



# Blue Cross & Blue Shield of Mississippi Foundation

A Subsidiary of Blue Cross & Blue Shield of Mississippi.



## Building a Healthy Mississippi

Summer 2017

### The City of Moss Point is Mississippi's Healthiest Hometown Cities of Meridian, Hernando and Mantachie also Honored as a Healthy Hometowns



The Blue Cross & Blue Shield of Mississippi Foundation established the **Healthy Hometown Awards Program** to encourage and reward exemplary community health and wellness efforts. The winning municipalities are those that have made the most strides in creating a healthy community and demonstrated the highest level of commitment to a healthy culture.

The Foundation announced the winners of the 2017 Healthy Hometown Awards Program at the Mississippi Municipal League Annual Conference in Biloxi on July 26, 2017. In the eighth year of the Program, the **City of Moss Point** was named "**Mississippi's Healthiest Hometown.**" Moss Point received a **\$50,000** grant from the Foundation to support ongoing community health initiatives. Mayor Mario King and members of the Moss Point Healthy Hometown Committee were on hand to accept the award presented by Sheila Grogan, the Foundation's Executive Director (pictured above).

The Moss Point Healthy Hometown Committee established goals to improve healthy living in Moss Point by promoting health and wellness, providing exemplary leadership and engaging municipal stakeholders. The city enhanced its smoke-free ordinance to prohibit the use of electronic cigarettes, and in support of a healthy environment, encouraged residents to utilize city parks, recreational spaces, walking trails, farmers' market, and the community garden.

Other honorees of the 2017 Healthy Hometown Awards Program include the **City of Meridian** (15,000 or more residents); the **City of Hernando** (5,001—14,999 residents); and the **Town of Mantachie** (5,000 or fewer residents). Each municipality will receive **\$25,000** for their respective wellness programs.

Healthy Hometown applications are evaluated by a panel of distinguished health and wellness

champions from Mississippi and around the country. Judges for the 2017 Healthy Hometown Awards Program were: Sue Polis, Director of the National League of Cities, located in Washington D.C.; Paula Little, Ed.D., Assistant Superintendent for the Clinton County School District in Kentucky; and Robert J. Gates, Project Director for the Trinity Educators Development Corporation, based in the Mississippi Delta, providing assistance to small and limited resource farmers.

The Healthy Hometown Awards Program was established in 2010 to reward municipalities taking initiatives to improve the health and lives of citizens. The Program assists municipal leaders in their efforts to make their communities, and ultimately our state, a healthier place to live.

For more information about the Healthy Hometown Awards Program and winning municipalities, **visit the Foundation's website at [www.healthiermississippi.org](http://www.healthiermississippi.org).**

### Blue Cross & Blue Shield of Mississippi Foundation

#### Vision

A Healthy Mississippi

#### Mission

Provide targeted grants to fund health programs and initiatives to improve the health of Mississippians

#### Strategic Focus

- Communities
- Universities and Colleges
- Schools

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# 2017 Healthy Hometown Awards Gallery of Winners



City of Moss Point— “Mississippi’s Healthiest Hometown” for 2017



City of Meridian—Healthy Hometown (Large Population Category)



City of Hernando—Healthy Hometown (Medium Population Category)



Town of Mantachie—Healthy Hometown (Small Population Category)

## Meridian Community College is Getting Smart, Well and Fit!

A comprehensive health and wellness program at **Meridian Community College** seeks to create a healthy campus culture that extends in the surrounding communities and schools through the **Smart, Well, Fit, Campus, Community** initiative.

Funded by the **Blue Cross & Blue Shield of Mississippi Foundation**, the initiative includes plans to create a sustainable healthy environment by adopting a tobacco-free policy and making walking and fitness classes available to individuals on campus and in the community.

The Blue Cross & Blue Shield of Mississippi Foundation is committed to supporting Mississippi's universities and colleges in implementing healthy eating and exercise initiatives that extend from the campus to the local communities and schools. Learn more about the work of the Blue Cross & Blue Shield of Mississippi Foundation at [www.healthiermississippi.org](http://www.healthiermississippi.org).



# Healthy SCHOOL Awards



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The Blue Cross & Blue Shield of Mississippi Foundation's **Healthy School Awards Program** recognizes and rewards public schools with health policies and programs that promote healthy eating, physical activity, staff wellness, tobacco-free lifestyles among students and staff, and parental and community involvement.

The Foundation will award up to four grants. One school will be designated as **"The Healthiest School in Mississippi"** and will be awarded a **\$50,000** grant. Three schools will be designated as **"Healthy Schools"** and each will receive a **\$25,000** grant.

For more information on the Healthy School Awards Program including award criteria and the application form, visit the Blue Cross & Blue Shield of Mississippi Foundation website at [www.healthiermississippi.org](http://www.healthiermississippi.org) or email [healthyschoolawards@bcbsms.com](mailto:healthyschoolawards@bcbsms.com).

# Get Ready to Run

Kick off the school year with **Blue Cross & Blue Shield of Mississippi's Get Ready to Run School Program!** For the fifth year, the Company is excited to offer this Program to Mississippi elementary students in grades K-5!

## Program Overview

The Get Ready to Run School Program introduces students to the benefits of running, physical fitness and healthy lifestyle choices in a fun and rewarding way!

## Benefits of Get Ready to Run

- Schools will receive the *Get Ready to Run Lessons and Activities Guide*.
- Students participating in the Get Ready to Run School Program will be eligible to participate in the Get Ready to Run Kids' One-Mile Fun Run at no cost!
- Students who run on race day can also help earn up to \$2,000 in award money to support their schools' P.E. program. Each region will have its own separate Kids' One-Mile Fun Run. Students will register and participate only in the Kids' One-Mile Fun Run associated with their schools' region.

## How to Get Started

Visit the Get Ready to Run website at [www.getreadytorunms.com](http://www.getreadytorunms.com) for more information and to indicate that your school would like to participate this fall or receive additional information about the Program. Happy Running!



For additional information about the Blue Cross & Blue Shield of Mississippi Foundation, please visit our website at [www.healthiermississippi.org](http://www.healthiermississippi.org).

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