



COMMON TABLE™
Health Alliance

TAKE CHARGE For Better Health® Series

Report #10:
**Status Report on Efforts to
Promote Healthy Eating and Active Living
Profiles of Organizations' Efforts to Reduce
Childhood and Family Obesity in Memphis
and Shelby County, Tennessee**
April 2015



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ABOUT THIS REPORT



This Take Charge for Better Health™ report highlights the current healthy eating and active living (HEAL) landscape in Memphis and Shelby County. It profiles various organizations' programs and services designed to address childhood and family obesity in the community. This report is not intended to be a comprehensive listing of all organizations and programs, but it does provide the reader significant point in time information.

Common Table Health Alliance (CTHA) would like to acknowledge the Robert Wood Johnson Foundation's Aligning Forces for Quality (AF4Q) Project for supporting this report through its AF4Q Population Health Project Grant.

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CTHA would like to acknowledge the contributions of the individuals and organizations profiled in this report. Your writing contributions, photos and feedback helped to make this report a true representation of the community in which we live, work and play. Thank you.

We also appreciate the support of the Common Table Health Alliance Board of Directors, Advisory Committee and the Let's CHANGE membership and supporters.

An electronic version of this report is available at www.commontablehealth.org.

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ABOUT COMMON TABLE

**Margaret “Peg” Thorman Hartig, PhD,
APRN-BC, FAANP**
Chair, Board of Directors
Common Table Health Alliance



Common Table Health Alliance (CTHA) is a non-profit, 501(c)3 regional health improvement collaborative (RHIC) that addresses the health of everyone in the community and the healthcare delivery system. CTHA's mission is to achieve health equity through trust, collaboration and education.

There are approximately 46 RHICs in the country, developed as multi-stakeholder organizations committed to improving the health and healthcare of their entire communities. CTHA is the Greater Memphis region's only RHIC.

CTHA was organized in 2003 as a combined effort of various organizations to align and create a common table. Formerly known as Healthy Memphis Common Table, it was certified by the Department of Health and Human Services as Tennessee's only Chartered Value Exchange and is seen as a national model of innovation and collaboration. The role of CTHA is three-fold: serve as a multi-stakeholder neutral convener, produce community-level performance reports and execute small scale projects that have the potential to expand community-wide.

Currently, CTHA operates six programs focused on four REAL community goals:

REDUCE childhood and family obesity

ELIMINATE health disparities

ACTIVATE consumers, patients and caregivers

LIFT healthcare quality

Addressing these REAL community goals is very important to the Memphis and Shelby County region. CTHA is honored to serve in this significant role, and we are proud to support local efforts to REDUCE childhood and family obesity through the publication of our 10th Take Charge for Better Health® Report.



Renee' S. Frazier, MHSA, FACHE
Chief Executive Officer
Common Table Health Alliance

I am happy to say I completed the 2014 Million Calorie Burn as the winner of the 60-64 age group for women. This marks the second year I finished in first place, and as a type 2 diabetic, it brings me special pride and pleasure to stand with my board members in this picture. Joining me at the finish line are (from left to right): Jim Horsey, Reggie Crenshaw, Vice Chair, and Dr. Peg Hartig, Chair.

Common Table Health Alliance's Board of Directors and I are proud to present and share the second edition of the *Status Report on Efforts to Promote Healthy Eating and Active Living in Memphis and Shelby County*. The report profiles 28 organizations committed to addressing the obesity challenge with programs and services to engage our community in more active and productive lifestyles. I think you'll be impressed with this exciting view of ongoing efforts to reduce our region's obesity rate.

As a reader, you'll learn about the extraordinary level of effort and the approaches being taken in our community to reduce obesity and move Memphis and Shelby County closer to a *Culture of Health*. While the steps needed to create this culture are complex and require significant commitment on many levels, this report offers insight into the people and organizations working each and every day to achieve a true culture of health and to create activities driven by a deep desire to see a better Memphis and Shelby County. Featured organizations provided their own summaries and pictures to demonstrate their contributions to the healthy eating and active living agenda.

More than ten years ago, CTHA made a commitment to the region to lead the charge to address obesity, and we continue to be at the forefront of innovation, partnership and programming that embraces the challenges of making the healthy choice the easy choice. CTHA values and appreciates all the organizations that share our same level of commitment to ensure we all eat less and move more! It's no secret that healthy eating and active living are key to ensuring success, and the organizations and programs featured in this report are making tremendous strides in their efforts. Please enjoy these profiles and support the efforts of these organizations that are focused on our community's collective commitment to create a new *Culture of Health*.

AMERICAN HEART ASSOCIATION



The **American Heart Association** is the nation's oldest and largest voluntary organization devoted to fighting cardiovascular diseases and stroke.

Founded by six cardiologists in 1924, AHA now includes more than 22.5 million volunteers and supporters working tirelessly to eliminate these diseases. AHA funds innovative research, fights for stronger public health policies and provides lifesaving tools and information to save and improve lives.



By 2020, AHA hopes to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent.

Programs and Services: Healthy Food and Beverage Policy – The “culture of health” recognizes how the environments in which we live influence our health. Simply telling people to eat better or exercise more will not significantly improve health behaviors over time.



AHA hopes to make the healthy choice the default choice where we live, work, study, play and pray. In accordance with AHA's

2020 Goal, we desire to see this “culture of health” achieved for all Americans.



Contact: Angel Brooks, MPH, Multicultural Initiatives Director, Health Strategies | 2170 Business Center Drive, Suite 1, Memphis, TN 38134 | 901.383.5410 | heart.org | [f](#) [t](#) [w](#)



Baptist Memorial Health Care is an award-winning healthcare network based out of Tennessee. Baptist is dedicated to providing compassionate, high-quality care for patients while keeping with the three-fold ministry of Christ – healing, preaching and teaching. The pervasive spirit of caring inspires every area of operation at Baptist throughout our many affiliate hospitals in the Mid-South.

Programs and Services: Baptist offers free support group programs that focus on fitness and healthy lifestyle solutions.

- **Club Get Fit** – Baptist’s new family-based weight management program will teach both you and your children how to make healthy lifestyle choices.
- **Diabetes Prevention Program** – Baptist’s comprehensive diabetes education program is recognized by the American Diabetes Association. During an initial evaluation, the staff works with patients to develop goals and a personalized plan of care, which may include exercise and weight loss as well as behavioral change strategies. Each person’s personalized plan will then be implemented in group classes and individual sessions. The program may be completed in 1-12 months.



