



THE
GOVERNOR'S
FOUNDATION
FOR
HEALTH
AND
WELLNESS

CONTACT: John Chobanian
(615) 610-1881

FOR IMMEDIATE RELEASE
Wednesday, October 25, 2017

Governor's Foundation Launches Healthier Tennessee Neighborhoods
Foundation and local leaders announce inaugural neighborhoods effort in Memphis

MEMPHIS, Tenn. – The Governor's Foundation for Health and Wellness today expanded its Healthier Tennessee Communities™ program with the launch of Healthier Tennessee Neighborhoods™. Seven neighborhoods have been chosen as pilot communities for the program in Memphis and are working towards the official “Healthier Tennessee Neighborhood” designation.

Binghampton, Crosstown, Klondike Smokey City, Orange Mound, South Memphis, Uptown, and Vollintine Evergreen are convening residents to establish neighborhood wellness councils and commit to developing and implementing a healthy-neighborhood plan.

“With Healthier Tennessee Communities efforts underway in nearly every county in Tennessee, we are excited to launch our first urban program in the state here in Memphis,” Governor’s Foundation for Health and Wellness CEO Richard Johnson said. “This approach helps ensure that people in big cities – in addition to those in small towns and rural counties – will have the opportunity to benefit from an on-going grassroots program aimed at improving the health of all Tennesseans.”

Memphis Mayor Jim Strickland, Dr. Reginald Coopwood, the President and CEO of Regional One Health, Bryan Jordan, the Chairman, President, and CEO of First Horizon National Corporation, and representatives from participating neighborhoods offered remarks during the Wednesday morning announcement event at Crosstown Concourse.

Healthier Tennessee encourages citizens of Memphis neighborhoods across the city to join this local movement by emailing tennessee@healthierstate.org.

Recent health trends, thanks to programs like Healthier Tennessee Communities and others, have improved, and the state has moved up in national health rankings. However, one in four adults in Tennessee still smokes, and one in five high school students uses tobacco. Approximately 33 percent of the population is classified as obese, and type 2 diabetes and high blood pressure are at near-epidemic levels.

-more-

Healthier Tennessee Communities/Page 2

The Foundation launched the Healthier Tennessee Communities initiative in March 2015 with nine pilot communities. Today, more than 100 communities, neighborhoods, and campuses are engaged in the program, and 24 have already received the “Healthier Tennessee Community” designation.

More information about the program, including a list of participating cities and counties and other Healthier Tennessee initiatives, is available at healthierTN.com.

###

About the Governor’s Foundation for Health and Wellness

The Governor’s Foundation for Health and Wellness is a non-profit corporation dedicated to enabling and encouraging Tennesseans to lead healthier lives. Based in Nashville, the Foundation brings together a statewide coalition of employers, health insurers, hospital systems, local governments, school systems and healthcare-focused foundations and community organizations to effect positive, measurable change. The Foundation’s Healthier Tennessee initiative strives to increase the number of Tennesseans who are physically active for at least 30 minutes five times a week, promote a healthy diet, and reduce the number of people who use tobacco.