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## City Administrator Report to Mayor & City Council

January 17, 2014, Edition No. 113

### Weekly Update:

1. Community Gardens: Please see the attached information provided by the Community Gardens committee (Blue Zones).
2. Bi-State: Attached is the January 2014 Commission Packet. The next Commission meeting is scheduled for Wednesday, January 22, 2014.
3. Blue Zones: Attached you will find the Well Being Index that was discussed at the Community Policy Committee Meeting this past week. Please call Joni Axel if you have any questions. Joni Axel is the Blue Zones Project Community Program Manager and can be reached at 563-484-9477 or by email at [joni.axel@healthways.com](mailto:joni.axel@healthways.com).
4. City Trivia Night: Please see the attached flier and join City Staff at the 2014 City Trivia night the evening of January 24th.
5. Legislative Day: I will be attending the February 4th Iowa League Legislative Day and staying overnight for an Iowa League morning board meeting on the 5th. The morning of the 4th is an opportunity to meet with legislators. I plan to bring forward the Council's resolution regarding the MFPSI and information regarding our ATEs here in Muscatine. I will copy the Council on those two packets, but most if not all of the information has already been provided to the Council to date.
6. JC Penney: Greg Jenkins and I will be sending a joint letter to JC Penney per the 1/16 City Council discussion.
7. MCSD: Reminder that this issue will be coming forward - The Planning Commission received and briefly discussed a Muscatine Community School request to vacate 9th Street. The request was received and presented during their meeting on Tuesday, January 14th. The next step is to place the item on the P&Z agenda for discussion and possible action during their next meeting scheduled for February 11th. Notices will be mailed to all property owners within 200 ft of the area under consideration in advance of that date. Community Development have a (small) copy of a "concept" plan in their office if you would like to see it. Also, the District has held neighborhood meetings on this topic over the last several months. Once the Planning Commission makes a decision on the proposal, a recommendation will be forwarded to City Council. Once again, the City Council will be asked to schedule a public hearing on the vacation and conduct a public hearing prior to any formal action on the vacation request. If the City Council elects to proceed with the vacation, the vacation must be completed by ordinance which requires three additional meetings to complete. The City Council must then pass a resolution authorizing the sale and transfer of the property and approve a executed deed. Many of these steps also require publication of public notices...in short, nothing has really happened to date other than preliminary discussions and site plan concepts. Having said that,

**"I remember Muscatine for its sunsets. I have never seen any on either side of the ocean that equaled them" — Mark Twain**

there was a variance for the building setback of the new Jefferson Elementary School by the Zoning Board of Adjustment.

8. City Hall: You are invited to compete in the 1st Annual City Staff Chili Cook-off, January 29th. Anyone who is an employee of the city can enter and compete for prizes and the title of Chili Cook-off Champion. Attached is a flyer with some information. Please sign up with Adam (Community Development) by Jan 24th if you would like to compete. Adam will have more detailed information for those competing. Contact Adam with any questions - Adam J Thompson, Planning & Community Development Coordinator, City of Muscatine, [athompson@muscatineiowa.gov](mailto:athompson@muscatineiowa.gov), or 563.262.4141. Hope you can participate or join in the competition! Mark your calendars!

Blue Zones Muscatine  
Community Gardens Meeting  
12/18/13

Present: Lee Falkena (East Campus Teacher, MHS), Rachel Hansen (Worlds Culture Teacher, MHS), Heather Harroun (Mulford Garden), Todd Hessel (Mulford Garden), Sarah Lande (Blue Zones Policy), Annette Shipley (Musc. Co. Ext.), Kay Walter (Master Gardener).

Meeting started at 4:00 pm with everyone introducing themselves and explaining why they are interested in Community Gardens.

Annette Shipley shared the agenda for the meeting and stated that today's meeting would be a good start to get acquainted with one another, summarize the goals of Blue Zones, and what our next steps need to be.

Annette then summarized what she has learned from other Blue Zone Committee members' Vision about Community Gardens in Muscatine. The Community Policy Committee met last week and they reconfirmed how important it was to get the Community Garden's project started in January, selecting 4 or 5 projects, looking for small proven winners as starters. They also recommended having a four-year plan. Annette added that after listening to many people's comments on what should be done and looking at other programs she has received resources on, she thought it would be good to break the large group down into smaller committees working on specific topics in order to get planning done quicker and utilizing people's experiences and strengths. Here were the areas Annette thought we could break down the planning piece into these Committees:

- Planning: Develop a start-up guide for Community Gardens, policy/practice/protocol guidelines. Develop sustainability plans (Todd & Kay)
- Mapping: Develop maps that have existing gardens and available plots for future gardens available (Sarah)
- Schools: Develop a plan to involve schools in Community Gardening (Lee)
- Marketing: Develop a marketing plan for Community Gardens (Annette)

Next, the group identified the four, "quick wins", projects that we could focus on for the first year; Mulford, East Campus, Madison School, and MCSA. It was mentioned to contact Paul Carrol to identify more. The group thought that these groups should apply for the Hy-Vee grant.

One group member felt that there was a need to listen to someone who has experience starting up Community Gardens and getting recommendations on the do's and don'ts of starting up Community Gardens and successful models of sustaining them. Annette suggested that we invite a speaker from one of these communities. Heather suggested they be from our soil zone, so they are giving recommendations based on our gardening soil and cycles and to hold it at the Ag Center. Annette thought this should be opened up to the public and create publicity around the speaker. This event would be an excellent way to kick-start the Community Garden Project. The group thought this should happen in February, since spring planning and planting will be here soon.

Next, the group agreed that the next steps would be to have another meeting in January in hopes to get more people at the next meeting to then start doing planning and working in the four committees. The work that is done in the groups will be shared at the end of the meeting and then the collective group would then use everyone's input in designing a four-year plan. Annette shared she will send out a Meeting Wizard with a few January dates as options to be held in the evening from 5:30-7:30 pm in hopes to get more involvement at this meeting.

Meeting adjourned at 5:30 pm.

FINANCIAL  
(green)  
ACTION NEEDED  
(yellow)  
INFORMATIONAL  
(white)

## MEETING ANNOUNCEMENT AND AGENDA BI-STATE REGIONAL COMMISSION

Wednesday, January 22, 2014, 3:30 p.m.  
Scott County Administration Building  
600 West Fourth Street  
Davenport, IA

	X	1. <u>Approval of the December 18, 2013 Minutes (See enclosed)</u> – Larry Minard, Chair
X	X	2. <u>Treasurer's Report</u> (See enclosed) – Larry Minard, Chair
		3. <u>Finance and Personnel Committee/Financial Matters</u> – Chuck Austin, Finance Chair
X	X	a. <u>Bills</u> (See enclosed)
X	X	b. <u>Report on Progress on Commission's FY 2014 Program Budget as of 12/31/2013</u> (See enclosed)
X	X	c. <u>Contracts/Grants for Consideration</u> – Denise Bulat, Executive Director
		4. <u>Executive Committee</u> – Larry Minard, Chair
	X	a. Election of Officers. (The slate will be presented at the meeting.)
	X	5. <u>Status of Passenger Rail in Illinois</u> - Joe Shacter, Director of Public and Intermodal Transportation, Illinois Department of Transportation.
	X	6. <u>Rock Island Arsenal Legislative Update</u> - Bill Takakoshi, Hurt, Norton & Associates
		7. <u>Questions or Comments by Commissioners</u>
		8. <u>Other Business</u>
		9. <u>Adjournment</u>

DB/cc  
Agendas\BSRC Agenda.docx

NEXT MEETING: Wednesday, February 26, 2014 – 3:30 p.m.  
Scott County Administration Building  
600 West Fourth Street  
Davenport, Iowa

**MINUTES OF THE  
BI-STATE REGIONAL COMMISSION**

Wednesday, December 18, 2013, 3:30 p.m.  
Scott County Administration Building  
600 West Fourth Street  
Davenport, Iowa

**MEMBERS PRESENT:** Minard – Chair, Austin, Banaszek, Callaway-Thompson, Conrad, Earnhardt, Gluba, Hopkins, Kelly, Lawrence, Liddell, Raes, Schloemer, Sherwin, Sorensen, Sunderbruch, Tank, Terry, Thodos, Volz, Washburn, Wells

**MEMBERS ABSENT:** Anderson, Burrage, Crouch, Gallagher, Goodwin, Gordon, Heninger, Hillman, O'Boyle, Pauley, Rangel, Stoermer, Tossell

**OTHERS PRESENT:** Dean Moyer, Mayor, Village of Cordova; John Myers, Councilman, Village of Cordova; Sarah Bohnsack, Bohnsack & Frommelt; Ed Tibbets, Quad City Times

**STAFF PRESENT:** Bulat, Grabowski, McCullough, Miller, Moritz

Chair Minard called the meeting to order at 3:33 p.m. and asked for introductions of those present.

