



March 11, 2008

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Mark your calendars now for the next **Mayor's Healthy Hometown Advisory Council Meeting** scheduled for next Friday, March 21 at 10 am at the Health Department Forum. Please RSVP to [mary.bradley@louisvilleky.gov](mailto:mary.bradley@louisvilleky.gov). We will update you on the planning for Louisville's first ever **Healthy Hometown Pedestrian Summit**. Go to [www.louisvillepedsummit.com](http://www.louisvillepedsummit.com) to get continuing updates about the **Summit and Community Outreach Workshops** and the development of Louisville's first **Community Walkability Plan**. Many of you got a chance to meet and talk to Summit facilitator Mark Fenton when he was here last summer. Mark was host of the former PBS television series "America's Walking." He is now a consultant to the University of North Carolina's Pedestrian and Bicycle Information Center, and the author of any number of books on walking and fitness. He will be back to help us prioritize our needs and wants for a more walkable community as we work through our Summit!

**Mayor's Healthy Hometown Mini-grant applications are now available at**

<http://www.louisvilleky.gov/EAF/2008+External+Agency+Fund.htm>. We encourage all of our partners who are actively engaged in physical activity and nutritional programming to apply by the deadline of March 31<sup>st</sup>. 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 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!

Due to inclement weather, **The GLI Annual Dinner has been rescheduled to March 17<sup>th</sup> at the Kentucky Center**. The Mayor will present our **Second Annual Healthy Hometown Worksite Wellness Awards** to our three successful applicants; **Greater Louisville Medical Society (1-99 employees), Trover Solutions (100-499), and E.ON. U.S. (500+)**. Thanks to all who applied for these prestigious awards and we encourage all organizations currently implementing a worksite wellness program to apply next year. Applications are available in November and due in early January. We'll keep you posted!

If you are thinking about developing or implementing a worksite wellness program or need a refresher on some of the best practices, join us for a special **Healthy Hometown Worksite Wellness Breakfast, Thursday, April 3, 8 -10 am at the American Heart Association offices at 240 Whittington Pkwy, sponsored by the American Heart Association and the Partnership for a Fit KY**. Only limited seating is available for this unique opportunity to discuss the "how to's" and "why you should's" of worksite wellness with the state's leading worksite wellness authority, Teresa Lovely. She will share her findings as well as help present at least two examples of successful programs currently in the field. There will also be time for an open Q&A session about your organizations' experiences or challenges in developing worksite wellness policies and programs. **RSVP to [marigny.bostock@louisvilleky.gov](mailto:marigny.bostock@louisvilleky.gov) today!**

**We want to share 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 this spring and fall. More details will follow.

**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**                      **March 25 – 10am**

**Family and Community**            **TBA**

**Schools**                                    **TBA**

**Worksites**                                **TBA**

Contact [marigny.bostock@louisvilleky.gov](mailto:marigny.bostock@louisvilleky.gov) to RSVP or for more information about joining a committee.

**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/health/mhbm](http://www.louisvilleky.gov/health/mhbm).**

**More Mayor's Healthy Hometown Healthy Tips 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](mailto:smlcomm@aol.com) or they can be downloaded from the *Healthy Hometown* website at [www.louisvilleky.gov](http://www.louisvilleky.gov), click on "Mayor's Healthy Hometown."

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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).