



June 18, 2007

Vol. III Issue 3

**Thanks to all who came out for our Memorial Day Mayor's Healthy Hometown Hike & Bike presented by Subway Restaurants!** Nearly 3,000 hikers and bikers converged on the waterfront to pick-up free T-shirts helmets, and bike lights. Everyone enjoyed the 15-mile scenic route through Old Louisville, U of L and Iroquois Park. Plans are underway for our annual **Labor Day Hike & Bike and a hike in Jefferson Memorial Forest in October!** Stay tuned for more details as they become available!

**Mark your calendars: Mayor's Healthy Hometown Mini-grant recipients will be announced at 10 am on Friday, June 29<sup>th</sup>, in the Mayor's Gallery at Metro Hall.** The Mayor and Dr. Troutman will present each group with a check. Last year, 22 organizations received grants in the amounts of \$2,000 to \$5,000 to develop physical activity or nutritional programming for their communities. Please join us for this exciting opportunity to spread the goals and objectives of the *Healthy Hometown Movement* throughout the community!

**NOTE: Please join us for the next Healthy Hometown Advisory Council Meeting, Monday, July 23rd at 2:00 pm in the Mayor's Gallery at Metro Hall. Please RSVP to [mary.bradley@louisvilleky.gov](mailto:mary.bradley@louisvilleky.gov).**

**This is a very special meeting which will focus on the upcoming Mayor's Healthy Hometown Pedestrian Summit planned for spring of '08. Joining Mayor Abramson and Dr. Troutman for this important meeting is Mark Fenton,** host of the former PBS television series "America's Walking," a consultant to the University of North Carolina's Pedestrian and Bicycle Information Center, and an instructor in the walkable community workshop series of the Washington DC-based National Center for Bicycling and Walking. He's a contributing editor to *Health* and *Heart Healthy Living* magazines and has written numerous books, including "Pedometer Walking" (Lyons Press, 2006) and "The Complete Guide to Walking for Health, Weight Loss, and Fitness" (Lyons Press, 2001). He is an entertaining, persuasive, and knowledgeable walking advocate, and one the nation's foremost experts on its favorite exercise.

**Mark is a vocal pedestrian advocate and recognized authority on public health issues** and the need for community, environmental, and public-policy initiatives to encourage more walking and bicycling. He is an engineering consultant on the creation of more walkable settings, and serves on the boards of the national pedestrian advocacy organization, America Walks, and of the East Coast Greenway Association. **Mark will help us prepare for our Pedestrian Summit by "walking" us through some of the opportunities and challenges we will have to navigate as we work toward a Community Plan for Walking Accessibility.**

**Mark will also preside at a Mayor's Healthy Hometown Public Forum on "The Power of Walking," at 7:00 pm on Monday, July 23<sup>rd</sup> at the Clifton Center. This event is free and open to the public. Please encourage all of your friends and colleagues to come and learn more about what individuals, groups and cities can do to become part of more pedestrian-friendly communities.**

**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 Department of Public Health and Wellness, 400 East Gray Street. The next committee meetings are:**

<b>Built Environment</b>	<b>June 26</b>	<b>10:00 am</b>
<b>Family and Community</b>	<b>June 25</b>	<b>3:30 pm (tentative)</b>
<b>Schools</b>	<b>TBD</b>	
<b>Worksites</b>	<b>TBD</b>	

Contact [branalyn.williams@louisvilleky.gov](mailto:branalyn.williams@louisvilleky.gov) to RSVP or for more information.

The second annual Tommie Smith Youth Track Meet will be held August 10-11. More than 300 youth, ages 5 to 18, participated in Louisville's first Tommie Smith Youth Track and Field Meet last year. The Department of Public Health & Wellness has again partnered with the Jefferson County Public Schools, Louisville Metro Parks, the YMCA, and the University of Louisville. Those interested in volunteering should contact Tiffany Rozier at [tiffany.rozier@louisvilleky.gov](mailto:tiffany.rozier@louisvilleky.gov) or 574.8661.

**Healthy Hometown Partner News:**

**GLI, the Metro Chamber of Commerce, the Healthy Hometown Worksite Wellness Committee and the Ford UAW Health Alliance are coming together to present a conference on Worksite Wellness, its importance in the workplace and ideas for program development in late September. Watch this space for more information and to register.**

\*\*\*\*\*

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](mailto: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](mailto:mary.bradley@louisvilleky.gov).