1. Approval of the November 20, 2013 Minutes. Mayor Gluba moved to approve the minutes of November 20, 2013 as presented. Ms. Earnhardt seconded the motion, and it passed unanimously.
2. Treasurer's Report. Ms. Kelly presented the Treasurer's Report for the month ending November 30, 2013, noting an ending total bank and book balance of \$475,314.26. Ms. Kelly moved the report be accepted as written and mailed. Ms. Earnhardt seconded the motion, and it passed unanimously.

Chair Minard then recognized two members of the Commission whose terms had concluded. Ms. Burrage received a certificate for her two years of service, and Ms. Kelly received a certificate for her three years of service.

3. Finance and Personnel Committee.

- a. Bills. Mr. Austin presented the bills totaling \$126,926.95, as listed on the following bills listing and addendum dated December 18, 2013:

*Bills List*

Hurt, Norton & Associates, November 2013 legislative technical service (cost reimbursed by participating member governments)	7,750.00
Thomas A. Skorepa, P.C., Administrative Hearing Officer services (cost reimbursed by MUNICES)	3,675.00

## Addendum

Mr. Austin moved approval of the bills totaling \$126,926.95 as presented above. Ms. Kelly seconded the motion, and it passed unanimously.

- b. Report on Progress on Commission's FY 2013 Program Budget as of November 30, 2013. Mr. Austin explained the Program Budget Status Report was mailed in members' packets. The Commission is 42% through the fiscal year with 39.6% expended and within budget.
- c. Contracts/Grants for Consideration. Ms. Bulat presented the following contracts for consideration by the Commission.
  - Contract with Strategic Development Group, Inc., not to exceed \$300,000 for consulting services on the QC M3 Innovation Hub Plan for the period January 1, 2014 through September 30, 2014. Mayor Thodos motioned to approve the contract as presented, and Ms. Sherwin seconded. The motion passed unanimously.
  - Contract extension with Davenport Schools for a Hazard Mitigation Plan to increase the amount to \$10,000 and extend the end date to September 30, 2014. Ms. Kelly motioned to approve the contract as presented, and Ms. Earnhardt seconded. The motion passed unanimously.
- d. Consideration of a Recommendation to Accept the Financial and Compliance Report for the year ended June 30, 2013. Mr. Austin stated the Finance and Personnel Committee received a detailed audit presentation and are recommending approval of the audit report. He reported that Bohnsack and Frommelt stated that Bi-State complied with all laws,

regulations, contracts, and grants. The Commission once again received the highest audit opinion, an unmodified opinion "Clean Audit" with no findings or questions.

Mr. Austin made a motion to accept the Finance and Compliance Report for the year ended June 30, 2013. Mayor Thodos seconded the motion, and it passed unanimously.

e. Consideration to Renew the Executive Director's Annual Employment Agreement.

Mr. Austin reported evaluation forms were sent to Commissioners and member government officials, with Ms. Bulat receiving high marks by those who responded. Mr. Austin stated the Finance and Personnel Committee recommended the Executive Director's employment contract be renewed for the year November 1, 2013 – November 1, 2014, with a 1.0% merit increase.

Mr. Austin made a motion to renew the Executive Director's annual employment agreement with a 1.0% merit increase. Mayor Thodos seconded the motion, and it passed unanimously.

4. Status of Passenger Rail in Iowa. Ms. McCullough introduced Tammy Nicholson, Office of Rail Transportation Director with the Iowa Department of Transportation, who joined the meeting over the phone. Ms. Nicholson provided an update on the cost of implementing passenger rail service from Chicago to Iowa City based on the completion of an analysis by HDR consultants released in early December. She noted that there is a joint effort between Iowa and Illinois to implement rail service between Chicago and Iowa City. Phase I of the effort is 79 mph service with two round trips daily between Chicago and the Quad Cities. Phase II is the extension of that service to Iowa City.

In Phase I, Chicago to Quad Cities has 30% engineering completed and in the process of procuring rolling stock and establishing construction, maintenance, and service agreements between the appropriate responsible parties. Additional efforts to develop stations in Geneseo and Moline are in progress. Illinois DOT is tentatively scheduled to present at the next Commission meeting with a more detailed status on Phase I.

Ms. Nicholson went on to explain that in Phase II, the IADOT has completed the conceptual engineering work, environmental analysis, ridership and revenue forecasts and developed new cost estimates based on this work. The revised cost of the effort is now estimated at \$125 million. In 2010, both DOTs submitted a grant to the Federal Railroad Administration (FRA) and were awarded \$230 million. Of this, \$177 million has been committed to Illinois for Phase I and \$53 million has been committed to Iowa for Phase II. Based on the revised costs for Phase II, it is anticipated that Iowa will need \$72 million in matching funds. This is up substantially from the original \$21 million anticipated. Major changes affecting these increases are:

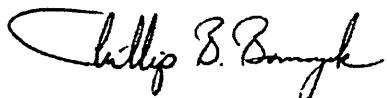
- Increased construction costs due to project delay
- Need for additional infrastructure to accommodate current and future growth on Iowa Interstate Railroad
- Changes in FRA policy requiring the project be constructed for a 20-year life
- Reduced grant award from the original grant to Iowa

Ms. Nicholson did say that on the positive side, it is estimated the net operating subsidy would be lower based on the incremental share of the Quad Cities-Iowa City portion of the route, which is estimated at \$600,000 annually pending negotiations with Illinois. The original estimate was \$3 million annually.

She concluded her presentation by saying that the next steps to move the project forward would be to conduct preliminary engineering and additional environmental work. Without a commitment from the State, the \$53 million in FRA funds is at risk of being withdrawn. Following discussion, Commissioners voted to direct staff to prepare a letter to the Governor and copied to legislators reiterating the Commission's support for passenger rail and encouraging legislative action in the 2014 session to secure the \$53 million in Federal Railroad Administration funding.

5. Questions or Comments by Commissioners. There were no additional questions or comments by Commissioners.
6. Other Business. There was no other business.
7. Adjournment. The meeting adjourned at 4:35 p.m.

Respectfully submitted,



Phillip Banaszek  
Secretary

**BI-STATE REGIONAL COMMISSION  
TREASURER'S REPORT  
FOR THE MONTH ENDING DECEMBER 31, 2013**

	<u>Balance December 1</u>	<u>Deposits</u>	<u>Withdrawals</u>	<u>Balance December 31</u>
<b>GENERAL SAVINGS ACCOUNT BANK &amp; BOOK BALANCE:</b>				
Balance – December 1, 2013	\$ 446,781.92			
Add Deposits		\$ 252,410.77		
Less Transfers			\$ 313,114.32	
Balance – December 31, 2013				\$ 386,078.37
<b>RLF SAVINGS ACCOUNT BANK &amp; BOOK BALANCE:</b>				
Balance – December 1, 2013	\$ 1,169.94	\$ 0.15		
Add Deposits			\$ 0.00	
Less Transfers				\$ 1,170.09
Balance – December 31, 2013				
<b>CHECKING ACCOUNT BANK AND BOOK BALANCE:</b>				
Balance – December 1, 2013	(\$ 75,134.53)			
Add Deposits		\$ 236,166.84		
Less Checks Written			\$ 225,420.53	
Balance – December 31, 2013				(\$ 64,388.22)
<b>PAYROLL ACCOUNT BANK &amp; BOOK BALANCE:</b>				
Balance – December 1, 2013	\$ 2,496.93			
Add Deposits		\$ 103,929.48		
Less Checks Written			\$ 104,028.12	
Balance – December 31, 2013				\$ 2,398.29
<b>INVESTMENT ACCOUNTS BANK &amp; BOOK BALANCE:</b>				
Balance – December 1, 2013	<u>\$ 100,000.00</u>			
State Bank of Orion				
06/25/13 – 12/25/13 (.20%)				
Add Investments Made				
State Bank of Orion	<u>\$ 100,000.00</u>			
12/25/13 - 6/25/14 (.20%)				
Less Investments Matured				<u>\$ 100,000.00</u>
State Bank of Orion				
06/25/13 – 12/25/13 (.20%)				<u>\$ 100,000.00</u>
Balance - December 31, 2013				
<b>TOTAL BANK &amp; BOOK BALANCE:</b>				
Balance – December 1, 2013	<u>\$ 475,314.26</u>			
Deposits in December		<u>\$ 692,507.24</u>		
Withdrawals in December			<u>\$ 742,562.97</u>	
Balance – December 31, 2013				<u>\$ 425,258.53</u>
<b><u>PASS THROUGH FUNDS</u></b>				
<b>BI-STATE RLF ACCOUNT:</b>				
Balance – December 1, 2013	<u>\$ 903,282.01</u>			
Add Deposits		<u>\$ 17,003.89</u>		
Less Withdrawals			<u>\$ 27,045.00</u>	
Balance – December 31, 2013				<u>\$ 893,240.90</u>
<b>MERCER-MUSCATINE RLF ACCOUNTS:</b>				
Balance – December 1, 2013	<u>\$ 18,866.89</u>			
Add Deposits		<u>\$ 2,665.85</u>		
Less Withdrawals			<u>\$ 5.00</u>	
Balance – December 31, 2013				<u>\$ 21,527.74</u>

**BILLS TO BE CONSIDERED FOR APPROVAL  
AT THE JANUARY 22, 2014  
BI-STATE REGIONAL COMMISSION MEETING**

Hurt, Norton & Associates, December 2013 legislative technical service (cost reimbursed by participating member governments)	\$ 7,750.00
Infogroup, web-based access to business database annual license	2,100.00
Thomas A. Skorepa, P.C., Administrative Hearing Officer services (cost reimbursed by MUNICES)	<u>3,010.00</u>
TOTAL	<u>\$12,860.00</u>

Additional bills will be listed on the addendum which will be distributed at the meeting.