- **Healthy Living Support Group** – The Healthy Living Support Group is a 10-series support group that focuses on topics such as physical movement, nutrition/cooking demos, health screenings, chronic disease self-management and “talk to the doc” sessions where audience members have the opportunity to discuss medications with a pharmacist. Attendees can get solutions to common challenges they may face when attempting to change bad habits, find out the latest in managing a healthy lifestyle, ask questions they may hesitate to ask their healthcare providers, and explore topics or issues they have not already considered.

- **Renew** – Renew is an eight-week program that combines 45 minutes of exercise with a nutritional group session to discuss the healthy lifestyle discipline that’s critical to managing a healthy weight. Classes are limited to 12 participants at a time, and there is no cost for residents of Tennessee. Adults at least 50 pounds overweight are eligible for the program.

Please visit baptistonline.org/classes or call 901.227.3519 to register. If you are a Tennessee resident, please sign up today! The projects are funded under an agreement with the State of Tennessee.

Contact: Cynthia Allen, System Community Involvement Manager | 2100 Exeter Road, Germantown, TN 38138 | 901.227.3519 | baptistonline.org |   

BLUECROSS BLUESHIELD OF TENNESSEE'S SHAPE THE STATE



About BlueCross BlueShield of Tennessee's Shape the State: Shape the State, a program of the BlueCross BlueShield of Tennessee Health Foundation, ensures every Tennessean has access and opportunity to engage in physical activity.

Programs and Services:

- **GoNoodle Program** – The Shape the State program is underwriting the GoNoodle program for use by all elementary school teachers in the Mid-South for three years.



GoNoodle is a web-based video program that allows teachers to incorporate fun "brain breaks" into their days to help fidgety students get out pent up energy with short bursts of physical activity in order to re-focus on learning.

- **Shape the State Grants** – Shape the State grants provide the SPARK physical education curriculum, teacher training and hundreds of pieces of equipment to Tennessee schools serving middle school students. Twenty-five Mid-South schools have earned Shape the State grants.

- **RiverFit** – RiverFit, the outdoor exercise area along the Mississippi River in Memphis, was underwritten by BlueCross BlueShield as part of its Shape the State program.
- **The Senior Olympics** – The Senior Olympics encourages physical fitness and social interaction for about 1,500 Tennesseans age 50 and older each year. BlueCross BlueShield has sponsored the program for 35 years.

Contact: Calvin Anderson, BlueCross BlueShield Senior Vice President and Executive Director of the Health Foundation | 85 N. Danny Thomas Blvd., Memphis, TN 38103 | 901.544.2105 | shapethestate.com | [f](#) [t](#) [in](#)



Pictured at right: Mike Watson (left), regional sales director for BlueCross BlueShield of Tennessee, presents Common Table Health Alliance CEO Renee' Frazier with the Shape the State Hero Award.

BOYS AND GIRLS CLUBS OF GREATER MEMPHIS



BOYS & GIRLS CLUBS
OF GREATER MEMPHIS

Recreation programs at the Boys & Girls Clubs of Greater Memphis help young people to achieve and maintain fitness, make positive use of leisure time, learn skills for stress management, gain appreciation for the team environment and further enhance social and interpersonal skills. The programs are also designed to teach physical skills, teamwork, cooperation and fairness.

Programs and Services:

Sports, Fitness and



• *Commit to Be Fit* – Commit to Be Fit promotes fitness in all youth by providing a fun-filled, motivating fitness experience for members. There is a 12-week curriculum for each of three age groups: Fitness Squad, ages 6 through 9; Fitness Masters, ages 10 through 14; and Fitness All-Stars, ages 15 through 18. Weekly sessions cover every aspect of fitness, drawing upon themes of sports culture and history, self-esteem, nutrition and physical fitness. The annual Commit to Be Fit Club-Wide Pentathlon competition allows club members of all ages to demonstrate and test their fitness levels.

• *Triple Play/ Healthy Habits* – Triple Play is BGC's

comprehensive health and wellness program. The program strives to improve the overall health of club members ages 6-18 by increasing their daily physical activity, teaching them good nutrition and helping them develop healthy relationships.



Contact: Vinson Smith, Vice President of Operations | 44 S. Rembert, Memphis, TN 38104 | 901.278.2947 | bgcm.org |   

BLUFF CITY MEDICAL SOCIETY



About Bluff City Medical Society: Bluff City Medical Society was founded in 1885 by a group of African-American physicians with the purpose of promoting wellness education and decreasing healthcare disparities between

African-Americans and non-African Americans in Memphis and Shelby County. BCMS works to positively impact health in the community through health forums and public screenings.



Programs and Services:

Healthy Eating and Living – The Healthy Eating and Living (HEAL) program identifies individuals at risk for hypertension, diabetes, mellitus, hypercholesterol and obesity through the monitoring of set health parameters. Abnormal levels are normalized through education, motivational lifestyle changes and group support for an extended period of time.

HEAL is currently rolled out to several churches in the Memphis area. Members participate in ongoing educational, motivational and support modules. Their health parameters are tracked with the goal of improving those parameters.

Healthy Eating and Living is not a weight loss program.

Contact: Lanetta Anderson, MD, FACOG, President | Bluff City Medical Society | 1067 Cresthaven Road, Memphis, TN 38119-3833 | 901.761.0200





Bring It Food Hub is a non-profit distributor of fresh local foods and farm products in Memphis, Tennessee.

Mission: Bring It promotes community development in Memphis and the Mid-South by increasing access to healthy, affordable local foods and strengthening farmer livelihoods.

Products and Services: Bring It's products include a multi-farm produce subscription, sourced from 25 local farms in 2014 and distributed weekly during the summer and fall seasons. They also market bulk fresh fruits and vegetables, eggs and meat.



Highlights: In 2014, Bring It delivered more than 4,000 bags of fresh local produce to customers across Memphis, through its network of community partners (i.e., local churches, synagogues, offices and community-based organizations) who provide convenient pick up points across the city.

Bring It has also partnered with the Church Health Center to deliver nearly 250 dinner kits of fresh, affordable produce (\$5 each, SNAP/EBT accepted) to CHC's cooking classes from July to September. This approach demonstrated the benefits of linking fresh local fruit and vegetable

ingredients with healthy cooking classes to improve the adoption of healthy cooking and eating habits.

Bring It knows it is not easy for everyone in Memphis to eat well and stay healthy. That's why, in addition to expanding its produce subscription service in 2015, Bring It is collaborating with the Church Health Center and the YMCA to design and implement programs that can increase healthy food access and consumption in low-income communities across Memphis. Monthly subscriptions for 2015 are now available for purchase online at bringitfoodhub.com.

