Mayors Prevent Hypertension Through Move with the Mayor

Participants:
- Michelle Snyder, National Forum
- Mayor Steven Sherlin, City of Athens, Tennessee

Key Points:
- Mayor Sherlin shares his personal motivation for prioritizing heart health due to his own experience with a stroke.
- Discussion on the impact of the "Move with the Mayor" program and other community health initiatives.

Prioritizing Heart Health
Personal Experience:
- Mayor Sherlin had a stroke six years ago.
- Recovery was challenging, but support helped him overcome it.
- Emphasizes the importance of small steps like walking 20 minutes a day to improve heart health.

Move with the Mayor Program
Empowerment Through Activities:
- Mayor Sherlin was initially unsure of his physical capabilities post-stroke.
- The program encouraged him to push himself and inspired the community.
- Example: A half-mile walking loop on the Eureka Trail, featuring health-related signs.

Community Impact:
- The walking program inspired a local senior center to start a weekly walking club.
- The initiative has been a huge success with significant community engagement.
Additional Heart-Healthy Resources

Park and Trail Development:
- Athens has multiple parks with trails, and plans to expand the park system.
- New trails and nature areas are being added.

Healthy Living Programs:
- Nutrition and cooking activities with the extension office.
- Schools focus on proper nutrition for children.
- Regular health fairs for citizens.

Collaboration with County:
- Works closely with the McMinn County Health Department to provide free recreational facilities.
- Efforts target low-income residents to offer local opportunities for healthy activities.

Promoting Health Equity

Accessibility Improvements:
- Added accessible sidewalks in residential areas to connect to parks and transportation ways.
- Plans for new trails and renovating facilities, including tennis courts for pickleball.

Advice for Other Communities

Listening to the Community:
- Mayor Sherlin emphasizes the importance of listening to the community’s needs.
- Encourages open communication and feedback from residents.
- Uses community input to guide council meetings and address important issues.
Conclusion

Impact and Gratitude:
- Mayor Sherlin expresses gratitude for the "Move with the Mayor" program and its positive impact on his health and the community.
- Looks forward to continuing efforts to improve community health.

Closing Remarks:
- John Clymer highlights the influence of local leadership on community wellbeing.
- Acknowledges the success of "Move with the Mayor" in Athens and McMinn County.
- Upcoming discussion on equitable access to self-measured blood pressure control.