**BI-STATE REGIONAL COMMISSION**  
**FY 2013-14 Program Budget Status Report**  
**Through Month of December – 50% of Year**

**ADOPTED BUDGET:** \$2,155,265.00  
**EXPENDED THROUGH DECEMBER:** \$1,102,946.34 (47.0%)  
**STAFF LEVEL BUDGETED:** 25.25 F.T.E.  
**STAFF LEVEL STAFF LEVEL MAINTAINED:** 23.75 F.T.E.

**EXPLANATION:**

**MEMBER GOVERNMENTS SERVED DIRECTLY AND ACTIVITIES DURING DECEMBER**

ALEDO – Website Support; RLF Coord.; Transit Mobility/HSTP Plng; Aerial Photo Coord. Asst.; Economic Develop. Strategic Plan Presentation; Mercer Co. Events Flyer.

ALPHA – HCEDP Participation; Transit Mobility/HSTP Planning.

ANDALUSIA – RICWMA Staffing; Riverfront Council; Website Support.

ANDOVER – HCEDP Participation; Transit Mobility/HSTP Planning.

ATKINSON – HCEDP Participation; Website Support; Transit Mobility/HSTP Planning.

BETTENDORF – Joint Purchasing; Scott Co. Housing Council; IAQC Transit Planner Coord. & Transit Issues; Riverfront Council; Solid Waste Coord.; I-74 Bridge Coord.; Drug/Alcohol Testing Consort.; RLF Loan Admin./Marketing; Trail Coord.; DOJ Interoperability; Air Quality Asst.; NSBP/EDA Apps.; Trails Counting Asst.; QCICNet; Aerial Photo Coord. Asst.; ICAAP Resolution follow-up; Cities' Engineering Conference; STP Evaluation Process and Forest Grove Road/Drive Coordination.

BLUE GRASS – Reg. 9 Transportation Coord.; Solid Waste Coord.; Website Support; Aerial Photo Coord. Asst.

BUFFALO – Trail Planning Asst.; Riverfront Council; Solid Waste Coord.; Aerial Photo Coord. Asst.

CAMBRIDGE – HCEDP Participation; Website Support; Transit Mobility/HSTP Planning.

CARBON CLIFF – RICWMA Staffing; Joint Purchasing; Trail Planning; Aerial Photo Coord. Asst.

COAL VALLEY – Joint Purchasing; RICWMA Staffing; Aerial Photo Coord. Asst., Village Board Strategic Planning.

COLONA – Joint Purchasing; Gen. Data/GIS/Mapping Asst.

CORDOVA – RICWMA Staffing; Riverfront Council & Riverfront Planning; Website Support.

DAVENPORT – Joint Purchasing; Riverfront Council, RiverVision; Scott Co. Housing Council; Solid Waste Coord.; RLF Loan Admin.; Transit Funding & NTD Asst.; IAQC Transit Planner Coord. and Transit Issues; QCICNet Interoperability Project; BRAC/OEA Coord.; Air Quality Asst.; Davenport Schools Hazard Mitigation Plan; Legislative Priorities Asst.; IMCP/EDA Grant with QC Chamber; Aerial Photo Coord. Asst.; Cities' Engineering Conference; STP Evaluation Process and Forest Grove Road/Drive Coordination; Graphics/Map Asst. Mayor Gluba Wash DC trip.

EAST MOLINE – IL QC Intergov. Comm.; E9-1-1 Coord.; Joint Purch.; RICWMA Staffing; RMS Coord.; Riverfront Cndl.; Interoperability Proj.; RLF Admin.; MUNICES; Air Quality Asst.; Trail Plng; Consol. Disp. Study Asst.; QCICNet; Econ. Dev. Strategic Plan; Aerial Photo Coord. Asst.; Park/Rec Planning Outreach; STP Eval. Process.

ELDRIDGE – Solid Waste Coord.; Drug & Alcohol Consort.; Website Support; Aerial Photo Coord. Asst.; STP Evaluation Process

FRUITLAND – Region 9 Transportation Coord.; Solid Waste Coord.

GALVA – Broadband Coord.; Transit Mobility/HSTP Planning; HCEDP.

GENESEO – HCEDP Participation; Website Support; Trails Planning; Transit Mobility/HSTP Planning; GIS/Mapping Asst..

HAMPTON – RICWMA Staffing; Riverfront Council; Website Support.

HENRY COUNTY – Joint Purch.; HCEDP Part.; Transit Mobility/HSTP Plan; Trail Coord.; Workforce Dev. Board; Legislative Priorities Asst.; Comp. Plan & Zoning Mapping/GIS; EDA/USDA Grant; Evacuation Plan; Fact Sheet Update; Illinois Grants for Local Gvts.; Aerial Photo Coord. Asst.; Plan for HCEDP Springfield Trip.

HILLSDALE – Transit Mobility/HSTP Planning.

KEWANEE – Transit Mobility/HSTP Planning;

LECLAIRE – Joint Purchasing; Riverfront Council; Solid Waste Coord.; Trail Planning; Aerial Photo Coord. Asst.

LONG GROVE – Reg. 9 Trans. Coord.; Solid Waste Coord.; Website Support; Aerial Photo Coord. Asst.

MC CAUSLAND – Reg. 9 Trans. Coord., Solid Waste Coord.; Stormwater Meeting.

MILAN – Joint Purchasing; RICWMA Staffing; IL QC Intergov. Comm.; E9-1-1 Coord.; RMS Coord.; RLF Admin.; Interoperability Project; MUNICES Coord.; Cons. Dispatch Study Asst.; QCICNet ; Aerial Photo Coord. Asst.

MOLINE – MUNICES Coor.; IL QC Intergv. Comm.; E9-1-1 Coor.; Joint Purch.; I-74 Bridge Coor. & Southern Sec.; RICWMA Staff.; RMS Coor.; Riverfront Cndl./ River-Vision; RLF Ln Adm.; Trails Coor.; ITEP Grant Rev.; Interop. Proj.; Rail Coor.; Air Qual. Asst.; Park/Rec Pln.; Cons. Disp. Stdy Asst.; QCICNet; Aerial Photo Coor. Asst.

MUSCATINE CITY – Trail Planning; Reg. 9 Transportation Coord.; Solid Waste Coord.; Joint Purchasing; Air Quality Asst.; RLF Coord.; Aerial Photo Coord. Asst.; Graphics asst - Chamber member window clings

MUSCATINE COUNTY – Trails Planning; Website Support/Development/Redesign; Reg. 9 Coord.; Solid Waste Coord.; Joint Purch.; Transit Mobility Coord.; Hazard Mitigation Plan; Air Quality Asst.; OEA Grant Coord.; EDA RLF Coord.; Comprehensive Plan; Aerial Photo Coord. Asst.

NEW BOSTON – Website Support; Grant Research; Mercer Co. Events Flyer.

OAK GROVE – E9-1-1 Coord.; Consolidated Dispatch Study.

ORION – HCEDP Participation; Website Support; Transit Mobility/HSTP Planning; Water System Mapping.

PORT BYRON – RICWMA Staffing; Riverfront Council; Zoning Administration Inquiry.

PRINCETON – Riverfront Council; Solid Waste Coord.; Trail Planning; Aerial Photo Coord. Asst.;

RAPIDS CITY – RICWMA Staffing; Riverfront Council.

RIVERDALE – Riverfront Council; Trail Coord.; Solid Waste Coord.; Website Support; Haz Mit Plan.

ROCK ISLAND CITY – IL QC Intrgv. Comm.; E9-1-1 Coord.; Joint Purchasing; Riverfront Council; RiverVision; RICWMA Stfg.; MUNICES Coord.; RMS Coord.; RLF Loan Adm.; Interop. Proj.; Air Quality Asst.; Workforce Dev. Bd.; Consol. Dispatch Study App; QCICNet; Aerial Photo Coord. Asst.; Status of EDP Appl.; STP Eval. Process

ROCK ISLAND COUNTY – E9-1-1 Coord.; LEPC Committee; IL QC Intergov. Comm.; RICWMA Stfg.; Electronic Collection Event & Website Support; Joint Purchasing; Trail Coord.; WIB Part.; RMS Coord.; FFC Revisions Coord.; Transit Mobility/HSTP Planning; Passenger Rail; Air Quality Asst.; Legislative Priorities Asst.; QCICNet; Evacuation Plan; Hazard Mitigation Plng. Appl.; QC Health Initiative; STP Evaluation Process; Graphics Asst. – Business Cards.

