



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.

Metro Diversity Report

There is a push to make certain that the Metro Government workforce is more diverse and that the information is more available to the public.

In January 2015, the Metro Human Relations Commission (MHRC) released the IncluCivics Report, analyzing the demographic makeup of 50 Metro Nashville departments. The data in the original report was provided by Metro Human Resources (Metro HR) in August 2014. Since then, Metro HR has provided more recent data (captured April 1, 2015) and has announced that updated data will be released quarterly. The original [IncluCivics Report](#), and a recent and more robust [Data Update](#) are available at the links.

The quarterly data will be available through a data platform. This platform, graciously created and maintained free of charge by Code for Nashville, exists for two reasons. First, it is imperative to establish a baseline from which to assess our collective efforts at attaining a more diverse workforce in the future. Second, to further encourage transparency and public education, this platform will capture the demographic data provided quarterly by Metro HR, render it in user-friendly charts and graphs, and will track changes in the data over time.

Healthy School Environments

News & Events

Healthy Nashville Summit: Health Equity

Friday, June 5
9:30 am On-site Registration
Downtown Public Library
To receive RSVP link, email Amanda.Hoover@nashville.gov

Social Equity Leadership Conference

June 3-5
Tennessee State University
Avon William Campus
The conference theme is "Leveraging Technology and Data to Promote Social Equity" and is hosted by Tennessee State University.
For more information or to register <https://selc2015.wordpress.com/>

Nashville Open Streets Festival

Nashville is hosting the **First Ever** festival to celebrate walking and biking to be held in

RWJF is working with local communities across the US to build a Culture of Health. Earlier this month they released a series of news articles that highlight recent research on healthier meals at schools and how that is helping to build a Culture of Health in these schools.

Children spend more time in school than they do anywhere else. Research is showing that offering healthy meals and snacks in the school environment can improve kids' diets and obesity rates. Research is also showing that increased physical activity is improving health as well as academic achievement.

Click [here](#) for access to several articles outlining the research findings on healthy meals, snacks and physical activity in the school environment.

World No Tobacco Day

World No Tobacco Day, Sunday, May 31, was created to encourage a 24-hour period to abstain 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. 9,700 adults die each year in TN because of their own smoking. Smoking kills more people than alcohol, AIDS, car accidents, illegal drugs, murders and suicides combined.

This year the focus is on illicit tobacco products. The illicit tobacco market may account for as much as one in every 10 cigarettes consumed globally, according to studies, including information supplied by the global customs community. The illicit trade of tobacco products is detrimental to your health and your interests. Here is why.

- Illicit tobacco products hook young people into tobacco experimentation and use because they are more affordable. Such illicit products also mislead young tobacco users by not displaying health warnings and sometimes involving children in illegal selling activities.
- Illicit trade takes tax revenue away from the government, which could have otherwise been

partnership with Walk/Bike Nashville.

Saturday, June 27

11 am - 2 pm

Gulch neighborhood, starting at

11th Avenue South under the

Church Street Bridge

More information available

at www.openstreetsnashville.org

Summer Activities

There are a number of summer activities in Nashville for little to no cost. Check out the Nashville.gov Calendar for an updated listing of events in Metro.

spent on the provision of public services, instead of directing such funds into the hands of criminals.

- Illicit trade strengthens corruption and weakens good governance.
- Tobacco companies have been known to use loopholes in tobacco control governance systems and indulge in the illicit trade of tobacco products.

Nashville residents can be a part of the activities through social media. Follow us on Twitter [@NashvilleHealth](#)