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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.

## Summit Promotes Collaboration to Improve the Community's Health



During the last year and a half, over 2,000 members of the community have participated in assessing the health of the community. The information from these assessments was used to develop priority health issues and goals. The Healthy Nashville Summit brought together more than 100 community partners to discuss strategies for collectively implementing the community health improvement goals for Nashville. These goals were announced for the first time at the Healthy Nashville

## News & Events

Check out the new NashVitality and Walk 100 Miles website by clicking [here!](#)

Mayor Dean's first community walk to support the new Walk 100 Miles challenge will be held on Saturday, May 31 at 9 AM at the Harpeth River Greenway in Bellevue. The five-mile walk will also include a 2.5-mile option.

To participate in the walk challenge, people need to create a personal profile on the website [www.walk100miles.com](http://www.walk100miles.com). They can start logging their miles on the site today, and everyone who reaches 100 miles this summer receives a free tee shirt.

Join Nashville Civic Design Center, Friday, June 20 from 7:30 AM until 1 PM at [Music City Center](#), for the kick-off of ULI's Build Healthy Places Initiative. Shaping Healthy Communities, the inaugural event will feature a Dr. Matthew Trowbridge, who will speak

Summit. Monte Roulier of Community Initiatives provided the keynote address on collective impact, which was adopted as the strategic lens for addressing all of the community health improvement goals. According to Roulier, "the one thing that has shown to move the health of a community is people working together."

### Community Health Improvement Goals

*Priority Health Issue: Advancing Health Equity*

1. Ensure a strategic focus on communities at greatest risk for health inequities
2. Develop better systems to support all individuals to achieve their optimum level of wellness

*Priority Health Issue: Supporting Mental and Emotional Health*

3. Promote positive parenting and violence free homes
4. Provide individuals and families with the support necessary to maintain positive mental well-being

*Priority Health Issue: Maximizing the Built and Natural Environments*

5. Improve and protect the quality of air, land and water
  6. Increase active transportation options and utilization.
- Partners gathered to discuss these goals in the afternoon and what strategies the community can use to address them.

[Click here](#) to view the full Summit on Metro 3's YouTube page

For more information on the community health improvement planning or how you can get involved in action planning, contact [Julie Fitzgerald](#) at 615-880-3337

## NashVitality Awards



*Reverend Brooks accepting NashVitality Innovator Award on behalf of the SPAAFCC*

about the connections between the built environment and public health. Following the keynote, attendees will be asked to identify development and real estate strategies to create healthy communities and places.

[Click here](#) for more information or to learn how to RSVP. You must register to attend this event.

Did you know that Nashville Public Library (NPL) now offers a seed exchange? [NPL's Seed Exchange](#) offers access to local librarians who will support, coach and cheer you on as you grow your own home, school, church or community garden.

The seed exchange is free. All you need is a Nashville Public Library card. Seeds are available at the Bellevue, Bordeaux, Edmondson Pike, and Inglewood Branches.

There are several upcoming workshops being offered. Wise Watering will take place on Tuesday, June 10 at 6:30 PM at the [Bellevue Library Branch](#). Wise Watering will teach participants how to prevent water pollution and water contamination while watering efficiently through the gardening season!

Plant Diseases and Diagnostics is being offered on Saturday, June 21 at 10 AM at the [Inglewood Branch Library](#). This is an introductory workshop presented by the Master Gardeners of Davidson County on identifying and diagnosing many varieties of plant diseases common to Middle Tennessee.

There are many opportunities this summer to volunteer with Hands on Nashville to help with their urban farm. Hands On Nashville's Urban Agriculture Program empowers volunteers to gain gardening skills, learn about healthy eating choices, and help address our city's food access issues

[Click here](#) for a schedule of volunteer opportunities and to sign up for one

## Innovator Award

African-American religious institutions have a long history of addressing a variety of adverse life circumstances facing their communities. The Davidson County Suicide Prevention and African American Faith Communities Coalition (SPAAFCC) was formed in 2010 to raise awareness of suicide in African American faith communities and provide faith communities with tools to address suicide prevention to stem this devastating yet preventable cause of death.



*Kim Molnar accepting the NashVitality Pioneer Award on behalf of Jaynee Day*

The SPAAFCC has developed partnerships with over 14 churches and numerous state and local agencies advancing prevention and public health strategies. This grass-roots community collaboration has assisted faith communities in developing suicide prevention belief statements and suicide prevention strategies that are being implemented in their faith communities.

## Pioneer Award

Jayne Day was recognized with the Pioneer Award for her lifetime achievements in promoting healthy community collaboration, having provided local and regional leadership for more than two decades.

Ms. Day joined Second Harvest Food Bank of Middle Tennessee as President and CEO in July 1988. As President and CEO, Ms. Day oversees the daily operation of the entire food bank, while providing leadership and vision in conquering the issue of hunger in our community. Ms. Day has served on the Board of Directors of Feeding America (formerly America's Second Harvest – The Nations Food Bank Network) and is currently a board member for the Global Foodbanking Network.

Ms. Day has conducted various workshops for Feeding America's national and regional conferences as well as for the Center for Non-Profit Management in Nashville. In 2001, Ms. Day's peers honored her with the prestigious "Association of Non Profit Executives CEO of the Year Award." She is frequently called upon to address hunger awareness issues and is a prevalent speaker in the community. Ms. Day has over 30 years' experience in nonprofit management and administration.

Congratulations to these two tremendous examples of how collaboration can improve the community's health!

World No Tobacco Day is observed around the world every year on May 31. It is created to encourage a 24-hour period of abstinence from all forms of tobacco consumption across the globe. The day is further intended to draw global attention to the widespread prevalence of tobacco use and the negative health effects, which currently lead to 5.4 million deaths worldwide annually. This year's campaign calls upon governments to raise tobacco taxes to lower tobacco deaths. [Click here](#) to learn more about the campaign

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