SCOTT COUNTY – Financial Management - Scott Co. KIDS; Scott Co. Hsg. Cndl.; Joint Purchasing; I-74 Bridge Coord.; Trail Plng.; RLF Admin.; Reg. 9 Transportation; Transit Mobility/HSTP Planning; Interop. Project; Goals Booklet; OEA; Passenger Rail; Housing Assessment; Budget Report; Air Quality Coord.; Solid Waste Coord.; Aerial Photo Coord. Asst.; QC Health Initiative.

SHERRARD – Website Support; Transit Mobility/HSTP Planning; Joint Purchasing Council Info; Mercer Co. Events Flyer; Inquiry re: TIF, Aerial Photo & Mapping.

SILVIS – E9-1-1 Coord.; Joint Purchasing; IL Intergov. Comm. Coord.; RICWMA Stfg.; RMS Coord.; CDAP Grant Admin.; Trail Planning; Consol. Dispatch Study App.; QCICNet; Aerial Photo Coord. Asst.; TIF/Enterprise Zone & Utilities GIS/Mapping Asst.

VIOLA – Transit Mobility/HSTP Planning; Logo Development; Mercer Co. Events Flyer.

WALCOTT – Reg. 9 Transportation; Solid Waste Coord.; Trail Coord.; RLF Marketing; Aerial Photo Coord. Asst.

WEST LIBERTY – Reg. 9 Transportation; Solid Waste Coord.; Website Support; Muscatine Co. Haz Mit Plan; Air Quality Coord.

WILTON – Reg. 9 Transportation; Solid Waste Coord.; Muscatine Co. Haz Mit Plan; EDA Application; Air Quality Coord.; Water/Sewer System Maps.

WINDSOR – HCEDP Participation; Transit Mobility/HSTP Planning; Mercer Co. Events Flyer.

WOODHULL – HCEDP Participation; Transit Mobility/HSTP Planning.

## Bi-State Report – December

**COMMUNITY/ECONOMIC DEVELOPMENT:** Attended Henry County Economic Development Partnership (HCEDP) meetings. Continued administration of EDA/USDA Rural Jobs and Innovation Challenge Grant Program on behalf of multiple member governments in Henry, Mercer, and Rock Island Counties. Attended IA RELAT meetings. Attended Iowa Regional Council, Illinois Regional Council, Northwest Municipal Association, QCCVB Annual, and Quad City Health Initiatives-NPAW Panel meetings. Assisted members with legislative priorities. Printed 2013 CEDS Progress Report. Held 2013-14 APA audio-conference training for planning commissioners/planners/citizen planners. Prepared RFP and assisted in consultant selection for the Regional Investing in Manufacturing Communities Partnership Program in partnership with the Quad City Chamber of Commerce. Investigated funding as potential scope of work for a Mississippi Riverfront Land Use and Economic Development Analysis.

### **DATA/GRAFICS/MAPPING/ON-LINE SERVICES:**

**Data Center:** Staff responded to approximately 12 data and map requests in December 2013 including 5 from local governments, 1 from a non-profit, 2 from businesses, 1 from the media, and 3 from private citizens. The data section of the Bi-State website had 61 page views. The data warehouse site ([www.greaterqregion.org](http://www.greaterqregion.org)) had 259 visits and 458 page views. Staff continued work on data collection and population and employment projections for the 2045 Long Range Transportation Plan and the data sections for the Moline Park & Recreation Plan and the Muscatine County Comprehensive Plan.

**Graphics/Mapping:** 2014 Aerial Photo Flyover Coordination; 2045 Long Range Transportation Plan Coordination; Eastern Iowa Community College District Mapping; Distribution of 2008-09 QC Street Map (Folded & Wall Versions); Iowa Transit Systems – “Roadeo” Logo Development; Surface Transportation (STP) Ranking Assistance; Travel Model Data and GIS Assistance; Update/Maintain GIS Data for Street Centerlines, Traffic Counts, MPA Boundary, Federal Functional Class Routes, Urban Areas, Corporate Limits, Landmarks, Rail, Trails, and other layers.

[www.bistateonline.org](http://www.bistateonline.org). Top pages viewed for December 2013 include: Home Page (704); Documents Section (88); Joint Purchasing Council (74); Our Staff (70); and Careers (67).

**ENVIRONMENTAL, RECREATION, RIVERFRONT SERVICES:** Responded to inquiries & assisted with trail/recreation project funding assistance/grants. Served RICWMA with coordination of meetings, oversight and management of waste disposal and recycling programs, reporting, and overall agency administration. Responded to RICWMA telephone inquiries from general public & media concerning solid waste and recycling issues. Attended River Action meetings. Continued coordination of issues related to Bi-State Region Clean Air Partnership and strategies for emission reduction. Continued “Make Air Quality Visible” strategic plan update process. Continued multi-jurisdictional hazard mitigation planning. Organized bi-monthly meeting of Quad City Riverfront Council.

**INTERGOVERNMENTAL FORUMS AND REGIONAL SERVICES:** Continued assistance to the Joint Purchasing Council (JPC). Worked on the following bids: Sign Materials & Sign Posts; 2014 Water Treatment Chemicals; 2014 Turf Chemicals and Seed; 2014 Janitorial; 2014 Can Liner; and 2014 Food Service Supplies. Staffed Quad Cities Area intergovernmental forums and meetings of area recreation directors, managers and administrators, and chief elected officials. Continued coordination and planning for the awarded DOJ interoperability grant. Assisted with Rock Island Arsenal issues.

**REVOLVING LOAN FUND (RLF):** Administered Bi-State RLF Program: Prepared meeting cancellation notice and financial summary report. Closed on Bettendorf company loan. Provided information to potential applicants. Continued receiving job creation information from active companies. Administered Mercer/Muscatine RLF Program: Provided information to potential applicants. Assisted in MMRLF Board recruitment.

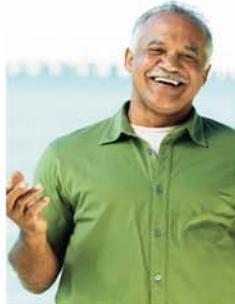
**TRANSPORTATION PLANNING, PROGRAMMING AND PROJECT DEVELOPMENT:** Attended related meetings, presented information, and continued staff coordination of river crossing issues. Monitored progress of household travel survey and continued travel model enhancements project with consultant team. Worked on urban 2045 LRTP travel model development. Continued IL Region evacuation planning effort. Coordinated trails analyses, , and data requests. . Participated in Iowa-Illinois interdisciplinary traffic safety team meeting. Monitored status of MAP-21 implementation. Prepared monthly reports of federal transportation programs, coordinated related funding/reporting. Continued air quality emission reduction efforts of Air Quality Task Force. Worked on connections of American Discovery Trail (ADT)/Grand Illinois Trail and MRT, and attended related meetings, as well as other trail planning and grant assistance. Organized bi-monthly meeting of the Bi-State Regional Trails Committee. Coordinated Bi-State Drug and Alcohol Testing Consortium, and continued random testing program. Monitored urban and Iowa Region 9 FY14 Transportation Planning Work Program and FFY14-17 TIPs, and need for data entry in Iowa TPMS as part of transportation improvement programming. Conducted MPO STP project selection process. Administered IAQC and Illinois Region 2 transit coordinator positions. Facilitated MAP-21 transit funding issues and assisted with NTD data analysis. Prepared for transit summits as part of Regional Transit Development Plan update, including MPO area Transit Summit. Served inquiries and assisted with transportation funding programs and transportation information for legislative efforts. Participated in Davenport/Bettendorf Engineering Conference, ILDOT Performance Management Advisory Group and IA Passenger Rail Advisory Committee. Participated in transportation webinars on various topics.

# State of Well-Being

*State, City & Congressional District Well-Being Report*

**Muscatine**

2011



Gallup · Healthways  
**Well-Being Index®**

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866.603.8277



## Gallup-Healthways Well-Being Index®

The Gallup-Healthways Well-Being Index (WBI) is the preeminent source for health and well-being data in the United States. Surveying 1,000 Americans a day, 350 days a year, the WBI is the first and most comprehensive survey of its kind, providing the largest database of behavioral economic metrics. It's the only measure of total well-being in existence today.

The WBI gives governments, communities, employers and health plans unmatched insight into the health of their populations. Leaders are using the WBI findings to quantify and benchmark the well-being of their employees and citizens to inform decisions regarding health benefits, work environments, corporate culture, and community investment.

With four years of data collection and surveys of more than 1.4 million Americans, the WBI has garnered significant national and international recognition. The WBI and associated City, State and Congressional District Reports provide leaders with the intelligence they need to assess and enhance health, and well-being. Over the next quarter century, the WBI will survey more than 9 million people in the United States, providing timely and in-depth information about Americans' health and well-being.

