



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 Profile

Metro Public Health Department (MPHD) released a Community Health Profile (CHP) this month, which uses quantitative indicators to describe the overall health of the community. It builds on a wide range of community-level health indicators identified through the Community Health Status Assessment, a phase of the Mobilizing Action through Planning and Partnerships (MAPP) process facilitated by MPHD in 2013. The MAPP process engaged community partners from a number of local organizations in health-related fields to identify indicators of community health to target and evaluate over the next several years in order to improve the health and well-being of the Nashville community.

This report is intended for a broad audience, including health officials, healthcare providers, researchers, non-profits, educators, and community members. The indicators of community health in this report can:

- Inform decision-making and enhance local health programs, initiatives, and policies;
- Provide justification for proposed programs in grant submissions; and,
- Be used as a reference guide and for research and educational purposes in a variety of settings.

News & Events

Mayor Karl Dean and the Mayor's Office of Neighborhoods in partnership with alumni from Lipscomb's Andrews Institute for Civic Leadership are hosting the first Neighborhood Leadership Training, Saturday, February 7 from 9 AM until 12:30 PM at Midtown Hills Precinct, 1443 12th Avenue South. Neighbors will learn how to grow their group's effectiveness through branding, organizing and outreach and will have an opportunity to ask questions or address concerns to relevant Metro departments. [Click here](#) to register

Warner Parks is offering an Organic Gardening Workshop, Friday, January 30 from 9 AM until 10:30 AM. Topics include composting, starting seeds

This report includes 129 community health indicators divided into 3 categories:

- **Demographics**, which includes indicators of income, poverty, employment, social support programs, education, housing, homelessness, criminal justice, and child abuse
- **Well-being**, which includes indicators of mortality, cancer, infectious diseases, chronic diseases, smoking, healthcare, natality, substance abuse, social and family environment, mental health, and reproductive justice
- **Environment**, which includes indicators of access to healthcare, water safety, food security, air quality, parks, transportation, and crime

The CHP establishes a baseline for evaluating improvements in community health and provides data to guide local public, private, and non-profit health initiatives. Each health indicator includes a definition, brief description of its importance, and the most recent or valid quantitative data available at the county level. Comparison data is reported when available, including time series comparisons, geographical comparisons at the state and national levels, and demographic breakouts by age, sex, and race/ethnicity.

[Click here](#) to view the report

Any questions or comments about this report should be directed to the lead author, [Dr. John Vick](#)

Save the Date!

Save the date for the 6th annual Healthy Nashville Summit, which will be held on Friday, June 5, 2015 at the Downtown Nashville Public Library. The focus of this year's Summit is health equity.

What is health equity?

One definition offered by Healthy People 2020 says that health equity is "attainment of the highest level of health for all people. Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and health care disparities."

indoors, planting dates, insects, soil preparation, plant care, and more.

To register, call:
615.352.6299

[Click here](#) for more information

[Vanderbilt Divinity School](#) is hosting the Re-Visioning Justice in America

Conference April 17-19.

This conference will bring together people from across the nation to collaboratively, imaginatively and effectively envision new ways to challenge the problems of mass incarceration and the death penalty.

[Click here](#) for more information, including how to register

Why the focus on health equity in Nashville?

Health equity was found to be one of the top strategic priorities for the Nashville Community during the 2013 community health assessment process.

A report on health equity in Nashville will be launched at the Summit with a goal of beginning the conversation about how we can come together as a community and continue our journey towards achieving health equity.