Contacts: Alex Greene, General Manager, and Rozie Schleinig, Assistant Manager | 694 Madison Avenue, Memphis, TN 38103 | 901.444.3055 | bringitfoodhub.com |    

Pictured at top right: Alex Greene (left), general manager, and Rozie Schleinig, assistant manager.

CHRIST COMMUNITY HEALTH SERVICES



About Christ Community Health Services: Many of Christ Community Health Services' patients live at or below the federal poverty level. Christ Community enters communities that have been neglected and fallen victim to gaps in service

and access, and works to build centers of health and healing that uplift and empower people and communities. Its outreach ministries work to deliver services and give hope and healing from a place of love and respect.



Memphis, a thriving city, remains one of the poorest metro cities in the nation. Healthcare is inadequately distributed, leaving huge gaps in service and primary care access. Many of our neighbors are left hurting and in search of affordable healthcare. Christ Community stands in that gap – working the front lines to serve those in need.

We recognize that Jesus Christ is the true healer and the reason for everything we do.

Mission: To provide high quality healthcare to the underserved in the context of distinctively

Christian service. We recognize that Jesus Christ is the true healer of individuals and their communities and the source of our ability to serve.

Programs and Initiatives: Christ Community works with the Orange Mound community to control hypertension through exercise, diet and medication. Christ Community has community health workers who go door-to-door to monitor area residents and assist them with the reduction of their blood pressure.

Contact: Cris Stovall, Communications Manager | 2595 Central Avenue, Memphis, TN 38104 | 901.701.2500 | christcommunityhealth.org | [f](#) [t](#) [in](#)





Church Health Center seeks to reclaim the Church's biblical commitment to care for our bodies and our spirits.

Programs and Services: Church Health Center is committed to patient-centered care at its medical clinic as well as

through its many partnerships with healthcare providers, diagnostic centers and hospitals. CHC's dedicated staff cares for its patients with compassion, weaving faith and health into action and helping its patients reach their highest level of wellness. Services include primary and specialty care, dentistry, eye care and counseling. Patients pay fees on a sliding scale based on their income.



Church Health Center Wellness is a certified Medical Fitness Facility that provides programs that are safe and effective for people with health conditions like diabetes, hypertension and obesity. CHC works with each client's doctor to provide the right resources and programming. It is more than a gym – it is a supportive community focused on helping clients reach their highest level of wellness.

As an integral part of a healing ministry, faith community nursing is one of the best ways a congregation can promote health and wholeness. Faith community nurses serve large and small

congregations in a variety of ways and serve in diverse faith communities throughout the world. From the training of Congregational Health Promoters and the development of faith-based walking programs, to the creation of curricula that explore the meaning of health and healing ministry, CHC develops quality resources for use by people of faith.

The Church Health Reader provides theological frameworks and practical applications to churches and people who are interested in healing ministry.

Contact: Antony Sheehan, President | 1210 Peabody, Memphis TN 38104 | 901.272.7170 | churchhealthcenter.org |

Pictured at top right: Scott Morris, MD, M. Div, CEO of the Church Health Center, (left) examines a patient.



CITY OF MEMPHIS BICYCLE & PEDESTRIAN PROGRAM

About the City of Memphis Bicycle and Pedestrian Program: The City of Memphis works to create new infrastructure and enhance existing facilities that increase the number of trips being made by bicycle or walking each day in Memphis. These efforts work to impact the safety, convenience and efficiency of non-motorized travel. This work is accomplished both through the installation of infrastructure that provides dedicated space for bicycling or walking and through education programs and encouragement activities.

Programs and Services:

- **Bike Lanes** – The City of Memphis has increased the size of its bicycle network to nearly 200 miles since 2010. Currently, there are \$22 million worth of projects underway that will create new bicycle or pedestrian infrastructure.
- **Complete Streets** – On January 30th, 2013, the City of Memphis became the 500th jurisdiction in the United States to adopt a Complete Streets policy, taking its place as a prominent community in the national movement to reclaim streets for people, reexamine the public realm and challenge some antiquated perceptions about transportation. Complete Streets is an exciting approach to transportation planning, design, operations and maintenance, which provides safe and accessible transportation options for Memphians of all ages and abilities, whether walking, bicycling, riding public transportation or driving.
- **City of Memphis Pedestrian and School Safety Action Plan** – The City of Memphis has more than 3,000 miles of existing sidewalks and many more miles of streets without any pedestrian infrastructure. As the public infrastructure in the city, including sidewalks, continues to grow older, the need to be proactive in maintaining this vital transportation network remains high. In the spring of 2014, the city began work to produce the City of Memphis Pedestrian and School Safety Action Plan which will serve as the city's first official plan for addressing the deteriorating conditions of sidewalks as it relates directly to providing safe access to public schools inside the City of Memphis boundaries. The city hopes to prioritize improvements that students, children and families will benefit from when walking to and from school, as well as the parks, community centers and libraries often located in close proximity to schools.



Contact: Kyle Wagenschutz, City of Memphis Bicycle/Pedestrian Coordinator | City Hall, Traffic Engineering | 125 North Main Street, Room 668, Memphis, TN 38103 | 901.576.6710 | bikepedmemphis.com |  

CITY OF MEMPHIS MOTIVATE ME WELLNESS PROGRAM



The City of Memphis Motivate Me Wellness Program is designed to engage employees in healthy lifestyle choices by providing education, resources and support.

The program's goals are as follows:

- Build a culture of wellness at the City of Memphis
 - Increase employee awareness of personal health status among active employees
 - Increase healthy lifestyle behaviors in the areas of weight management, diabetes, cholesterol and hypertension by August 30, 2015
- Encourage employees to participate in and utilize Cigna programs that promote health education
 - Establish a retiree health and wellness component of the wellness program

Programs and Services:

The City of Memphis Motivate Me Wellness Program offers Lifestyle Management programs via its healthcare provider Cigna which include a weight management program. This program can be offered online or over the phone.

The program is in the process of scheduling on-site weight management programs for the first quarter. The program has two five-week on-site cholesterol and hypertension classes that began in March 2015 at the Central Library and City Hall. Participants complete pre-screenings and post screenings for both classes.



Contact: Betty Marrero, Wellness Coordinator | City Hall, 125 North Main, Room 406, Memphis, TN 38103 | 901.636.6800 | memphistn.gov | [f](#) [t](#) [in](#) [v](#)

Pictured at top right: Memphis Mayor A.C. Wharton, celebrity trainer La Mitchell and Shelby County Mayor Mark Luttrell share a laugh at the October 2014 MEMFix event; Left: Mayor Wharton and Mayor Luttrell attend a spin class led by La Mitchell.