## Methodology

The research and methodology underlying the Gallup-Healthways Well-Being Index and the State and Congressional District Well-Being Reports are based on the World Health Organization definition of health, which is, "...not only the absence of infirmity and disease but also a state of physical, mental and social well-being."

To compile the Well-Being Index, Gallup obtains completed interviews from 1,000 U.S. adults nationally, seven days a week, excluding only major holidays. Based on their response, individuals and communities receive an overall well-being composite score and a score of each of six sub-indices including life evaluation, emotional health, physical health, healthy behavior, work environment and basic access.

Changes in condition can be tracked over time, and the introduction of both controlled and uncontrolled variable considered. Discrete populations can also be ranked one against another for a stratified view of their relative well-being.

For more information:  
615.614.4440 – Healthways  
404.267.7711 – Gallup  
[WELLBEINGINDEX@healthways.com](mailto:WELLBEINGINDEX@healthways.com)

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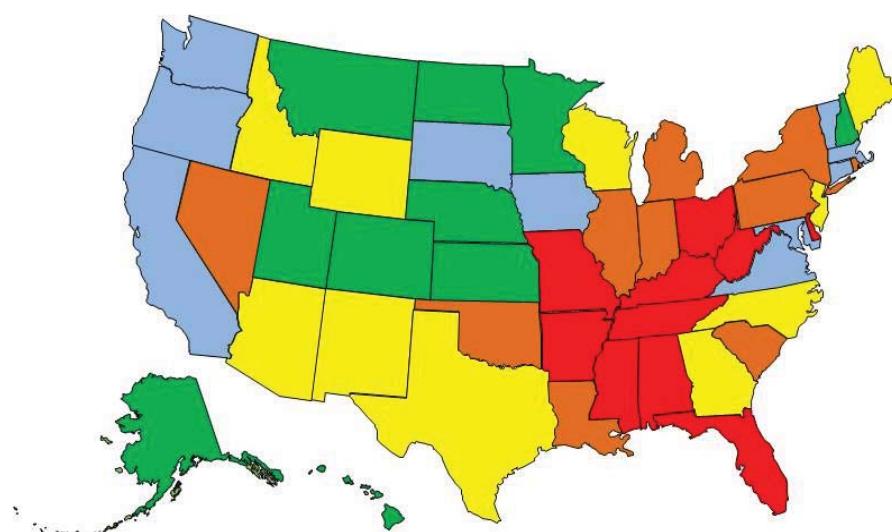
# State of Iowa Well-Being

Ranking from data collected January 2, 2011 - December 29, 2011

	2010	2011
<b>Well-Being Overall</b>	<b>66.9</b>	<b>67.4</b>
Life Evaluation	49.3	48.9
Emotional Health	80.7	81.1
Physical Health	78.0	78.3
Healthy Behavior	62.2	62.3
Work Environment	46.7	48.4
Basic Access	84.5	85.4

2010	2011
19	16
20	27
8	8
9	11
34	36
38	23
7	6

1 HW  
 2 ND  
 3 MN  
 4 AK  
 5 UT  
 6 CO  
 7 KS  
 8 NE  
 9 NH  
 10 MT  
 11 SD  
 12 VT  
 13 MD  
 14 MA  
 15 VG  
 16 IA  
 17 WA  
 18 CA  
 19 CT  
 20 OR  
 21 WY  
 22 WI  
 23 ID  
 24 NM  
 25 ME  
 26 AZ  
 27 TX  
 28 GA  
 29 NJ  
 30 NC  
 31 PA  
 32 IL  
 33 SC  
 34 NY  
 35 RI  
 36 LA  
 37 MI  
 38 IN  
 39 OK  
 40 NV  
 41 TN  
 42 FL  
 43 MO  
 44 AR  
 45 AL  
 46 OH  
 47 DE  
 48 MS  
 49 KY  
 50 WV



■ Top Quintile   ■ 2nd Quintile   ■ 3rd Quintile   ■ 4th Quintile   ■ 5th Quintile

# Iowa City Rankings

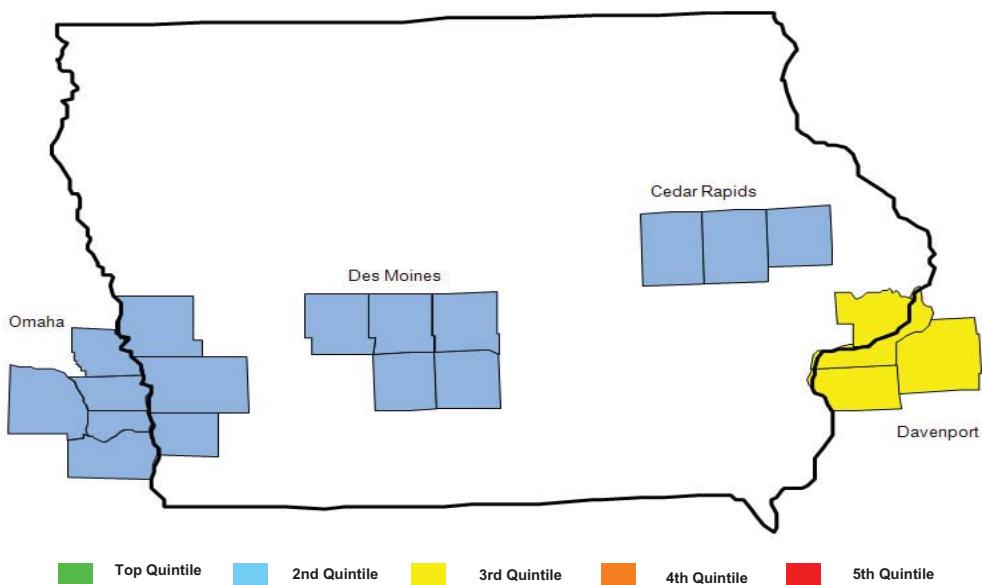
Ranking from data collected January 2, 2011 - December 29, 2011

		Des Moines, West Des Moines	Omaha, Council Bluffs	Cedar Rapids	Davenport, Moline, Rock Island	State
Population		569,633	865,350	257,940	379,690	
Overall Rank	2011	41	45	50	85	16
	2010	78	44	7	132	19
Life Evaluation	2011	83	24	72	50	27
	2010	46	84	5	158	20
Emotional Health	2011	16	14	20	11	8
	2010	30	37	6	93	8
Physical Health	2011	27	23	41	52	11
	2010	69	24	63	97	9
Healthy Behavior	2011	135	141	160	167	36
	2010	182	160	107	138	34
Work Environment	2011	86	139	56	145	23
	2010	111	22	29	140	38
Basic Access	2011	4	38	25	59	6
	2010	21	67	10	39	7

\*Ranking of 190 Cities, following U.S. Census Bureau Definitions for Metropolitan Statistical Areas

\*Source: Gallup-Healthways Index Survey 2011, n = 353,492 and 2010, n = 352,840

\*Source: Wikipedia.org 2011, City Population



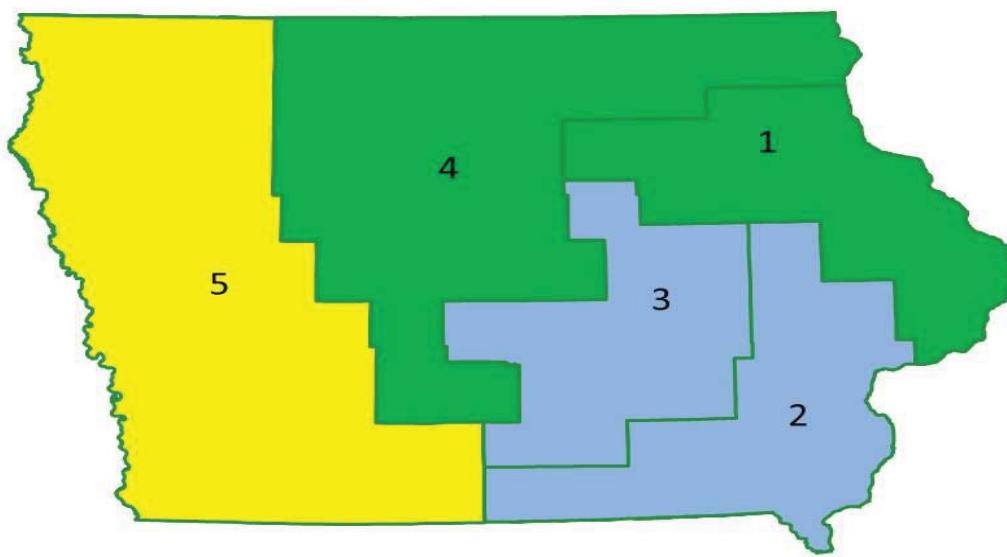
# Iowa Congressional District Rankings

Ranking from data collected January 2, 2011 - December 29, 2011

		IA-01	IA-02	IA-03	IA-04	IA-05	State
Overall Rank	2011	62	128	98	49	203	16
	2010	140	54	144	222	303	19
Life Evaluation	2011	203	78	190	125	321	27
	2010	127	82	134	228	410	20
Emotional Health	2011	4	39	122	11	57	8
	2010	55	35	62	33	141	8
Physical Health	2011	120	97	136	64	171	11
	2010	80	66	176	201	171	9
Healthy Behavior	2011	267	305	239	218	335	36
	2010	193	229	381	300	287	34
Work Environment	2011	33	321	85	59	151	23
	2010	364	53	201	377	276	38
Basic Access	2011	54	84	40	63	156	6
	2010	70	104	63	92	201	7

