

## **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.