly attended yet and served as a kick-off to create a network for collective impact.

The first year of the Get Up & Go! Cup. The GUG cup is underway with the first Cup awards to be presented in August at the 3rd Annual Get Up & Go! Biathlon.

The designation of the first Get Up & Go! neighborhood. Signal Hill, a Belleville neighborhood, has earned the distinction of being the first Get Up & Go! neighborhood after starting a community garden. Get Up & Go! school designations are close behind.

We're working hard to improve the health and well being of St. Clair County citizens and are thankful for our many volunteers and partners who have joined this grassroots endeavor. Thank you again for your support! Whatever you do, get up and go and be well!

Karan

About Get Up & Go!

Our mission is to inspire, influence, and connect people and health organizations in St. Clair County, Illinois.

We do this by supporting healthy eating and active living in:

- neighborhoods
- schools

- worksites
- faith-based organizations
- communities

Our goal is to transform St. Clair County into the healthiest county in the U.S. by 2020.

We'll do this through leadership, advocacy, education, and creating

opportunities for healthy living.

We are an independent, non-profit, 501c3 organization led by a volunteer Board of Directors, partners, sponsors, and community volunteers.

To find out more about becoming a Board member or a community volunteer, contact Rita Boyd at rarras@siue.edu.

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Meet Our Board

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

Vice-President: Jim Schneider is the director of Human Resources and Parks & Recreation, Belleville

Treasurer: Darrell Coons is an Education/Outreach Specialist for the Alzheimer's Association

Secretary: Pam Funk is an Administrator for O'Fallon

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

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

Terry Almeida is a massage therapist and spa owner

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

Micki Classen manages the Belleville Health & Sports Center for Memorial Hospital

Joel Rahn is a doctor of chiropractic medicine

Kathy Roche is a doctor of chiropractic medicine

Cheryl Singsank teaches yoga at Southwestern Illinois College

Debbie Townsend is a self-employed insurance broker

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

Standing committees:

Resource Development
Outreach & Communication
Neighborhood/ School/ Faith Communities
Worksite Wellness

Our Specialists

Many thanks to our Specialists: **Roger Boyd, Annie Clark, Amy Funk, Susan Ivy, and Angie Vassen**

Specialists are volunteers who serve on standing or ad hoc committees. They're elected by the Board and attend meetings every other month.

Interested in becoming a Specialist?
Email Rita Boyd (rarras@siue.edu) to learn more.

The 4th Annual Health Policy Summit: *Collective Impact*

Advocacy and Education

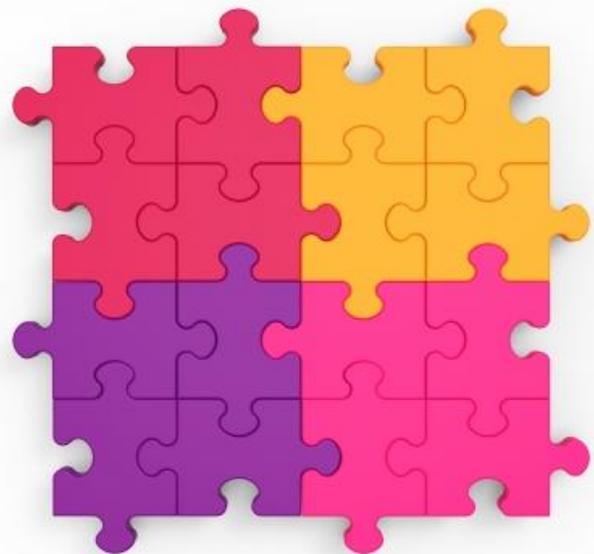
More than 150 community leaders and key stakeholders attended our 4th Annual Health Policy Summit on November 29, 2012 at McKendree University's beautiful Hett Theatre.

Collective Impact was this year's theme. Monte Roulier, President of Community Initiatives, gave the keynote address – *The Power of Collective Impact*. He inspired the audience by sharing stories of communities working to improve the health of their residents.

Mr. Roulier is the President of Community Initiatives, a network of individuals and organizations dedicated to building healthy communities. He has also served as an advisor to the CDC, RWJ Foundation and the Y-USA.

Panel discussions on Complete Streets and Coordinated School Health followed his presentation.

As in past years, the Policy Summit provided an opportunity for St. Clair County agencies and organizations to discuss how to best work together to improve the health and well-being of residents.



(Image courtesy of Stuart Miles/FreeDigitalPhotos.net)

Collective Impact is...

A special type of collaboration between trusted partners. Well-suited for complex problems, partners share a common agenda, shared measures, reinforcing activities, and ongoing communication.

We Choose Health!

Advocacy and Leadership

St. Clair County Health Department was one of 60 counties in Illinois to receive a *We Choose Health* grant to improve the health of our citizens through obesity and tobacco prevention.

