Move with the Mayor® Physical Activity:

Year 6 (2023-24) Summary Report

"Movement is a medicine for creating change in a person's physical, emotional, and mental states."

Carol Welch

One of the most compelling reasons to be physically active is its profound impact on heart health.

According to the Centers for Disease Control and Prevention (CDC), as little as 150 minutes of moderate aerobic activity per week can significantly decrease the risk of heart disease and related conditions such as:

- High cholesterol
- High blood pressure
- Type 2 diabetes

The Move with the Mayor® initiative, a partnership between the CDC, the National Association for County and City Health Officials (NACCHO), and the National Forum for Heart Disease and Stroke Prevention (National Forum), seeks to raise awareness of these benefits while encouraging a lifelong commitment to staying active. It does this by mobilizing mayors to engage community members in physical activities, like walks, runs, bike rides, and active transportation.

Over the past year, the program has achieved significant milestones through strategic partnerships, engaging events, and impactful community programs.

Programming

Throughout the year, the National Forum provided ongoing support and technical assistance to participating cities, facilitating their efforts to:

"What I learned from Move with the Mayor®, too, is that [physical activity] doesn't have to be that daunting. It doesn't have to mean you gotta go out and run a marathon. It really just means that simple physical activity, just walking, will go a long way and living a healthy lifestyle. [Participating in Move with the Mayor®] helped to bring this concept into our city and make it a part of what we're doing."

Mayor Ramiro Garza
EDINBURG, TEXAS

- Increase physical activity
- Highlight programming addressing health equity
- Support or strengthen linkages between mayors' offices and local health departments, as well as other local and national partners
- Advance Community Guide recommendations

This project was supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of cooperative agreement number OT18-1802 Strengthening Public Health Systems and Services Through National Partnerships to Improve and Protect the Nation's Health. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

THIS INCLUDED:

- Supporting 30 cities participating in the Fall Physical Activity Challenge
- Conducting educational and peer-learning webinars
- Developing resources highlighting success stories
- Sharing funding opportunities to help cities expand programming and infrastructure

Evaluations focused on identifying successful strategies and areas for improvement, involving interviews with city officials and analysis of program data.

Move with the Mayor® Milestones

30
PARTICIPATING CITIES

Engaged mayors from 30 cities, actively promoting physical activity and community health.

20
ROADMAPS COMPLETED

Twenty cities completed roadmaps detailing policies, strategies and initiatives implemented to encourage physical activity. Cities are implementing, on average, nine out of 15 Community Guide recommendations. Three cities achieved gold level, and two cities improved their score over the previous year. The improvement in scores highlights the dedication and commitment of these cities to enhance community health.

60+
COMMUNITY EVENTS

Cities hosted 60+ events, engaging community members in socially connected physical activites. Examples include a hip-hop dance class, cemetery clean-up, and a "Try Transit" Week event.

Impact

Twenty MWTM cities are implementing a combined 180 Community Guide interventions proven to increase physical activity and immunizations, and prevent cardiovascular disease.

"Our community is a very active community. We have a huge emphasis on parks and trails. We have over 220 miles of trails in our city that connect us throughout the valley. We have over 73 parks, and more coming this year. Our community likes to get out and get moving. It was important for me to make sure that we supported that, so we've been doing Move with the Mayor® activities throughout the year that feed into that active lifestyle."

Mayor Michelle Romero
HENDERSON, NEVADA

Successes

- **Broadened Support of Active Living:** African American Mayors Association members adopted the resolution "Promoting Active Living to Improve Mental and Physical Health, Social Connections, and Enhanced Resilience." The United States Conference of Mayors adopted the "**Resolution Empowering People to Attain Mental and Physical Health and Resilience**." Both resolutions support initiatives that enhance mental and physical well-being through active living, and reinforce the commitment of local leaders to advance public health goals.
- **Strengthened Partnerships:** The National Forum mobilized additional mayors nationwide, engaging them in efforts to promote heart health. The Forum also fortified collaborations with organizations like GirlTrek, Safe Routes Partnership, and SparkAmerica, expanding resources and opportunities for participating cities to create supportive environments for physical activity and improve health outcomes.
- **Enhanced Learning:** The National Forum convened mayors and public health officials for peer-to-peer learning, networking, and partnership opportunities. Topics included "**Leisure Time Physical Activity and Safe Routes Opportunities**," a webinar featuring Jamal Rana, MD, PhD, FACC, from Kaiser Permanente,

and Kori Johnson from Safe Routes Partnership. This webinar highlighted effective strategies for creating safe, accessible environments to encourage active living. During the **2024 Mid-Year Convening** Athens, Tennessee, Mayor Steven Sherlin, a stroke survivor, shared his motivation for being active and MWTM's impact on his community. His testimony underscored the importance of local leadership in advancing public health goals by fostering environments conducive to physical activity.

- **Promoted Linkages with Public Health:** In collaboration with NACCHO, the National Forum developed a resource for mayors and local health departments to foster collaboration to advance common health goals. Additionally, the National Forum developed a resource highlighting how mayors and their communities are implementing **Community Guide recommendations**, and evidence-based strategies that motivate people to be more active.
- **Identified Success Stories and Opportunities for Continued Collaboration:** The CDC, NACCHO, and the National Forum, conducted interviews with mayors to better understand cities' needs and opportunities for collaboration or support, as well as highlight the implementation of Community Guide recommendations to guide other cities in advancing cardiovascular health.

Advancing Community Health Now and Into the Future

MWTM continues to expand and strengthen the promotion of physical activity and advancing community health improvement nationwide. Through strong partnerships, innovative programs, and dedicated leadership, MWTM is working to create a healthier future for all.

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