\*Ranking of 436 Congressional Districts

\*Source: Gallup-Healthways Index Survey 2011, n = 353,492 and 2010, n = 352,840




 Top Quintile    2nd Quintile    3rd Quintile    4th Quintile    5th Quintile

## Muscatine Well-Being Scores

Scores from data collected February 23, 2012 - March 26, 2012

	Muscatine	2011 Iowa Results	2011 National Results	Variance to Iowa
<b>Well-Being Overall</b>	<b>67.0</b>	67.4	66.2	<b>-0.4</b>
Life Evaluation	<b>47.7</b>	48.9	48.8	<b>-1.2</b>
Emotional Health	<b>79.7</b>	81.1	79.0	<b>-1.4</b>
Physical Health	<b>77.4</b>	78.3	76.7	<b>-0.9</b>
Healthy Behavior	<b>63.0</b>	62.3	63.4	<b>+ 0.7</b>
Work Environment	<b>48.3</b>	48.4	47.2	<b>-0.1</b>
Basic Access	<b>85.6</b>	85.4	81.9	<b>+ 0.2</b>

## Iowa Communities Well-Being Scores

City	Well-Being Overall	Life Evaluation	Emotional Health	Physical Health	Healthy Behavior	Work Environment	Basic Access
National	<b>66.2</b>	<b>48.8</b>	<b>79.0</b>	<b>76.7</b>	<b>63.4</b>	<b>47.2</b>	<b>81.9</b>
Iowa	<b>67.4</b>	<b>48.9</b>	<b>81.1</b>	<b>78.3</b>	<b>62.3</b>	<b>48.4</b>	<b>85.4</b>
Ames	74.7	64.3	83.1	81.6	67.7	60.2	91.4
Cedar Falls	73.8	67.4	82.3	81.1	62.3	57.0	93.1
Cedar Rapids	70.6	56.1	81.1	78.4	64.1	55.2	88.7
Clinton	66.4	42.9	82.6	77.1	63.4	51.7	80.7
Davenport	67.2	49.6	80.0	78.6	62.4	47.5	85.2
Mason City	64.0	47.6	78.0	74.3	61.7	39.7	82.9
Muscatine	67.0	47.7	79.7	77.4	63.0	48.3	85.6
Ottumwa	64.2	38.5	76.2	73.6	60.2	58.3	78.7
Sioux City	65.8	43.2	79.4	76.2	62.6	49.5	83.8
Spencer	70.5	48.6	82.5	79.0	63.5	60.6	88.8
Waterloo	67.2	48.7	80.7	77.2	65.7	45.2	85.8

 Top Quintile  
  2nd Quintile  
  3rd Quintile  
  4th Quintile  
  5th Quintile

# Muscatine Scores by Question

Domains	Question	Muscatine	Iowa	Nation	Variance To Iowa
Life Evaluation	Step of the ladder you personally feel you stand at this time?	7.0	6.9	6.9	+0.1
	Step you think you will stand about five years from now?	7.6	7.6	7.7	+0.0
	Struggling score	45.3	43.9	43.8	+1.4
	Suffering score	3.5	3.6	3.7	-0.1
Emotional Health	Thriving score	51.2	52.5	52.5	-1.3
	% experienced enjoyment	86.1	86.7	84.2	-0.6
	% experienced happiness	86.0	91.0	87.8	-5.0
	% treated with respect	86.7	92.6	91.9	-5.9
	% who learned or did something interesting	63.2	63.8	63.1	-0.6
	% who smiled or laughed a lot	82.5	83.5	81.9	-1.0
	% without anger	84.4	88.5	86.0	-4.1
	% without depression	85.2	83.3	82.6	+1.9
	% without sadness	85.3	86.1	82.0	-0.8
	% without stress	59.6	61.2	59.5	-1.6
Physical Health	% without worry	73.8	71.4	67.8	+2.4
	BMI	27.8	27.9	27.4	-0.1
	% not sick with a cold	92.0	93.2	93.6	-1.2
	% not sick with the flu	98.9	98.6	97.9	+0.3
	% who felt well rested yesterday	72.4	73.3	70.4	-0.9
	% who had enough energy to get things done yesterday	91.7	88.3	85.5	+3.4
	% without a headache	82.5	88.1	86.5	-5.6
	% without asthma	88.2	89.4	88.2	-1.2
	% without cancer	90.4	93.5	92.6	-3.1
	% without diabetes	88.4	89.9	88.9	-1.5
	% without health keeping you from usual activities	77.2	76.7	73.7	+0.5
	% without health problems preventing you from doing things	79.4	80.0	78.2	-0.6
	% without heart attack	96.0	95.3	95.6	+0.7
	% without high blood pressure	67.2	72.2	69.8	-5.0
Healthy Behavior	% without high cholesterol	71.1	73.9	73.4	-2.8
	% without physical pain	79.4	78.2	75.8	+1.2
	% who ate healthy all day	61.3	65.8	66.1	-4.5
	% who don't smoke	84.8	77.3	79.1	+7.5
Work Environment	% who exercised for 30 or more minutes	47.5	52.6	51.6	-5.1
	% who had 5 or more servings of fruits and vegetables	57.4	53.4	56.8	+4.0
	Get to use your strengths to do what you do best every day	79.5	84.9	84.1	-5.4
Basic Access	Satisfaction with your job/work you do	88.8	88.4	87.1	+0.4
	Supervisor always creates environment that is trusting/open	75.4	78.5	78.9	-3.1
	Supervisor treats you like he/she is your partner	52.1	57.8	56.4	-5.7
Basic Access	City/area where you live getting better as a place to live	57.6	60.8	55.6	-3.2
	Easy to get affordable fresh fruits and vegetables	93.3	91.0	90.8	+2.3
	Easy to get a safe place to exercise	94.7	92.1	90.7	+2.6
	Easy to get clean and safe water	94.0	97.4	95.0	-3.4
	Easy to get medicine	91.8	92.4	91.4	-0.6
	Enough money to buy food	89.3	84.3	81.2	+5.0
	Enough money to pay for health care and/or medicines	85.5	84.9	80.9	+0.6
	Enough money to provide adequate shelter or housing	94.7	93.4	90.3	+1.3
	Feel safe walking alone at night	77.0	83.5	71.2	-6.5
	Have a personal doctor	79.8	83.4	78.6	-3.6
	Have health insurance coverage	91.4	86.9	82.7	+4.5
	Satisfied with the city or area where you live	81.9	88.2	85.2	-6.3
	Visited a dentist in the last 12 months	74.1	67.8	64.7	+6.3

## State Congressional District Definitions

### Congressional District #1

**Counties:** Allamakee County, Black Hawk County, Bremer County, Buchanan County, Butler County, Cedar County, Cerro Gordo County, Chickasaw County, Clayton County, Clinton County, Delaware County, Dubuque County, Fayette County, Grundy County, Hardin County, Jackson County, Jones County, Linn County, Muscatine County, Scott County, Tama County, Winneshiek County

**Cities:** Ackley, Allison, Anamosa, Aplington, Aredale, Arlington, Aurora, Baldwin, Bellevue, Bernard, Bettendorf, Blue Grass, Brandon, Bristow, Bryant, Buffalo, Calamus, Camanche, Cascade, Castalia, Cedar Falls, Center Junction, Charlotte, Clarence, Clarksville, Clermont, Clinton, Coggon, Colesburg, Davenport, De Witt, Delaware, Delhi, Delmar, Denver, Dixon, Donahue, Dougherty, Dubuque, Dumont, Dundee, Dunkerton, Durango, Durant, Dyersville, Earlville, Edgewood, Eldridge, Elgin, Elkader, Elkport, Epworth, Evansdale, Fairbank, Farley, Farmersburg, Fayette, Fort Atkinson, Fredericksburg, Garber, Garnavillo, Gilbertville, Goose Lake, Grand Mound, Greeley, Greene, Guttenberg, Hawkeye, Hazleton, Holy Cross, Hopkinton, Hudson, Independence, Ionia, Janesville, Jesup, Kesley, La Motte, La Porte City, Lamont, Le Claire, Lisbon, Long Grove, Lost Nation, Luana, MC Gregor, Manchester, Maquoketa, Martelle, Masonville, Maynard, Mechanicsville, Miles, Monmouth, Monona, Monticello, Nashua, New Hartford, New Liberty, New Vienna, North Buena Vista, Oelwein, Olin, Onslow, Ossian, Oxford Junction, Parkersburg, Peosta, Plainfield, Postville, Preston, Princeton, Quasqueton, Randalia, Raymond, Readlyn, Reinbeck, Rowley, Ryan, Sabula, Saint Olaf, Shell Rock, Sherrill, Spragueville, Stanley, Stockton, Strawberry Point, Sumner, Traer, Tripoli, Volga, Wadella, Walcott, Walker, Waterloo, Waucoma, Waverly, West Union, Westgate, Wheatland, Winthrop, Worthington, Wyoming, Zwingle

