

# Director's Update to the Board of Health

## September 2012

### Increase physical activity and healthy eating and reduce tobacco use in Nashville

#### CPPW

##### Workplace Wellness

In March 2012, Mayor Karl Dean launched the yearlong Mayor's Workplace Challenge which encourages businesses and organizations throughout Nashville to score their workplace environment on healthy, involved and green. The businesses and organizations are challenged to show their impact on the livability of our city.

MPHD staff has been active in the Health section of the Mayor's Workplace Challenge since development. Staff continues to provide technical assistance for policy development and environmental supports. The policy and environmental supports sections are based on the CPPW *Prescription for a Healthier Workplace*. Judging occurs quarterly and participants are able to update the scores during the scoring period. The first judging occurred July 1 with the following results:

❖ Total number of participants active in the Challenge: 116

\* Total medals awarded: 152

Involved Gold.....	17	Green Gold .....	4	Health Gold.....	12
Involved Silver .....	17	Green Silver .....	18	Health Silver .....	25
Involved bronze .....	13	Green Bronze.....	27	Health Bronze .....	19

The next round of scoring will occur October 1 with an Awards Ceremony scheduled for March 2013. Is your organization ready for *The Challenge*? Visit [mayorsworkplacechallenge.com](http://mayorsworkplacechallenge.com) for more information or to participate.

##### CPPW Youth Serving Organization Learning Collaborative

The CPPW Youth work continues this fall with a series of events that will build a model for policy development in the youth servicing organizations (YSO). Teams from local YSO will gather to learn the why and how of policy development and implementation to create an environment that is supportive of healthy eating and active living.

The Learning Collaborative is being developed by MPHD in partnership with Community Initiatives, Metro Parks and Monroe Carell Jr. Children's Hospital at Vanderbilt. The first session is October 16 at Coleman Regional Community Center and the second session is November 13 at Martha O'Bryan Center. Sessions will be from 8:30-2:30 pm.

## **Schools**

Metro Nashville Public Schools has hired Taylor Spencer, MS, RD, LD as the new Director of School Nutrition. MPH staff played an integral role on the interview and hiring process.

## **Walk Nashville Week**

The week of October 1-7, 2012 is the 14th Annual Walk Nashville Week hosted by Walk/Bike Nashville. This celebration of active living includes a series of events that designed to encourage the people of Nashville to get out and walk:

- ❖ Monday, October 1  
**Walk with the Mayor** (Nashville Downtown Partnership)
- ❖ Tuesday, October 2  
**Walk for Active Aging** (Vanderbilt Coalition for Healthy Aging/Metro Parks)
- ❖ Wednesday, October 3  
**Walk to School Day!** (Cole Elementary)
- ❖ Thursday, October 4  
**Walk to Work Day**
- ❖ Friday, October 5  
**Walk! Green Hills** (TGHAP)
- ❖ Saturday, October 6  
**The Heart Walk** (American Heart Association)

More information can be found at <http://walkbikenashville.org/walknashvilleweek>. We hope that you will find an event and join the fun.

## **Ensure cleaner air and a safer environment**

### **Radon**

As reported previously, we have completed the seven schools that had radon levels above 20 pCi/L and the only thing that remains is a bit of duct work at Maplewood that basically serves one room. We have 66 schools remaining that have some rooms or areas that have levels between 4.0 and 19.9 pCi/L where we are now beginning to plan our work.

The work should be aided considerably going forward as we have added a radon environmentalist to the environmental health staff.

### **Chickens**

The Metro Council last week approved an ordinance allowing the keeping of chickens on school property. The permits for these will be issued though the Health Department.

## **Prevent, detect and alleviate outbreaks and emergencies**

### **Fast Track Flu Shot Clinic**

Metro Public Health will open the annual Fast Track Flu Shot Clinic on September 24. We have received our full shipment of flu vaccine and will operate the special clinic through September 28.

Flu shots will be available at the Fast Track Flu Shot Clinic Monday through Friday, from 7 a.m. to 3 p.m., at the Lentz Health Center auditorium. The Health Department will offer flu shots for a \$20 fee (TennCare and Medicare Part B are accepted). Flu shots are offered on a walk-in basis throughout the fall and winter. No appointment is necessary.

The Health Department will also offer flu shots at the East Health Center, 1015 East Trinity Lane, as well as the Woodbine Health Center, 224 Oriol Avenue.

### **Preparedness**

MPHD conducted a preparedness survey in late 2011. The results were published in the CDC's MMWR this past week. The link to the article is as follows:

[http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6136a2.htm?s\\_cid=mm6136a2\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6136a2.htm?s_cid=mm6136a2_w)

## **Management and accountability**

### **Strategic Planning**

The EMT will hold a strategic planning session on Oct. 12. We also are exploring how best to inform the city's new General Plan.

### **New Building Photos and News**

Weekly photo summaries of progress on the new building site are being posted on our Facebook page.

The three bids for the new building all were over budget. Some design specifications are being revised in order to bring the project in within the approved budget. This is not unusual in a project of this scope and the specification changes we have heard about will have minimal impact on the overall building design. Updates will be provided at future meetings.

### **Board member telephone numbers**

The Council also passed an ordinance (BL2012-213) requiring members of every Metro board or commission to provide a telephone number for publication on the Nashville.gov website. The number can be for a home, business or mobile phone. The ordinance requires board members to notify the Metro clerk of any change in the number posted on the website.