



Welcome to NashVitality News! Every month we bring you healthy, active and green events and resources making Nashville a great place to live, learn, work, play & worship.

Community Health Improvement Update

The first Nashville Community Health Improvement Plan (CHIP) reports have been completed and are found on <http://healthynashville.org> under the Nashville Health Priorities tab.

A CHIP is an action-oriented plan outlining priority community health issues. Healthy Nashville CHIP outlines how these issues will be addressed, including strategies and measures to ultimately improve the health of Nashville by achieving our vision: *"A healthy Nashville has a culture of well-being, where all people have the opportunity and support to thrive and prosper."* Nashville's CHIP has three priority areas:

- **Advance Health Equity**
- **Maximize Built & Natural Environments**
- **Support Mental & Emotional Health**

One objective in progress is Objective 2.3, which states: By 2016, disseminate position statement on health benefits of mixed-income housing. The lead organization is the **Healthy Nashville Leadership Council Health Equity workgroup**. The group has already completed the Inclusionary Zoning Position Statement, which was featured in an article aired on the local [NPR](#) station. The group has already disseminated the position statement to the Metro Planning Commission, Metro Council, the Board of Health, and the Mayor's Office.

To date, we have one objective that has been officially completed. Objective 2.1 states: By 2015, research and draft state of health equity and social determinants of health

News & Events

Healthy Nashville Summit: Building Healthy Brains

Friday, April 22, 2016

8:00 am-3:00 pm (CDT)

Trevecca Community Church -
335 Murfreesboro Pike Nashville,
TN 37210

To register for the summit, click <https://www.eventbrite.com/e/healthy-nashville-summit-building-healthy-brains-registration-21778533179>

For more information contact:
Amanda.Hoover@nashville.gov

Kick Butts Day 2016

Wednesday, March 16, 2016
12:00 PM - 4:30 PM

A visual display hosted by Metro Public Health Department to help community realize deadly consequences of tobacco use and tactics used by the tobacco industry for marketing.

Richland Park
4601 Charlotte Pike
Nashville, TN 37209

in Nashville report to be updated bi-annually. The *Health Equity Recommendations for Nashville* report presents recommendations for moving toward health equity in Nashville based on discussions from the 2015 Healthy Nashville Summit. The report serves as a follow-up to *Health Equity in Nashville*, a report produced by the Metro Nashville Public Health Department in partnership with the **RWJF Center for Health Policy at Meharry**, and released in May 2015. The purpose of that report is to raise awareness of health equity in Nashville, identify factors that contribute to health inequities, and facilitate the development of recommendations for action to address health equity issues locally. It presents topics related to health equity in Nashville using the Social-Ecological Model of Health as a guide, and includes sections that highlight a local program, policy, or identified need related to health equity. *Health Equity in Nashville* is available to the public on the Metro Nashville Public Health Department's [website](#).

Want to get involved?

If you'd like to be a part of making the Nashville Community Health Improvement Plan (CHIP) a success, please email paxton.montgomery@gmail.com. Regular updates on the CHIP, including information on work being done in the community to support the CHIP, partnerships, and indicators being impacted by the work, will be available on the website www.HealthyNashville.org

Tobacco Prevention Program

Tobacco use is the number one preventable cause of death in the U.S. The Behavioral Health & Wellness Division of the Metro Public Health Department has initiated a comprehensive effort to reduce tobacco use among youth and pregnant women, and reduce the exposure to secondhand smoke. These programs are funded under an agreement with the Tennessee Department of Health using funds from the Tobacco Master Settlement Agreement.

- **Baby & Me Tobacco Free:** A smoking cessation program created to reduce the burden of tobacco use on the pregnant and post-partum population. The current smoking rate among pregnant women in Nashville/Davidson County is 8.5%.
- **Breathe Easy Campaign:** Seeks to raise public awareness of the dangers and prevalence of secondhand

For more information contact:

Lillian.Maddox-Whitehead@nashville.gov

7th Annual Kids & Kites Day!

Saturday, March 26, 2016

10:00 am-2:00 pm

Bicentennial Mall

600 James Robertson Parkway

Nashville, TN 37243

For more information contact:

Mark.lollis@nashville.gov

smoke in multi-unit housing. It is our goal to work together with landlords, residents, and the community to voluntarily increase the number of smoke-free multi-unit housing properties in Nashville.

- **Teens Against Tobacco Use (TATU):** A peer teaching tobacco prevention program that recruits high school students to educate and mentor middle school youth about the dangers of tobacco use.
- **Clinical Efforts against Secondhand Smoke Exposure (CEASE):** Focuses on assisting clinicians who provide care to children under the age of 5 to tailor their office setting to address tobacco use. Trainings and tools are available for clinicians to reduce children's secondhand smoke exposure.

The MPHD Tobacco Prevention Program also partners with faith-based organizations and colleges/universities to address tobacco policies to reduce secondhand smoke.

More information about the MPHD Tobacco Program and how to get involved can be found on the [website](#).