### Congressional District #2

**Counties:** Appanoose County, Benton County, Cedar County, Clinton County, Davis County, Des Moines County, Henry County, Iowa County, Jefferson County, Johnson County, Jones County, Keokuk County, Lee County, Linn County, Louisa County, Lucas County, Monroe County, Muscatine County, Scott County, Van Buren County, Wapello County, Washington County, Wayne County

**Cities:** Agency, Ainsworth, Alburnett, Allerton, Amana, Argyle, Atalissa, Batavia, Bennett, Birmingham, Blakesburg, Bloomfield, Blue Grass, Bonaparte, Brighton, Burlington, Cantril, Cedar Rapids, Center Point, Centerville, Central City, Chariton, Chillicothe, Cincinnati, Clarence, Clio, Coggon, Columbus Junction, Coesville, Coralville, Corydon, Crawfordsville, Danville, Derby, Donnellson, Douds, Drakesville, Durant, Eddyville, Eldon, Ely, Exline, Fairfax, Fairfield, Farmington, Floris, Fort Madison, Fruitland, Hedrick, Hiawatha, Hillsboro, Huston, Iowa City, Kalona, Keokuk, Keosauqua, Keota, Kirkville, Letts, Libertyville, Lineville, Lisbon, Lockridge, Lone Tree, Lowden, Marion, Martelle, Mechanicsville, Mediapolis, Melrose, Middletown, Milton, Monticello, Montrose, Moravia, Morning Sun, Moscow, Moulton, Mount Pleasant, Mount Sterling, Mount Union, Mount Vernon, Muscatine, Mystic, New Liberty, New London, Nichols, North Liberty, Oakville, Olin, Ollie, Ottumwa, Oxford, Oxford Junction, Packwood, Palo, Parnell, Plano, Prairieburg, Promise City, Pulaski, Richland, Riverside, Robins, Russell, Salem, Seymour, Solon, Sperry, Springville, Stanwood, Stockport, Stockton, Swisher, Tiffin, Tipton, Toddville, Udell, Unionville, Walcott, Walford, Walker, Wapello, Washington, Wayland, Wellman, West Branch, West Burlington, West Chester, West Liberty, West Point, Wever, Wheatland, Wilton, Winfield, Yarmouth

### Congressional District #3

**Counties:** Appanoose County, Benton County, Black Hawk County, Boone County, Butler County, Dallas County, Grundy County, Hardin County, Iowa County, Jasper County, Johnson County, Keokuk County, Linn County, Lucas County, Mahaska County, Marion County, Marshall County, Monroe County, Polk County, Poweshiek County, Story County, Tama County, Wapello County, Warren County, Washington County, Wayne County

**Cities:** Ackley, Albia, Alleman, Altoona, Amana, Ankeny, Aplington, Atkins, Barnes City, Baxter, Beacon, Beaman, Belle Plaine, Blairstown, Blakesburg, Bondurant, Brooklyn, Buckingham, Bussey, Cambridge, Carlisle, Cedar, Cedar Falls, Center Point, Chariton, Chelsea, Clive, Clutter, Coffax, Collins, Columbia, Conrad, Cumming, Dallas, Deep River, Delta, Derby, Des Moines, Dike, Dysart, Eddyville, Elberon, Eldora, Elkhart, Fairfax, Fremont, Garrison, Garwin, Gibson, Gilman, Gladbrook, Granger, Grimes, Grinnell, Grundy Center, Guernsey, Hamilton, Harper, Hartwick, Harvey, Hedrick, Holland, Homestead, Hudson, Huston, Huxley, Johnston, Kellogg, Keota, Keswick, Keystone, Knoxville, La Porte City, Lacona, Ladora, Laurel, Leighton, Lovilia, Lucas, Luzerne, Lynville, Madrid, Malcom, Marengo, Marshalltown, Maxwell, Melbourne, Melrose, Middle Amana, Mingo, Mitchellville, Monroe, Montezuma, Montour, Moravia, Mount Auburn, New Hartford, New Sharon, Newhall, Newton, North English, Norway, Ollie, Oskaloosa, Otley, Oxford, Palo, Parkersburg, Parnell, Pella, Pleasantville, Polk City, Prairie City, Reasnor, Reinbeck, Rhodes, Richland, Rose Hill, Runnels, Russell, Searsboro, Shellsburg, Sigourney, Slater, South Amana, South English, Steamboat Rock, Sully, Swan, Tama, Toledo, Tracy, Traer, Urbana, Urbandale, Van Horne, Victor, Vining, Vinton, Walford, Walker, Watkins, Webster, Wellman, Wellsburg, West des Moines, What Cheer, Williamsburg, Williamson

## State Congressional District Definitions

### **Congressional District #4**

**Counties:** Allamakee County, Boone County, Bremer County, Buena Vista County, Butler County, Calhoun County, Carroll County, Cerro Gordo County, Chickasaw County, Clayton County, Dallas County, Dickinson County, Emmet County, Fayette County, Floyd County, Franklin County, Greene County, Grundy County, Guthrie County, Hamilton County, Hancock County, Hardin County, Howard County, Humboldt County, Jasper County, Kossuth County, Lucas County, Madison County, Marion County, Marshall County, Mitchell County, Palo Alto County, Pocahontas County, Polk County, Sac County, Story County, Tama County, Union County, Warren County, Webster County, Winnebago County, Winneshiek County, Worth County, Wright County

**Cities:** Ackley, Ackworth, Adel, Albert City, Albion, Aiden, Alexander, Algona, Alta Vista, Ames, Aredale, Armstrong, Auburn, Ayrshire, Badger, Bagley, Bancroft, Barnum, Baxter, Bayard, Beaman, Belmond, Blairsburg, Bode, Boone, Booneville, Bouton, Boxholm, Bradgate, Britt, Buffalo Center, Burt, Callender, Calmar, Cambridge, Carlisle, Castalia, Charles City, Chester, Churdan, Clare, Clarion, Clear Lake, Clemons, Clive, Collins, Colo, Conrad, Coon Rapids, Corwith, Cresco, Crystal Lake, Cumming, Curlew, Cylinder, Dakota City, Dallas Center, Dana, Dawson, Dayton, De Soto, Decorah, Des Moines, Dexter, Dolliver, Dorchester, Dougherty, Dows, Dumont, Duncombe, Eagle Grove, Earlham, Eldora, Ellsworth, Elma, Emmetsburg, Estherville, Farnhamville, Fenton, Fertile, Floyd, Fonda, Forest City, Fort Atkinson, Fort Dodge, Fredericksburg, Galt, Garner, Garwin, Geneva, Gilbert, Gilman, Gilmore City, Gladbrook, Glidden, Goldfield, Goodell, Gowrie, Graettinger, Grafton, Grand Junction, Granger, Greene, Grimes, Hampton, Hanlontown, Harcourt, Hardy, Harpers Ferry, Hartford, Havelock, Hubbard, Humboldt, Huxley, Indianola, Ionia, Iowa Falls, Jamaica, Jefferson, Jewell, Joice, Jolley, Kamrar, Kanawha, Kelley, Kensett, Klemme, Lacona, Lake City, Lake Mills, Lakota, Lansing, Latimer, Laurel, Laurens, Lawler, Le Grand, Ledyard, Leigh, Leland, Lime Springs, Linden, Liscomb, Little Cedar, Livermore, Lohrville, Lone Rock, Lorimor, Lu Verne, Luana, Lucas, Luther, Lytton, MC Callsburg, MC Intre, Macksburg, Madrid, Mallard, Manly, Manson, Marble Rock, Marshalltown, Mason City, Maxwell, Melbourne, Meservey, Milo, Minburn, Monona, Moorland, Nashua, Nevada, New Albin, New Hampton, New Providence, New Virginia, Nora Springs, Northwood, Norwalk, Ogden, Orchard, Osage, Ossian, Otho, Ottosen, Palmer, Panora, Paton, Perry, Peru, Pilot Mound, Pleasantville, Plymouth, Pocahontas, Pomeroy, Postville, Prole, Protivin, Radcliffe, Randall, Redfield, Renwick, Rhodes, Riceville, Ridgeway, Ringsted, Rippey, Rockford, Rockwell, Rockwell City, Roland, Rolfe, Rowan, Rudd, Ruthven, Rutland, Sac City, Saint Ansgar, Saint Anthony, Saint Charles, Scarville, Scranton, Sheffield, Slater, Somers, Stacyville, Stanhope, State Center, Steamboat Rock, Story City, Stratford, Sumner, Swaledale, Swan, Swea City, Terrell, Thompson, Thor, Thornton, Titonka, Truro, Union, Urbandale, Van Meter, Ventura, Vincent, Wallingford, Waterville, Waucoma, Waukeee, Waukon, Webster City, Wesley, West Bend, West des Moines, Whittemore, Williams, Winterset, Woden, Woodward, Woolstock, Yale, Zearing

