



January, 2012

Vol. VIII, Issue 1

Mayor's Healthy Hometown and City of Louisville Win Prestigious National Award

Congratulations are in order for Mayor's Healthy Hometown Movement for Louisville's selection for a 2012 US Conference of Mayors Childhood Obesity Prevention Award. The award, which was given to Louisville in the "Large City" category, focuses on the work that the Department of Public Health & Wellness and all of the Healthy Hometown partners are doing to prevent childhood obesity in our community. Louisville has been particularly singled out for its *Healthy in Hurry Corner Stores*, a program developed in partnership with the YMCA that helps make fresh fruits and vegetables more accessible in known food deserts. The award also singles out the survey work of the *Louisville Youth Advocates* which has provided much needed assessment information and advocacy in targeted neighborhoods. The award will be presented to Mayor Fischer at the annual U.S. Conference of Mayors meeting in Washington, D.C. later this month.

A video highlighting some of Louisville's healthy initiatives can be viewed at:

http://origin.peg.tv/pegtv_player?id=T01343&video=46485&noplaylistskin=1&width=400&height=300

This video was produced by JCPS to show how the schools and parents can work together to ensure children reach 30-60 minutes of physical activity every day and achieve and maintain a healthy weight.

http://www.youtube.com/results?search_query=Families+helping+children+reach+a+healthy+weight+with+Dr.+Dave+Allen&oq=Families+helping+children+reach+a+healthy+weight+with+Dr.+Dave+Allen&aq=f&aqi=&aql=&gs_sm=s&gs_upl=1871142961011599917517015158163101453185914-21210

Healthy Hometown Partnership Meeting Scheduled for Feb. 10

Mark your calendars now for the next Mayor's healthy Hometown Movement Partnership meeting scheduled for **Friday, February 10, 2012 at 10 am in the Forum at the Department of Public Health & Wellness**. Join Mayor Fischer and Dr. Nesbitt as we take a look back at an exciting and productive year as well as share plans for the future. As is reflected in its name, Mayor's Healthy Hometown is indeed a Movement and still has many new partners to connect with as well as many goals to achieve. We appreciate your ongoing and valuable support and look forward to working with all of our partners in the new year.

Mayor's Mile to Expand into Additional Park Sites

Mayor's Miles are already available in area parks, including Shawnee, Victory, Algonquin and Waterfront, but a new initiative in partnership with Metro Parks will see the program expand as Miles are assessed and signed in the following selected parks:

Breslin Park	Petersburg Park
Klondike Park	Buechel Park
Roberson Run	Hays Kennedy Park
Thurman-Hutchins Park	Fern Creek Park
Creason Park	Des Pres Park
Cox Park	Highview Park
Baxter Park	

The sites will be assessed for walkability and length. As with a number of Mayor's Miles, it may take multiple laps to complete the one mile goal. Mayor's Miles are a distance-marking system for walking paths. Ground markers and pole signs designate every 1/10th of a mile to help facilitate walking for groups and individuals. Mayor's Miles are currently located in neighborhoods, schools, workplaces and commercial gathering areas. You can see a map of current Mayor's Miles at www.comeoneverybody.org.

"Healthy Hometown Restaurants" Continue to Branch Out



Over 50 restaurants are now participating in the new Healthy Hometown menu-labeling program, representing more than 70 locations throughout the city. And customers are appreciating it according to Ronnie Dingman, manager of the J Gumbo's Cajun restaurant located in Fourth Street Live. "Our customers really appreciate the calorie counts on the menu board," says Dingman. "It helps them plan a healthier meal and make good choices that work with what else they are eating

during the day. It also provides some good interaction with our customers and we have put the information on our website so all of our locations can be responsive to a customer request." Healthy Hometown Restaurants is a voluntary program that helps restaurants post the number of calories in each of their standard menu items. Being part of the program allows restaurants to take advantage of marketing opportunities that include the Healthy Hometown website, E-news, special events, E-blasts, newsletters, press releases and publicity. Participating restaurants display the "Healthy Hometown Restaurant" logo. Look for it and support our "Healthy Hometown Restaurants!"

Upcoming Mayor’s Healthy Hometown Movement Committee Meetings:

Food In Neighborhoods	February 6, 5:30pm	Downtown YMCA
Schools	February 15, 10 am	Gheens Academy
Worksite Wellness	February 16, 8 am	Baptist East Milestone
Active Living Consortium: Step Up, Louisville! Bike Louisville	See below for meeting information. Sign up for our Active Living Newsletter here!	Contact rolf.eisinger@louisvilleky.gov for information about Bike Louisville

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

Step Up and Bike Louisville upcoming meetings:

Programs and Policy Meeting-

Date: February 21

Time: 10:00- 11:00 am

Topic: Step Up Louisville’s Pedestrian Master Plan Report Card and Next Steps for 2012

Location: Health Department 2nd floor class room

Engineering/Evaluation and Project Meeting

Date: February 15

Time: 3:00- 4:00pm

Topic: Land Use Planning: Routine Inclusion of Bicycling and Walking in New Developments

Location: Gresham Smith and Partners, 101 S 5th St., Suite 1400

Education, Encouragement and Enforcement Meeting

Date: February 9th

Time: 11:30-12:45

Topic: Bike Louisville’s Bike Master Plans Report Card and Next Steps for 2012

Location: Joe Davolas- 901 Barrett Ave

Healthy Hometown Partner News:

The Louisville Free Public Library is hosting series of health-related programs as part of its “Boom Time” program which addresses issues and topics of interest to “Baby Boomers” and their families and friends of all ages. Coming up during January on Wednesdays at 6:00 pm:

“To Your Good Health!”

Dr. Robert Friedland, January 18, will speak about “Your Brain.” How to reduce your risk of Alzheimer’s disease will be addressed by Dr. Friedland who is the Rudd Chair of Neurology at U of L School of Medicine. He will talk about how brains age and ways to protect yourself.

Dr. Demetra Antimisiaris, January 25, will speak about “Your Medicine Cabinet.” Are you taking too many pills? Hear about a five-syllable word “polypharmacy” that Dr. Antimisiaris calls “the silent syndrome,” a growing concern in health-care today.

Both sessions will be moderated by Dr. LaQuandra Nesbitt, a board certified family physician and the new director of the Louisville Metro Department of Public Health & Wellness. For more information, go to www.lfpl.org.

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@att.net. 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 Department of Public Health and Wellness. 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 marigny.bostock@louisvilleky.gov.