



**CONGRATULATIONS to our first-ever GLI/Mayor's Healthy Hometown Movement Worksite Wellness Awards winners!** Mayor Abramson presented the awards before an audience of more than 2000 at GLI's annual dinner on Monday, February 5. The awards went to **The Thompson Company (small business), LINAK USA (medium business) and Anthem Blue Cross Blue Shield (large business)**. The winners were chosen from more than a dozen applicants and judged on the value and success of their worksite wellness programs. All businesses and organizations with worksite wellness programs are encouraged to apply for next year's awards. Applications will be available soon at [www.louisvilleky.gov/mhmm](http://www.louisvilleky.gov/mhmm) and are based on three categories: small (0-99 employees), medium (100-499) and larges (500+).

**ROLLING OUT NEW MOBILE UNIT!** Mayor Abramson and Dr Troutman unveiled the new mobile unit on Tuesday, February 13<sup>th</sup> at 10:30 am at Western Middle School. The city purchased the fully equipped, multifunctional 40-foot vehicle with a \$245,000 grant from the U.S. Health Resources and Services Administration. The mobile clinic is equipped with exam tables that fold into chairs for dental procedures. It also has a lead-lined wall for x-rays and is fully handicapped accessible with a wheelchair lift.

The mobile unit will immediately begin providing the following services:

- On-site immunizations and dental exams for JCPS middle and elementary students
- Preventive medical services to Somali-Bantu residents
- HIV and sexually transmitted disease outreach

In addition to a new mobile clinic, the department has a new name. What was formerly known as the Louisville Metro Health Department will now be known as the Louisville Metro Department of Public Health and Wellness.

"Words are important, and the new name points to the new proactive direction that the department is taking to improve the lives of residents in our hometown," Abramson said.

**Mayor's Healthy Hometown Mini-Grants will again be offered this year.** Watch for applications to be available online by the end of February and due by the end of March. New guidelines will allow for nutritional programming as well as physical activity programs. Last year, more than \$70,000 was awarded to 22 qualifying groups. This year, it could be yours!

**The next Advisory Council Meeting is scheduled for Friday, March 2 at 10:00 am at the Health Department Forum. Please RSVP to [mary.bradley@louisvilleky.gov](mailto:mary.bradley@louisvilleky.gov).** Join Mayor Abramson to get updates on:

- The expansion of the Mayor's Mile program from the parks to the streets of Louisville
- The development of a Pedestrian Summit this fall which will work to develop walkability assessments toward the development of a pedestrian friendly communitywide plan
- Partnerships with groups and organizations that are "on the move!"

**The Mayor's Healthy Hometown Information & Resource Guide is in the final stages of production and seeking printing funders.** The Guide was developed through a partnership with Bellarmine University and one of its Physical Therapy Masters Teams. The result is a comprehensive 40 page booklet which outlines important information on prevention, nutrition, physical activity and so much more. Talks are underway to develop a modified version which will be distributed directly into the schools! If you or your company is interested in this sponsorship opportunity, contact [smlcomm@aol.com](mailto:smlcomm@aol.com)

**Plans for our 2007 Schedule of Events are in development including bringing back our very successful Mayor's Healthy Hometown Hike & Bikes on Memorial and Labor Days.** To keep updated, go to [www.louisvilleky.gov/health/mhbm](http://www.louisvilleky.gov/health/mhbm). To suggest ideas for new events or ways to make our existing events better, contact [smlcomm@aol.com](mailto:smlcomm@aol.com).

**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. The next committee meetings are:**

<b>Built Environment</b>	<b>February 13</b>	<b>9:00 am</b>
<b>Family and Community</b>	<b>February 14</b>	<b>2:00 pm</b>
<b>Schools</b>	<b>February 26</b>	<b>2:00 pm</b>
<b>Worksites</b>	<b>February 27</b>	<b>10:00 am</b>
<b>Healthcare</b>	<b>February 27</b>	<b>10:00 am</b>

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

#### **Healthy Hometown Partner News:**

**As part of National Nutrition Week, February 12-15, Sullivan University is presenting a Wellness Fair on Not-So-Fat Tuesday, February 13<sup>th</sup> from 9-3.** Booth and speakers will feature information on eating disorders, problem eating and health and wellness tips for eating healthier. Heart health will also be highlighted as part of looking at Valentine's Day in a whole new light. For more information: Dr. Renee Rust-Yarmuth, Sullivan Wellness Director, 502-456-0029

**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](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).