### **Congressional District #5**

**Counties:** Adair County, Adams County, Audubon County, Buena Vista County, Calhoun County, Carroll County, Cass County, Cherokee County, Clarke County, Crawford County, Dallas County, Decatur County, Dickinson County, Emmet County, Fremont County, Greene County, Guthrie County, Harrison County, Ida County, Lyon County, Madison County, Mills County, Monona County, Montgomery County, O'Brien County, Osceola County, Page County, Palo Alto County, Plymouth County, Pocahontas County, Pottawattamie County, Ringgold County, Sac County, Shelby County, Sioux County, Taylor County, Union County, Warren County, Wayne County, Woodbury County

**Cities:** Adair, Afton, Akron, Albert City, Alta, Alton, Alvord, Anita, Anthon, Arcadia, Archer, Arion, Arnolds Park, Arthur, Ashton, Atlantic, Auburn, Audubon, Aurelia, Avoca, Ayrshire, Bagley, Battle Creek, Bayard, Bedford, Benton, Blanchard, Blencoe, Blockton, Boyden, Braddyville, Brayton, Breda, Bridgewater, Bronson, Carroll, Carson, Carter Lake, Casey, Castana, Charter Oak, Chatsworth, Cherokee, Churdan, Clarinda, Clearfield, Cleghorn, Coin, College Springs, Coon Rapids, Corning, Correctionville, Council Bluffs, Crescent, Creston, Cumberland, Cushing, Danbury, Davis City, Decatur, Dedham, Defiance, Deloit, Denison, Dexter, Diagonal, Dickens, Doon, Dow City, Dunlap, Earling, Early, Elk Horn, Elliott, Elliston, Emerson, Essex, Estherville, Everly, Exira, Farragut, Fonda, Fontanelle, Galva, Garden Grove, George, Glenwood, Glidden, Grand River, Grant, Granville, Gravity, Greenfield, Greenville, Griswold, Guthrie Center, Halbur, Hamburg, Hamlin, Hancock, Harlan, Harris, Hartley, Hastings, Hawarden, Henderson, Hinton, Holstein, Honey Creek, Hornick, Hospers, Hull, Humeston, Ida Grove, Imogene, Inwood, Ireton, Irwin, Jamaica, Kellerton, Kimballton, Kingsley, Kirkman, Kiron, Lake City, Lake Park, Lake View, Lamoni, Larchwood, Larrabee, Laurens, Lawton, Le Mars, Lenox, Leon, Lewis, Linden, Lineville, Linn Grove, Little Rock, Little Sioux, Logan, Lohrville, Lorimor, Lytton, MC Clelland, Macedonia, Macksburg, Magnolia, Malvern, Manilla, Manning, Mapleton, Marathon, Marcus, Marne, Massena, Maurice, Melvin, Meriden, Merrill, Milford, Minden, Missouri Valley, Modale, Mondamin, Moorhead, Mount Ayr, Moville, Murray, Nemaha, Neola, New Market, New Virginia, Newell, Nodaway, Northboro, Oakland, Ocheyedan, Odebolt, Okoboji, Onawa, Orange City, Orient, Osceola, Oto, Pacific Junction, Panama, Panora, Paullina, Percival, Persia, Peterson, Pierson, Pisgah, Portsmouth, Prescott, Primghar, Quimby, Randolph, Red Oak, Redding, Redfield, Rembrandt, Remsen, Riverton, Rock Rapids, Rock Valley, Rodney, Royal, Ruthven, Sac City, Salix, Sanborn, Schaller, Schleswig, Scranton, Sergeant Bluff, Shannon City, Sharpsburg, Shelby, Sheldon, Shenandoah, Sibley, Sidney, Silver City, Sioux Center, Sioux City, Sioux Rapids, Sloan, Smithland, Soldier, Spencer, Spirit Lake, Stanton, Storm Lake, Stuart, Superior, Sutherland, Tabor, Templeton, Terrell, Thayer, Thurman, Tingley, Treynor, Truro, Underwood, Ute, Vail, Van Wert, Villisca, Wall Lake, Walnut, Washta, Webb, Weldon, Westfield, Westside, Whiting, Winterset, Wiota, Woodbine, Woodburn, Yale

## About the State, Congressional District & City Reports

**Survey Dates:** January 2, 2011 through December 29, 2011

**Sample Information:**

Total Surveys:	353,492 Respondents aged 18 and older
Maximum Sample Size:	Cities: 15,674 respondents States: 33,118 respondents Congressional Districts: 2,364 respondents*
Minimum Sample Size:	Cities: 302 respondents States: 1,022 respondents Congressional Districts: 195 respondents*

**Margin of Error:** For results based on the overall 353,492 respondents, one can say with 95% confidence that the maximum margin of sampling error is +/-0.2 percentage points.

\*For results based on 5,000 +/-1.4 percentage points

\*For results based on 1,000 +/-3.1 percentage points

\*For results based on 500 +/-4.4 percentage points

\*For results based on 300 +/-5.7 percentage points

**Composite Results:  
0 (bottom) to  
100 (top) Scale** In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of public opinion polls.

The Well-Being Index composite result is an average of six domains: life evaluation, emotional health, physical health, healthy behaviors, work environment and basic access. Among states, overall Well-Being Index results ranged from a high of 70.2 (Hawaii) to a low of 62.3 (West Virginia). The 2011 national average for Well-Being was 66.2, Life Evaluation 48.8, Emotional Health 79.0, Physical Health 76.7, Health Behaviors 63.4, Work Environment 47.2 and Basic Access 81.9.

**Position Scale:**

For detailed descriptions of the domains, visit the methodology section of [www.well-beingindex.com](http://www.well-beingindex.com).

Each state is positioned from 1-50, based on composite scores as compared to all States; Each Congressional District is positioned from 1-436, based on composite scores as compared to all Congressional Districts; Each City (Metropolitan Statistical Area) is positioned from 1-190, based on composite scores as compared to all cities.

"The survey methods for Gallup-Healthways Well-Being Index relies on live (not automated) interviewers, dual-frame random-digit-dial (RDD) sampling (which includes landlines as well as wireless phone sampling to reach those in wireless-only households), and a random selection method for choosing respondents within a household. Additionally, daily tracking includes Spanish-language interviews for respondents who speak only Spanish, includes interviews in Alaska and Hawaii. The data are weighted daily to compensate for disproportional ties in selection probabilities and non-response. The data are weighted to match targets from U.S. Census Bureau by age, sex, region, gender, education, ethnicity and race."

"The Gallup-Healthways Well-Being Index Composite Score is comprised of six sub-indices: Life Evaluation, Emotional Health, Physical Health, Healthy Behavior, Work Environment and Basic Access. The Life Evaluation Sub-Index is partially based on the Cantril Self-Anchoring Striving Scale and combines the evaluation of one's present life situation with one's anticipated life situation five years from now. The Emotional Health Sub-Index is primarily a composite of respondents' daily experiences, asking respondents to think about how they felt yesterday along nine dimensions. The Physical Health Sub-Index is comprised of questions related to: Body Mass Index, disease burden, sick days, physical pain, daily energy, history of disease and daily health experiences. The Healthy Behavior Sub-Index includes items measuring life style habits with established relationships to health outcomes. The Work Environment Sub-Index surveys workers on several factors to gauge their feelings and perceptions about their work environment. The Basic Access Sub-Index is based on thirteen items measuring resident's access to food, shelter, healthcare and a safe and satisfying place to live."



## Stay in touch.

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## Work Plan Template

**Purpose:** To create a “script” for your improvement effort and support implementation.

**Directions:**

1. Using this form as a template, develop a work plan for each goal identified through the planning process. Modify the form as needed to fit your unique context.
2. Distribute copies of each work plan to the members of the collaboration.
3. Keep copies handy to bring to meetings to review and update regularly. You may decide to develop new work plans for new phases of your reform effort.

**Goal:**

**Results/Accomplishments:**

Action Steps <i>What Will Be Done?</i>	Responsibilities <i>Who Will Do It?</i>	Timeline <i>By When? (Day/Month)</i>	Resources <i>A. Resources Available B. Resources Needed (financial, human, political &amp; other)</i>	Potential Barriers <i>A. What individuals or organizations might resist? B. How?</i>	Communications Plan <i>Who is involved? What methods? How often?</i>
Step 1:			A.  B.	A.  B.	
Step 2:			A.  B.	A.  B.	
Step 3:			A.  B.	A.  B.	
Step 4:			A.  B.	A.  B.	
Step 5:			A.  B.	A.  B.	

**Evidence Of Success** (*How will you know that you are making progress? What are your benchmarks?*)

**Evaluation Process** (*How will you determine that your goal has been reached? What are your measures?*)