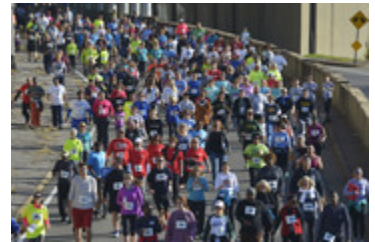




Welcome to NashVitality News! Every month we bring you healthy, active and green events and resources making Nashville a great place to live, learn, work, play & worship.

Adverse Childhood Experiences Have Lasting Impact on Health

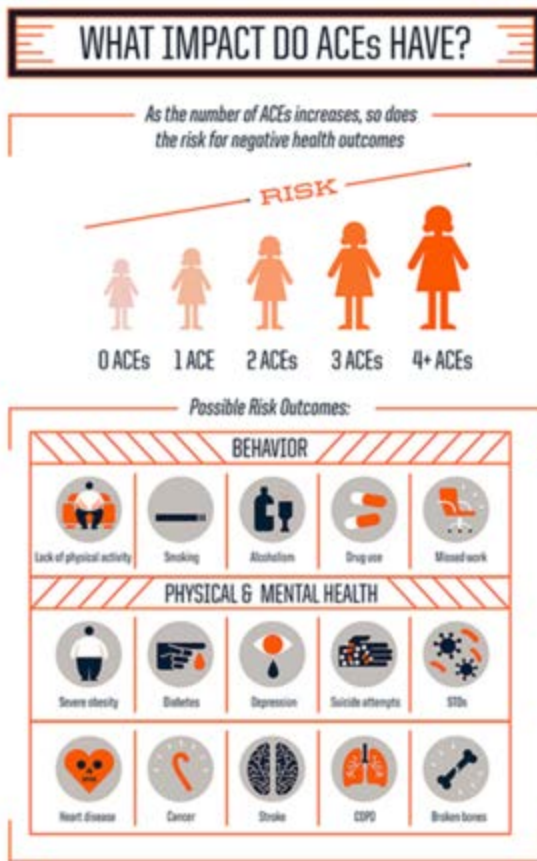
News & Events



Nearly 3,000 participants walked or ran the Mayor's 5K in November.

As part of the Mayor's 5K, children and their parents participated in the Kids' Fun Run, which was less than a mile in distance. Both the Fun Run and 5K began and ended at Public Square Park.

"We started the Mayor's 5K three years ago because it was time for Nashville to make a statement about the importance of personal health and what it means to



Snapshot of RWJF's Adverse Childhood Experiences Infographic

During the 2013-2014 Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP) process, Nashville prioritized supporting the mental and emotional health of all our neighbors as one issue the community needs to address during the next five years. One goal supporting that issue is promoting positive parenting and violence free homes. The CHA and CHIP will be publicly available in January and will describe some of the ways Nashville will come together to address the CHIP's priority health issues.

One objective of that work is to increase community awareness

of Adverse Childhood Experiences, or ACEs. ACEs include three categories of adverse experience: child abuse, neglect and family dysfunction.

The ACE Study is one of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being including incarceration, chronic disease, and early death. The study is a collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente's Health Appraisal Clinic in San Diego.

[Click here](#) for the CDC infographic and on ACEs

[Click here](#) for the Robert Wood Johnson Foundation's ACE infographic

our quality of life," Mayor Dean said. "I am proud of all our finishers, and I encourage them to stay active. I appreciate our community partners, volunteers and everyone who participated to make the 5K and Fun Run a success."

Congratulations to all of those who participated!

Winter is coming (the winter solstice is December 21) but that has not stopped Metro Parks and Recreation from offering a number of outdoor hikes, runs and other activities.

[Click here](#) to view their full list of events

Storm Busters Blueprint Wins Award

Mayor Karl Dean announced that the city's strategy to restore the health of waterways that were damaged with debris and erosion during historic flooding in May, 2010 has been awarded the Cities of Service Blueprint Contest. Nashville's proposal would improve waterways and expand green infrastructure through coordinated restoration and resiliency efforts – such as full-scale tree plantings and creation of rain gardens – with the help of community partners and volunteers.

As the grand-prize winner, Nashville will receive \$35,000, and its Storm Busters Blueprint is now published in the Cities of Service online resource library.

[Click here](#) for more information