COMMON TABLE HEALTH ALLIANCE



Common Table Health Alliance is a regional health and healthcare improvement collaborative. CTHA's vision is to be the catalyst for community improvement in health and well-being, and its mission is to achieve health equity through trust,

collaboration and education. Its approach – to gather people around a common table and create conversations that generate regional change – takes advantage of the collective strength of the community to achieve the greater good.

Programs and Services:

- *Preferred Choice* is CTHA's partnership with the Memphis Academy of Nutrition and Dietetics to facilitate a better, smarter way for consumers and the food and beverage industry to think about healthier menu options. The program distinguishes restaurants and caterers that offer menu labeling, reduced portion sizes and healthier menu items with a caloric value below 500. Preferred Choice also raises the visibility and exposure of Preferred Choice restaurants and caterers among CTHA partners.
- *The Mayor's Commitment to Fitness: Million Calorie Burn 5k* is a multi-generational, family-friendly initiative dedicated to reducing the obesity epidemic in the Mid-South by promoting all forms of healthy eating, active living and calorie burning. In 2014, more than 350 registrants participated in yoga and Zumba demonstrations, a one-mile fun run, line dancing and many more activities resulting in more than 120,000 calories burned.



- *The Green Machine Mobile Food Market* is a mobile produce market operated by St. Patrick Community Outreach in partnership with the University of Memphis Department of City and Regional Planning that delivers fresh fruits and vegetables to neighborhoods with limited access to fresh produce in Memphis. CTHA serves as the fiscal agent for the Green Machine.

- *Advocacy to Reduce Food Deserts* – CTHA works with various agencies to bring attention to the issues of healthy food access and food deserts and establish creative solutions to these problems.

Contact: Christopher Owens, MBA, CFRE, Director of Development, Marketing and Community Relations | 6027 Walnut Grove Road, Suite 215, Memphis, TN 38120 | 901.684.6011 | commontablehealth.org | [f](#) [in](#) [t](#) [v](#) [p](#)

Pictured at top right: LaKisha Payne leads a line dancing class after the 2014 Million Calorie Burn 5k.



GrowMemphis partners with communities in Memphis and Shelby County to promote a sustainable local food system. GrowMemphis believes a sustainable local food system must be just, healthy and economically viable. Through collaborative efforts, GrowMemphis envisions a robust local food system where every resident has enough fresh, healthy food on the table. This food system ensures the viability of small scale farming and urban agriculture by empowering those most affected by our food system.

Programs and Services:

- *The Double Green\$ Program* enhances access to fresh, locally grown produce in low-income, food insecure communities by providing a dollar-for-dollar match for SNAP/EBT dollars at Memphis area farmers markets. SNAP recipients who use their SNAP/EBT cards at local farmers markets have their benefits matched up to \$10 per customer per week. Not only does this make fresh, healthy produce more affordable for low-income Memphians, but it also builds the capacity of farmers in the Mid-South to continue to produce healthy, fresh food for our region. This program began at Cooper Young Community Farmers Market and South Memphis Farmers Market and has since expanded to Church Health Center/MIFA Farmers Market, Memphis Farmers Market and Evergreen Community Farmers Market.



- *The Food Advisory Council for Memphis and Shelby County (FAC)* is a project of GrowMemphis with the goal of fostering a healthy, sustainable and just local food culture. The Food Advisory Council for Memphis and Shelby County is a collection of individuals and agencies interested in using public policy as a vehicle to ensure all Memphis and Shelby County residents have adequate healthy food access and to promote the development of sustainable local food in our community.
- *The GrowMemphis Community Gardening program* is designed to transform empty lots in low-income neighborhoods into thriving centers of community. The program was launched in 2007 with primary support from Heifer Project International and the Assisi Foundation. Urban gardens empower residents to take control of bettering their own lives by improving their nutrition and exercise habits, as well as the health of their environment through beautification and community building with other neighborhood residents. There are currently 35 community gardens in the GrowMemphis network that grow food in nearly 60,000 square feet within the city.

Contact: Carole Coulter, Executive Director | 258 North Merton Street, Memphis, TN 38112 | 901.552.4298 | growmemphis.org |     

HEALTHY KIDS AND TEENS



Healthy Kids & Teens, Inc. and the Camp Get Fit Foundation (HKT and CGF) were founded in 2006 and have served more than 20,000 youth by providing health, fitness and nutrition training in after school programs, student

assembly trainings, in-class room trainings and summer day camp programs.

Mission: To educate, motivate and assist America's youth and families in living healthier lives.

Programs and Services: HKT/CGF programs are designed to improve health, fitness and the quality of life by offering the required fitness, health and nutrition content.



- *Healthy Kids & Teens Get Fit and Live Healthy Afterschool Program* – The program is a preventative strategy for students who are within their medically accepted limits of BMI, as well as a concentrated effort to reach students who are overweight or obese. Students are led through interactive physical activity sessions combined with a nutrition and health lesson.
- *Camp Get Fit by Healthy Kids & Teens Summer Day Camp* – Camp Get Fit summer program demonstrates the impact an eight-week summer camp intervention, which focuses on health, nutrition and physical activity, has on the physical, cognitive and attitudinal attributes of youth. Camp Get Fit's primary objectives are to increase the amount of physical activity conducted daily and to increase the nutrition consumption of the five major food groups for its campers.
- *Camp Get Fit & Satcher Health Leadership Institute Moorehouse School of Medicine, Smart and Secure Children Parent Mentoring Program* – The program's primary goal is to increase the knowledge and skills among vulnerable parents of children (0 to 5 years), while mirroring and teaching similar concepts to their children through the vehicle of Camp Get Fit. Camp Get Fit, combined with Smart and Secure Children, helps to drive a health equity culture and empowers parents to be the first teachers and influencers of their children.
- *Heart Smart Sisters* – Heart Smart Sisters is a program in collaboration with United Healthcare Community Plan that empowers women to make positive changes to help reduce their risk of developing heart disease.
- *Annual Walking School Bus Day* – HKT serves as the lead community partner with Shelby County Schools to highlight local and national efforts to encourage students and families to walk safely to school.

Contact: Clintonia T. Simmons, MBA, HCM, President/CEO | 1761 Dartford Drive, Cordova, TN 38016 | 901.737.8447 | healthykidsandteens.com |   



KNOWLEDGE QUEST

Green leaf
learning farm

A Knowledge Quest Program

Knowledge Quest's (KQ) mission is to vigorously equip youth to maximize their potential through intellectual and character development. The vision is to transform lives by expanding minds.



