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).

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.

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 than Moss Point, Cities of Meridian, Hernando and Mantachie also honored as a Healthy Hometowns

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.
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.
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 or email healthyschoolawards@bcbsms.com.

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 for more information and to indicate that your school would like to participate this fall or receive additional information about the Program. Happy Running!