We Choose Health promotes:

- **Complete Streets** (lead agency Get Up & Go!)
- **School Health programs, including Safe Routes to School** (lead agencies McKendree University and the YMCA of Southwest Illinois, with support from Get Up & Go!)
- **Smoke-Free Public Housing** (lead agency East Side Health District)

The funding for Year 1 is \$300,000 with \$36,000 allocated to Get Up & Go! for Complete Streets. We'll use these funds for technical assistance, for the 5th Annual Health Policy Summit, and to enhance our written and web-based materials.

Get Up & Go! is pleased to work with this energetic, creative team of collaborative partners as we work together to improve the health of our community.



Complete Streets are...

Roads designed and built for every user – drivers, bikers, walkers, children, older adults, and people of all abilities.

After all, streets and sidewalks are built with public funds so they belong to all of us. There are many ways to design Complete Streets. Some are very low cost.

The benefits of Complete Streets include:

- Allows people to choose to walk, bike, or drive
- Helps people save money
- Helps air quality because of fewer car trips
- Increases property values
- Helps kids stay active
- Allows older adults to go places in their community, without a car
- Improves the flow of traffic
- Improves the local economy because people spend money locally when they can



Our Partners

Collaboration

Get Up & Go! has partnered with dozens of entities since 2008. We just couldn't do it without our partners.

These organizations are some of our supporters:

Belleville News Democrat

Belleville Running Club

Chiro-Med

City of Belleville

Get Up & Go! Biathlon

Heartlands Conservancy

Illinois Department of Public Health

McKendree University

Memorial Hospital

Metro East Parks & Recreation

Moonlight Computing

St. Clair County Health Department

St. Clair County Transit

St. Elizabeth's Hospital

Southwestern Illinois College

Southern Illinois University Edwardsville

University of Illinois

Willard C. Scrivner Public Health Foundation

For a complete list of partners and friends, visit www.getupgo.info

The Community Development Fund *Reinvesting in our community*

What is the Community Development Fund?

Get Up & Go! plans to offer small, start-up grants to local projects that promote healthy eating and active living in the community and/or schools. The Board of Directors voted to establish the Community Development fund in 2012 so that we could begin to raise money for these grants.

Where does the money come from?

We depend on donations from individuals, organizations, and events such as the Get Up & Go! Biathlon and Chiro-Med Winter Luau Run.

Ninety percent of these donations go towards the Community Development Fund, while the remaining 10% goes toward helping maintain our organization. This year, \$1800 from the fund was used to match *We Choose Health* funding to advance the work of Complete Streets. As of closing, the Community Development Fund has a balance of \$5,650.

How can I make a donation?

If you'd like to make a tax deductible donation to help fund healthy eating and active living projects in St. Clair County, visit our website or mail a check to Get Up & Go!, PO Box 304, Belleville, IL 62226.

Check Out Our Community Calendar

Opportunity

The Get Up & Go! website offers a free calendar for health and wellness events in St. Clair County. You can find the calendar at: www.getupgo.info/cal.php

How do I add an event to the calendar?

Free publicity provides a real BOOST for established and new events. To post an event on the calendar, send an email that includes a description of your event to: info@getupgo.info

Did you know...?

- We listed over 200 local health and wellness events on the calendar this year.
- We attended 16 events this year, setting up a table and handing out information about Get Up & Go!, healthy eating, and physical activity.

2012 Financial Report

Expenses

Direct expenses for Get Up & Go!

Opening Balance

1/1/12 \$ 5,236.75

Revenue: \$21,817.94

Expenses: \$ 6,916.20

Closing Balance

12/31/12 \$20,138.49

Expenses

Web Hosting/ \$6,000.00
Development

Legal/Report \$ 10.00

Post Office Box \$ 135.00

Consultant \$ 500.00
Grant

Supplies \$ 271.20

Total \$6,916.20

Revenue

Awarded directly to Get Up & Go!

Donations \$ 3,525.00

(GUG Biathlon, Winter Luau Run, Individual, Other)

Grants \$16,500.00

(We Choose Health, Community Guidance, others)

Fees \$ 1,792.94

(Registration fees from 2011 and 2012 Health Policy Summit)

Total \$21,817.94

- Expenses \$ 6,916.20

\$14,901.74

+ Opening \$ 5,236.75

\$20,138.49

Get Involved at www.getupgo.info

Donate – Click on our Paypal link or mail your donation to Get Up & Go!, PO Box 304, Belleville, IL 62226. All donations are tax deductible.

Volunteer – Become a Board member or a Specialist, or help out at an event

Learn how to become a Get Up & Go! school or neighborhood – See the list of criteria posted on the website

Request a speaker – Our members talk to community groups about many health topics

Sign up for our e-news – These quarterly newsletters are filled with tips for healthy eating, active living, and a seasonal recipe

Learn about upcoming health and wellness events in our community calendar