Green Leaf Learning Farm (GLLF) operates through three strategic pillars: education, community development, and food access and security. The overall goals are to increase the consumption of fruits and vegetables, increase knowledge and skills of urban agriculture, and promote healthier eating habits amongst students, families and community.

Programs and Services:

- **Adventure Education (AE)** – The KQ approach to learning provides hands-on activities to enhance the student experience and reinforce concepts from the school day. As a part of the science component, students are exposed to urban agriculture, where they gain both in-class knowledge and direct farming experience throughout the year by working directly on the farm seeding, maintaining and harvesting produce as well as participating in cooking classes.



- **Jay Uiberall Culinary Academy (JUCA)** – The academy is a program where high school students learn about the field of culinary arts. They work with local chefs on various skills and topics ranging from creating desserts using vegetables to learning about the business component. The program aims to expose students to career options within the culinary field, promote healthier eating and living, help students understand food systems, and teach students cooking skills.

- **Community Supported Agriculture (CSA)** – This is a new GLLF initiative that actively engages KQ families and community residents by letting them purchase a share of the farm's produce on a weekly basis. They are able to pick up fresh, local and organic vegetables directly from the farm.

Contact: Marlon Foster, Executive Director | 590 Jennette Place, Memphis, TN 38126 | 901.942.1512 | kqmemphis.org |   

LE BONHEUR'S PEDIATRIC OBESITY PROGRAM



Le Bonheur's Pediatric Obesity Program, in partnership with the University of Tennessee Health Science Center, is focused on personalized care to help children and their families lead healthier lifestyles because one size does not fit all.

Programs and Services:

- **Healthy Lifestyle Clinic** – Multidisciplinary Healthy Lifestyle Clinic helps children and adolescents manage their weight. Children receive a comprehensive evaluation on their first visit, then have a personalized health plan aimed at reducing metabolic complications and improving body composition and fitness. The clinic team includes a pediatric endocrinologist, nurse practitioner, nurse, dietitians, fitness specialists, behavior modification coaches, clinic coordinators and phlebotomists.



- **Discovery and Innovation** – In partnership with the University of Tennessee Health Science Center, discovery and innovation includes collaboration with academic and community partners to study pediatric obesity. Researchers study how genetic, behavioral and environmental factors contribute to the development of obesity and its complications.

- **Healthy Lifestyle Network** – Program outreach into the community that includes partnerships with schools, parks and recreation facilities, community centers and local government to

develop evidence-based, scalable and sustainable wellness programs. Current partners include the YMCA of Memphis and the Mid-South, Common Table Health Alliance and Tennessee Coordinated School Health.

Contacts: Joan C. Han, MD, Director, Pediatric Obesity Program and Chantis Mantilla, Ph.D., Director, Community Health Outreach and Research Translation, Healthy Lifestyle Clinic, Le Bonheur Children's Hospital and Instructor and Exercise Physiologist, Department of Pediatrics, UTHSC | 848 Adams, Memphis, TN 38103 | 901.287.6867 | lebonheur.org |

Let's CHANGE

Let's Commit to Healthy Activity and Nutrition Goals Every day

Let's CHANGE: Let's Commit to Healthy Activity and Nutrition Goals Every day, led by the Shelby County Health Department and Common Table Health Alliance, is the largest obesity coalition in western Tennessee and includes a

broad spectrum of organizations that increase healthy eating and active living (HEAL) in Shelby County. Each organization uniquely addresses HEAL from its own perspective and vantage point, while collectively fighting childhood and family obesity by creating a culture of healthy living. More than 35 organizations make up the Let's CHANGE coalition and work to address community-wide policy changes, increase small community-based interventions and seek to reduce obesity rates.

Membership as of February 2015:

African Methodist Episcopal Church	Community Foundation of Greater Memphis*	Memphis Academy of Nutrition and Dietetics	Shelby County Schools
Agape Child and Family Services	Covenant United Methodist Church	Memphis Business Group on Health	Shelby Farms Park Conservancy*
Alliance for Nonprofit Excellence*	Downing Hollow Farm*	Memphis Restaurant Association*	St. Jude Children's Research Hospital
American Heart Association	Edible Memphis	Mid-South Peace and Justice Center	Temple Israel
Americhoice*	Gameday Baseball/Healthy Kids Foundation	Mississippi Boulevard Christian Church	University of Tennessee Health Science Center - College of Nursing
Baptist Memorial Health Care*	Greenview Neighborhood Association	MLGW*	Viridian Health Management
Bloomfield Full Gospel Church	GrowMemphis	Morrison Healthcare Food Services	The Works CDC*
Boys and Girls Club*	Healthy Kids and Teens	Pax Cristi-Memphis	UT/TSU Extension Service
Catholic Schools - Diocese of Memphis-West Tennessee	Healthy Life Sports Camp*	Porter-Leath	Whole Foods*
Christ Community Health Services	JIFF - Juvenile Intervention and Faith-Based Follow Up	Power Center CDC	Women's Foundation for a Greater Memphis
Church Health Center	Le Bonheur Pediatric Obesity Center	Premier Sales Associates	YMCA*
City of Memphis Government	LeMoyné Owen College	Project Green Fork*	YWCA
CoactionNet	Lifeblood	Revolutions Community Bike Shop*	*Supporting Organization – This organization is supportive of the Let's CHANGE strategies but has not signed the Let's CHANGE pledge.
Common Table Health Alliance	Livable Memphis	Shelby County Breastfeeding Coalition	
		Shelby County Government	
		Shelby County Health Department	

Contact: Cynthia Nunnally, Administrator, Bureau of Health Planning and Promotion | 814 Jefferson Avenue, Office 127, Memphis, TN 38105 | 901.222.9046 | shelbycountyttn.gov



PROMOTING HEALTHY GROWTH
IN THE MEMPHIS REGION

Livable Memphis is a program of the Community Development Council of Greater Memphis devoted to promoting the healthy revitalization of Memphis neighborhoods through advocacy, outreach and civic engagement.

Livable Memphis celebrates 10 years in operation in 2015. The year is shaping up to be

a busy one, with a growing staff reaching out into communities all around Memphis with new programs. Livable Memphis is overseeing projects that are catalyzing new growth around our city. People are reinvesting in their neighborhoods in new and exciting ways. Our city is building better streets and a network of green infrastructure.





