



April 7, 2008

Vol. IV Issue 2

Healthy Hometown Pedestrian Summit Survey Now Available Online

Anyone planning to participate in Louisville's first ever ***Healthy Hometown Pedestrian Summit*** or one of its four preceding ***Community Workshops*** is encouraged to take this brief survey:

http://www.surveymonkey.com/s.aspx?sm=ybf7kdVsJsGaAH4FttQMjw_3d_3d. There's also a link on our website at www.louisvillepedsummit.com. Call 574-0104 to receive a hard copy of the survey. Survey results will greatly inform the Summit, the Workshops, and the final ***Community Walkability Plan***. **While you are on www.louisvillepedsummit.com, be sure to register for the Summit**, and sign up to receive Summit and Workshop updates. We are all pedestrians; therefore we want everyone to participate in some way in the ***Healthy Hometown Pedestrian Summit!*** (See full Schedule of Summit Events below.)

Thanks to all who applied for the ***2008 Mayor's Healthy Hometown Mini-grants***. To date, we have awarded nearly \$200,000 in grants of anywhere from \$2,000 to \$5,000. Recipients use the funds to continue successful nutrition and physical activity programs, as well as generate new ones. The Mayor will announce the 2008 recipients in June. Thanks for thinking about your community's health and wellness!

We want to extend a special thank you to Subway Restaurants for stepping up to the plate and sponsoring our Mayor's Healthy Hometown Hike & Bikes again this year! Through Subway's much appreciated advertising and promotion, we have grown the Memorial and Labor Day Hike & Bikes to become the largest, non – competitive bike event in the country according to the American Bicycle League. We hope to see you, along with 3,000 of your closest friends, on the Waterfront on **Monday, May 26th at 9 am**. We will once again have our Healthy Marketplace including Bike Doctors and giveaways. The route will be announced soon. See you there!

Our Mayor's Healthy Hometown Movement Advisory Council Committees continue to meet and work to prioritize important and innovative action plans. We encourage committee members to attend all committee meetings and any Council member can attend any and all committee meetings as they choose. **All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted. The next committee meetings are:**

Built Environment	TBA	
Family and Community	April 10	5:30 pm @ Louisville Free Public Library – 301 York St.
Schools	TBA	
Worksites	TBA	

Contact marigny.bostock@louisvilleky.gov to RSVP or for more information.



2008 Pedestrian Summit and Community Workshops Schedule of Events:

Safe Routes to School

Wednesday, April 16

1-5 pm

Presbyterian Community Center/Meyzeek Middle School
731 South Hancock St. 40203

Disabilities and Older Adults

Thursday, April 17

Optional Walk – 1 pm, Meeting 1:30-3:30 pm

Crescent Hill Ministries –893-0346
150 South State St 40206

Building Walkable Communities

Thursday, April 17

6:30-8:30 pm

Fern Creek High School
9115 Fern Creek Rd 40291

Recreational Walking and Running

Saturday, April 19

Community walk – 8:30 am, Meeting 9-11 a.m.

Shively Community Center
1901 Park Road

Healthy Hometown Pedestrian Summit

Friday, May 9

Kick-Off Reception

5:30 – 7 pm

Kentucky International Convention Center

Saturday, May 10

Summit

9 am – 3 pm

Gheens Academy
4409 Preston Highway,

Thanks to our Healthy Hometown Pedestrian Summit sponsors: The Department of Public Health & Wellness, Louisville Metro Planning & Design, Louisville Metro Public Works, TARC, Louisville Water Company, Metro Parks, ACTIVE Louisville, Partnership for a Fit KY, MSD, KIPDA.

Healthy Hometown Partner News:

2008 Mayor's Healthy Hometown events will also include a Hike in Jefferson Memorial Forest in October. More information on all Healthy Hometown events is at www.louisvilleky.gov/mhbm.

We would like to thank our partner, the American Heart Association, for sponsoring the Worksite Wellness Breakfast on April 3. The event was a big success with 45 attendees! We will host a similar meeting in the Fall. More details will follow.

More Mayor's Healthy Hometown Health Tip Posters are available! Twelve posters with fun graphics and important information which encourages good nutrition and the benefits of physical activity are posted on the *Healthy Hometown* website. All posters are designed for display at your place of work, study, worship or play. To receive these posters via e-mail attachment, contact smlcomm@aol.com or they can be downloaded from the *Healthy Hometown* website at www.louisvilleky.gov, click on "Mayor's Healthy Hometown."

The *Mayor's Healthy Hometown Movement News* is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all *Healthy Hometown* partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

To submit information for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to smlcomm@aol.com. Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Health Department. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at mary.bradley@louisvilleky.gov.