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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.

## The Health Impact of Climate Change



Weather and climate play a significant role in people's health. Did you know that the **average global temperatures are expected to increase by 2°F to 11.5°F by 2100?! This increase in temperature will not only contribute to increased numbers of heat exposure related illnesses, but will have a myriad of other health effects as well.**

According to the EPA, the impacts of climate change on health will

## News & Events

Celebrate Earth Day from 11 AM until 6 PM, Saturday, April 19 at [Centennial Park](#). Earth Day is a free, family-friendly event that features informational booths, games and entertainment. [Click here](#) for more information

May is Bike Month in Nashville. There are several events and workshops scheduled throughout the month, including the [Tour De Nash](#) on Saturday, May 17. [Click here](#) for the full calendar listing of events

Join [Saint George's Episcopal Church](#), Saturday, May 3 from 8:15 AM until 11:30 AM

depend on many factors. They have posed two scenarios - [a low emissions scenario and a high emissions scenario](#) to project the number of days that the temperature will be over 100 degrees. Impacts will vary by region, the sensitivity of populations, the extent and length of exposure to climate change impacts, and society's ability to adapt to change.

The EPA lists the following health impacts of climate change:

- Heat waves can lead to heat stroke and dehydration
- Increased frequency of days with unhealthy levels of ground-level ozone, a harmful air pollutant, and a component in smog.
- Climate change may affect allergies and respiratory health.
- Changes in climate may enhance the spread of some diseases. Disease-causing agents, called pathogens, can be transmitted through food, water, and animals such as deer, birds, mice, and insects.
- Impacts of extreme weather events:
  - Reduced availability of fresh food and water.
  - Increased stomach and intestinal illness among evacuees.
  - Mental health impacts such as depression and PTSD.

[Check out](#) this very informative infographic on the health impact of climate change

## Eat Real



Through a partnership between the Tennessee Department of Health and the United States Healthful Food Council (USHFC), Eat REAL Tennessee has announced the state's first foodservice establishments to achieve REAL certification. Responsible Epicurean and Agriculture Leadership (REAL) is a growing national program that helps combat diet-related diseases by recognizing foodservice operators committed to holistic nutrition and environmental stewardship.

Tennessee's inaugural class of twelve REAL Certified foodservice establishments includes: 1808 Grille, The Barn and The Main House at Blackberry Farm, Frothy Monkey, Joe Natural's Café, Juice Bar, My Veggie Chef, Sloco, Sunflower Café, The Wild Cow, Garden Brunch Café, Sky Blue Café and the new Music City Center in Nashville.

[Click here](#) for more information on Eat REAL

for a presentation by Professor Norman Wirzba on "Food and Faith: A Matter of Health and Wholeness," with commentary from award-winning novelist Wendell Berry and Professor Ellen Davis of Duke Divinity School.

Food and Faith is free and open to the public.

[Click here](#) for more information

Register for the 3rd Annual Mayor's Field Day, which will take place from 9 AM until 12 PM, Saturday, May 3 at [LP Field](#).

Mayor's Field Day with the Tennessee Titans allows participants to learn new, fun ways to get physically active.

[Click here](#) for more information or to register.

Join the Master Gardeners of Tennessee for the Urban Gardening Festival 2014 , from 9 AM until 4 PM, Saturday, May 17 at the [Ellington Agricultural Center, UT Extension Demonstration Garden](#).

There will be artisans, exhibitors, demonstrations, food trucks and more!

[Click here](#) for more information

## Healthy Nashville Summit

The theme for this year's Healthy Nashville Summit is *Collaboration: Working Together for a Healthier Nashville*. The featured speaker (right), Monte Roulier, of Community Initiatives, will be engaging Healthy Nashville Summit participants in a discussion of how to use collaborative approaches to achieve and sustain improved health outcomes in Nashville. Specifically, he will be discussing the [collective impact model](#) and how we can apply it to our work in Nashville.



*Monte Roulier*

At the Healthy Nashville Summit, participants will be presented with the community health improvement goals for 2014-2018 and will engage in a discussion on how to take action to address these goals. This is the result of the Mobilizing for Action through Planning and Partnerships (MAPP) process, which will be incorporated into Nashville's Community Health Improvement Plan, or CHIP.

For more information on the Healthy Nashville Summit, or to inquire on how to register, contact [Donna Sumners](#) at 615.340.5371.



*Healthy Nashville Summit Partners*