Highlights:

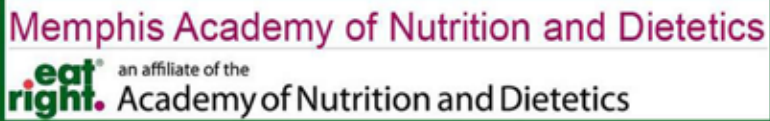
- In fall of 2014, Livable Memphis began work on the Hampline, an innovative separated bicycle path connecting the western end of the Shelby Farms Greenline and Overton Park by way of Tillman Street and Broad Avenue. The Hampline will open to the public in 2015.

- Livable Memphis delivered the latest incarnation of MEMFix in 2014. MEMFix is a one-day reimagining of a neighborhood in transition and took place in the Edge district, the area between downtown Memphis and the Medical Center that is

home to Memphis icon Sun Studio and a growing arts, culture and production scene. MEMFix: Edge saw the corner of Marshall Avenue and Monroe Avenue transformed into a vibrant streetscape, with vendors, music and food. The event was completed with permanent street fixes to slow traffic and create a more pedestrian and bicycle-friendly environment.

Contact: John Paul Shaffer, AICP, Livable Memphis Program Director, Community Development Council of Greater Memphis | 1548 Poplar Avenue, Memphis, TN 38104 | 901.725.3125 | livablememphis.org |  

MEMPHIS ACADEMY OF NUTRITION & DIETETICS



Memphis Academy of Nutrition and Dietetics (MAND) Mission: To promote optimal nutrition and well-being for all people by advocating for its members.

Vision: To work together to spread

accurate and timely food and nutrition advice that will allow us to reach our vision to optimize the nation's health through food and nutrition.



Programs and Services:

- MAND supports the annual Eat Right to End Hunger Gala, which raises funds for a Memphis-area nonprofit organization that supports improving Memphis health trends.
- MAND works with other nonprofit organizations to improve Memphis' health report while also pledging support to its affiliates, the Tennessee Academy of Nutrition and Dietetics (TAND) and the Academy of Nutrition and Dietetics (AND).

- MAND has partnered with Common Table Health Alliance on its Preferred Choice program and is working with CTHA to assist with nutrition analysis options and identify food service operations interested in partnerships.
- MAND advocates on behalf of the National School Lunch Program and the Treat and Reduce Obesity Act. It trains members in grassroots advocacy efforts and develops relationships with legislators.
- MAND has also previously worked with the Mid-South Food Bank and Kids Café and MIFA's Food for Kids Backpack Program.



Contact: Patricia Prince-Griffin, MS, RDN, LDN, President | info@eatrightmemphis.org | eatrightmemphis.org |  

MEMPHIS BUSINESS GROUP ON HEALTH



Memphis Business Group on Health (MBGH) is a coalition of member employers that shares solutions, provides connections and offers tools to its members so they can better manage the cost and quality of employee health benefits in an ever-changing environment.

Programs and Services: *CEO Culture of Health* – In support of Healthy Shelby and Healthier Tennessee, MBGH has embarked on an initiative to encourage and assist Memphis-area employers in creating cultures of health within their organizations.

MBGH's vision is that Memphis and Shelby County employers become national leaders in community-wide adoption of employer-based cultures of health.

These cultures of health will support:

- Health, productivity and balance in the lives of employees and their families
- Financial success and competitiveness of the organization
- Economic development in Memphis and Shelby County

CEOs sign a commitment to create and sustain a culture of health through their policies, programs and benefits that support and promote the health of their employees.



Participating organizations select one of four evidence-based programs to use as a road map for implementing the culture of health. MBGH provides assistance in selecting the right program and in implementation planning. Participants agree to meet the requirements of the selected program and seek accreditation within one year and to renew accreditation annually thereafter.

As of January 1, 2015, there are 54 participating organizations with more than 66,000 employees in Shelby County.

Contact: Cristie Upshaw Travis, CEO | 5050 Poplar Avenue, Suite 509, Memphis, TN 38157 | 901.767.9585, ext. 234 | memphisbusinessgroup.org/ceoculture-of-health | [f](#) [t](#) [in](#)

Pictured top right: Several CEO Culture of Health organizations demonstrate their cultures of health.

Memphis FitKids is a web-based tool that provides parents with personalized recommendations on how to make lifestyle changes to reduce their child's obesity risk and support healthy behaviors.



Program Highlights: Last year, BlueCross BlueShield's Tennessee Health Foundation awarded a three-year grant to conduct the demonstration project of FitKids in the Memphis community. FitKids has been presented at farmers markets, the Cooper Young Festival and the Delta Fair.

Services: Parents can access FitKids kiosks at the YMCA, Memphis Public Libraries and the Pink Palace Family Museum. They also can access FitKids through their personal computer or iPad. Many FitKids users are very excited about the included Geographic Information Systems (GIS) feature. GIS offers parents maps, resources and incentives in their neighborhood to

promote physical activity and healthy eating. Soon parents will be able to share this information electronically with their child's healthcare provider. FitKids will help families adopt a healthy lifestyle, and link community organizations and healthcare providers in the effort to reduce childhood obesity.

Contact: memphisfitkids.org | 

About FitWizard: The University of Memphis School of Public Health's FitWizard project is designed to get young people more active by integrating physical activity into the K-12 curriculum beyond physical education courses. The free FitWizard in-classroom activities help young people get more active throughout the school day. FitWizard is funded by the State of Tennessee Department of Health.

Services: FitWizard is a collection of tools and resources that are designed to help K-12 teachers, school personnel and education students understand how physical activity can improve overall health, academic performance and classroom behavior. FitWizard features a searchable database for in-classroom physical activities; submission of new, innovative physical activity curricula resources; online courses for teachers; and resources that reduce sedentary time during, before and after recess. Using FitWizard is easy – teachers can use FitWizard anonymously to find in-classroom physical activities, search for resources, register to take an online course or share an activity. The implementation of FitWizard in the Greater Memphis Area has started and will be followed by the statewide dissemination in 2015. FitWizard will help improve students' academic performance and reduce obesity and diabetes in Tennessee.

Contact: fitwizard.org |  



MEMPHIS KROC CENTER



KROC MEMPHIS

and Joan Kroc Corps Community Center is a proactive ministry in the community sharing God's love through art, education, recreation and worship.

Memphis Kroc Center's Mission: By serving others in Jesus' name without discrimination, the Salvation Army Ray

Kroc Mission:



The 100,000-sq.-ft facility is designed to create an environment that fosters collaboration, mentorship and personal growth, while offering a comprehensive range of continuing education, visual and performing arts, health and wellness programs, family services and indoor/outdoor recreation activities for youth, adults, families and senior citizens.

Programs and Services:

- Memphis Kroc Center has partnered with Baptist Memorial Health Care to offer a 12-week nutrition and exercise-based weight loss program. It also offers monthly nutrition seminars

with a registered dietitian for \$2 a person.

- The Kroc Center's comprehensive fitness program touches 9,000 members. Individuals in the program achieved up to a 100-pound weight loss in the last year.
- The Memphis Kroc Center offers 25 unique group fitness programs and 80 land and water classes for kids, teens, adults and senior citizens.
- The Kroc Center offers free exercise orientations with degreed and certified staff who are always available to provide guidance to members.



Contact: Katie Person, Fitness Manager | 800 East Parkway S., Memphis, TN 38104 | 901.729.8007 | krocmemphis.org |    



Shelby County Breastfeeding Coalition (SCBC) wants everyone, especially expecting mothers, to know breastfeeding is recognized as the normative standard for infant nutrition. Research has shown breastfeeding reduces the risk for obesity in both children and adults. Breastfeeding provides perfect nutrition for infants, and it discourages overeating by infants and excess weight gain for both moms and babies. It is also linked to a lower risk of type 2 diabetes for mothers and babies. The American Academy of Pediatrics states

infant feeding is no longer a lifestyle choice but a public health issue. The Surgeon General has issued a Call to Action to support breastfeeding for our entire nation.

Programs and Initiatives: The coalition has many initiatives to support and encourage mothers to breastfeed. Some initiatives include:

- **Tennessee Initiative for Perinatal Quality Care (TIPQC) Breastfeeding Promotion Project** – Works with delivery hospitals to increase percentage of mothers who begin breastfeeding at birth.
- **Breastfeeding Welcomed Here** – Partners with companies and commercial entities to educate on how to be supportive and welcoming to breastfeeding mothers who frequent their businesses.
- **Breastfeeding Update** – Partners with Memphis Area Lactation Consultant Association (MALCA) to host an annual professional conference that provides continuing education related to breastfeeding support to perinatal professionals.



- **Community Outreach** – Education and promotion of breastfeeding among the general public through participation at events such as Baby Expo, The Best Baby Shower and many other health fairs and events.

- **Collaboration** – Participates on advisory boards and collaborates with other groups and organizations where breastfeeding is important to their mission. Examples include Early Success Coalition, the TN Breastfeeding Hotline, Nurse Family Partnership, Infant Mortality Reduction Initiative, B5210 Campaign, the Urban Child Institute, Healthy Shelby Safe Sleep Campaign, and Women, Infants and Children (WIC).

- **Resource Guide** – Develops, maintains, publishes and distributes list of breastfeeding resources.

Contact: Allison Stiles, MD, FAAP, Chair, Shelby County Breastfeeding Coalition | shelbycountybreastfeeding.org |

SHELBY COUNTY GOVERNMENT'S TOTAL WELLNESS PROGRAM




Shelby County Government's Total Wellness Program seeks to empower, encourage and inspire healthier life decisions amongst Shelby County government employees. The goal is to help employees make informed choices concerning their health by providing educational tools and strategies. The program strives to promote all aspects of health including physical, mental, spiritual and emotional well-being. Total Health Wellness is committed to providing a healthy work environment and promoting a healthier way of life.

Programs and Services:

- **Chronic Disease Management Program** is offered to those identified with a chronic disease. A personal coach will be provided via telephone. Employees who complete the program will receive a \$25 incentive.
- **5ks for Health** – Employees are encouraged to participate in local 5k races and walks around the county. Employees who participate and report in four approved races receive a free gym bag and water bottle.
- **Lifestyle Management Program** – Free coaching via online or phone for tobacco cessation, stress management and weight management.
- **Health Seminars** – The program currently provides seminars each quarter to various areas around the county. Seminars pertain to different health subjects such as weight loss, nutrition, hypertension and diabetes. Small prizes and giveaways are usually distributed.
- **Various On-site Wellness Events** – Each month the program provides an on-site wellness event at various locations. For the month of February, it offered free blood pressure checks to employees all over the county, and the March event pertained to nutrition awareness. Prizes and giveaways included lunch boxes, food and beverages, and bags.



Contact: Elyse Lovelace, Employee Benefits Wellness Coordinator | 160 N Main, Suite 700, Memphis, TN 38103 | 901.222.2345 | www.shelbycountyttn.gov |  



Public Health
Prevent. Promote. Protect.
Shelby County Health Department

The **Shelby County Health Department** promotes, protects and improves the health and environment of all Shelby County residents.

Programs and Services:

- *The Commodity Supplemental Foods Program* serves approximately 6500 low-income seniors in Shelby

County on a monthly basis. CSFP supports the nutritional health of seniors through a voucher system. One of the strategies used by CSFP to increase access to fresh fruits and vegetables is a mobile farmers market. Seniors are able to use their vouchers in exchange for fresh fruits and vegetables which are available at food trucks strategically routed to 19 locations across the county.

This strategy attempts to reduce the barriers of transportation and mobility for the low-income population. While the primary target population is eligible low-income seniors, a reality of a community with high rates of poverty is multi-generational living and grandparents serving as guardians of their grandchildren. The mobile farmers market is not intended to be the sole source of nutrition for families to supplement their primary food supply.



- *Other initiatives* – SCHD is collaborating with several local organizations to implement a healthy lifestyle campaign called B5210. Using an adapted model developed by the national YMCA, this campaign addresses nutrition and physical activity. The first phase of SCHD's campaign will focus on recipients of Women, Infants and Children (WIC) and other clients served by programs and services in the Bureau of Community Health. Future phases of the campaign will target other populations served by SCHD.

Contact: Cynthia Nunnally, Administrator, Bureau of Health Planning and Promotion | 814 Jefferson Avenue, Office 127, Memphis, TN 38105 | 901.222.9046 | shelbycountyttn.gov |  

Pictured at top left: Shelby County Mayor Mark Luttrell, Shelby County Health Department's Cynthia Nunnally, Common Table Health Alliance's Renee' Frazier and Jim Purvis at the 2015 Let's CHANGE Summit.

SHELBY COUNTY SCHOOLS



Shelby County Schools Department of Coordinated School Health has a primary goal to reduce childhood obesity in a county where 32.6 percent of our students are overweight or obese.

Program Highlights:

The district transitioned to Universal Meals for the 2014-15 school year. All meals meet standards and

guidelines of the United States Department of Agriculture and are free to every student.

Coordinated School Health made a successful expansion in the 2013 merger between legacy Memphis City Schools and legacy Shelby County Schools.

The department is now inclusive of mental health which consists of full-time master's and doctorate level licensed school social workers, full-time master's and doctorate level school psychologists, and alcohol and drug counselors.



In addition, there are full-time school nurses, special project coordinators, health technicians and numerous additional support staff.



Programs and Services:

CSH continues to make progress in the effort to expose the links between health and academics to educators, families and community partners.

CSH encourages healthy lifestyles, provides needed support to at-risk students and helps reduce the prevalence of health-related problems that impair academic success.

Contact: Shunji Q. Brown-Woods, Ed.D, MHA, Director, Coordinated School Health, Shelby County Schools | 2800 Grays Creek Drive, Arlington, TN 38002 | 901.473.2693 | www.scsk12.org |  



SHELBY FARMS PARK
CONSERVANCY

Shelby Farms Park Conservancy is a 4,500 acre urban park in the geographic center of Memphis, Tennessee. Shelby Farms Park Conservancy has been granted a historic opportunity to manage, operate and lead the next great park of our time on behalf of the people of Shelby County.

Programs and Services:

- **Get Outside! Fitness Program** – A series of outdoor recreation programs focused on health and fitness for park users and the community. The Park offers Tai Chi, Running Club and Trekkers in Motion, a workout group for the 50+ demographic.
- **Fall, Spring and Summer Youth Camps** – Provides an outdoor classroom experience for ages 6-12 for a diverse population of the community. Camps are designed to showcase Shelby Farms Park and its grand amenities, while setting an example of healthy lifestyle.
- **Field Trips** – Children through senior citizens are able to experience Shelby Farms as an outdoor classroom. Topics provide a platform for unique holistic education.
- **Annual Bike Recycle** – In partnership with BlueCross BlueShield and Revolutions Bike Shop, this program awards at-risk children of the community an opportunity to learn bike safety and responsibility as well as own their own bikes.
- **Wise Trek** – An ongoing series of programs targeting park users and the community ages 50+. Wise Trek features holistic health such as fitness and recreation, social opportunities and healthy nutrition.
- **Farm-To-Fork Fellowship** – The Farm-to-Fork Fellowship (F2FF) is a program that employs youth to grow fresh produce, while connecting them to their food source and equipping them with life skills they can take back to their communities. Youth in grades 9-12 work five hours per week during the months of August-May and 20 hours per week during the months of June and July. In an innovative partnership with Shelby County Schools, youth from all over the city plant, cultivate and harvest the fresh produce that is then put back into the school system to be included in school lunches.



Contact: Natalie Wilson, Events and Programs Manager | 6489 Mullins Station Road, Memphis, TN 38134 | 901.222.7267 | shelbyfarmspark.org |  



Urban Land Institute

Memphis

Serving the Mid South

Urban Land Institute District Council Memphis - Building Healthy Communities Initiative: The physical design of the places where we live, work and play – our buildings, neighborhoods, communities, and regions – affects our behavior and impacts our physical and mental well-being.

Communities across the United States, particularly in the South, are experiencing dramatic increases in obesity and chronic diseases, some of which can be attributed to the environments we have built and in which we live.

ULI Memphis' Healthy Communities Initiative seeks to engage a broad spectrum of community stakeholders in conversation about how we can design communities to encourage active lifestyles, provide more healthy choices and support residents' efforts to lead healthier lives, as well as support efforts of other stakeholders who are engaged in creating opportunities for access to healthcare and opportunities for physical activity, prevention and wellness.

Programs and Services:

The ULI offers best practices-based educational programming to present ideas about community design that increase opportunities for physical activity, access to healthy foods and other factors that can encourage healthy lifestyles.

Contact: Anna Holtzclaw, District Coordinator | 1781 Carr, Memphis, TN 38104 | 901.264.0579 | memphis.uli.org |    



TEN PRINCIPLES FOR BUILDING HEALTHY SPACES:

1. Put People First
2. Recognize the Economic Value
3. Empower Champions for Health
4. Energize Shared Spaces
5. Make Healthy Choices Easy
6. Ensure Equitable Access
7. Mix It Up
8. Embrace Unique Character
9. Promote Access to Healthy Food
10. Make It Active





YMCA of Memphis and the Mid-South is a chartered member of YMCA of the USA whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Health Innovations YMCA (HI), a branch of the YMCA responsible for advancing the Y's 'Healthier Communities' campaign, provides educational programs to promote healthier decisions and offers a variety of programs that support physical, intellectual and spiritual strength. With health equity as an underlying principle of its work, HI collaborates with various national and local businesses, government and non-profit organizations to plan, implement and measure the impact of community-level health interventions. HI's focus on addressing the root causes of disease and advancing policies, environments and systems that support and facilitate community health and well-being, makes it an effective collaborator in community health improvement.



Programs and Services: HI has several programs that target obesity and support healthy lifestyle choices. It also oversees the Multi-cultural Achievers Program which is geared toward empowering Hispanics in Memphis through educational programs on health and nutrition, physical activity, STEM (Science, Technology, Engineering and Mathematics), financial literacy and life skills.

- **Diabetes Prevention Program** – A facilitated group-learning program that guides participants to incorporate healthy eating and moderate physical activity into their daily lives. Led by a trained lifestyle coach, the program runs for one year with 16 weekly core sessions and eight monthly maintenance sessions. The program goals include reducing body weight by seven percent and increasing physical activity to 150 minutes per week. When these two goals are achieved, participants reduce their rate of developing type 2 diabetes by at least 50 percent.
- **Healthy in a Hurry: A Healthy Convenience Store Initiative of The YMCA of Memphis and The Mid-South** – Healthy in a Hurry aims to establish a network of reliable convenience stores that offer healthy choices when a typical grocery store is not an option. These stores will provide fresh food as well as canned and frozen alternatives. As these stores become community staples for healthy provisions, there will be added value to the store and the potential to improve the health of community residents who need the most help.

Contact: Cynthia Magallon Puljic, Group Vice President, Fogelman YMCA and Health Innovations YMCA | 245 Madison Avenue, Memphis, TN 38103 | 901.527.9622 | ymcamemphis.org |  

ACKNOWLEDGMENTS

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Some games aren't played for glory.
Some are played for more important reasons.

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That's why we created Shape the State, to partner with schools to improve physical education. And teach kids to stay active and healthy. BlueCross BlueShield of Tennessee is proud to have supported Shape the State programs in the following Shelby County Schools:

- American Way Middle
- Bailey Station Elementary
- Brookmeade Elementary
- Caldwell Elementary
- Collierville Elementary
- Cummings Middle School
- Macon-Hall Elementary
- Northaven Elementary
- Peabody Elementary
- Southeast Success Academy

Learn more at shapethestate.com



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6027 Walnut Grove Road | Suite 215 | Memphis, TN 38120
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