FOR IMMEDIATE RELEASE

Spring Hill again designated Healthier TN Community
Annual Gala awards City with ‘Bronze’ designation for health initiatives

SPRING HILL, Tenn. – Spring Hill was again designated a Healthier Tennessee Community by the Governor’s Foundation for Health and Wellness, an organization dedicated to enabling and encouraging Tennesseans to lead healthier lives.
At a recent awards gala in Franklin, the City of Spring Hill was named a “Bronze Healthier Tennessee Community” based on local engagement, promotional efforts, and measurable progress to address critical health challenges. It’s one of only 33 Healthier Tennessee Communities in the state. Spring Hill first received the designation in December 2017.

“The Healthier Spring Hill Committee is dedicated to offering educational, creative and fun learning opportunities to the residents of Spring Hill,” said Spring Hill Recreation Manager Sonja Rine. “This year we are going for the gold and will focus on intergenerational programming. We want to get the whole family excited about a healthier lifestyle.”

Healthier Tennessee Communities is a signature Governor’s Foundation initiative that encourages cities, towns, counties, neighborhoods, and college campuses across Tennessee to implement sustainable, localized initiatives to improve nutrition, increase physical activity, and encourage tobacco cessation.

More than 200 elected officials, community leaders, and Healthier Tennessee Community committee members from across Tennessee attended the awards gala, which took place at Graystone Quarry in Franklin.

“We are grateful for the many citizen volunteers leading our Healthier Tennessee Communities,” said Governor’s Foundation CEO Richard Johnson. “Our success would not be possible without their extraordinary efforts and contributions.”

In addition to awarding 33 communities with a gold, silver, or bronze designation, the event also honored innovative initiatives and individual achievements. View the current list of designated Healthier Tennessee Communities and awardees recognized for their significant community health achievements.

The Foundation launched the Healthier Tennessee Communities initiative in March 2015 with nine pilot communities. Today, nearly 100 communities, neighborhoods, and college campuses are engaged with the program, and 33 have received the designation.

More information about the communities program, including a list of participating cities and counties and other Healthier Tennessee® initiatives, like the Small Starts® suite of interactive wellness tools, is available at healthierTN.com.

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**About the Governor’s Foundation for Health and Wellness**

The Governor’s Foundation for Health and Wellness is a non-profit corporation dedicated to enabling and encouraging Tennesseans to lead healthier lives. Based in Nashville, the Foundation brings together a statewide coalition of employers, health insurers, hospital systems, local governments, school systems and healthcare-focused foundations and community organizations to effect positive, measurable change. The Foundation’s Healthier Tennessee initiative strives to increase the number of Tennesseans who are physically active for at least 30 minutes, five times a week, to promote a healthy diet, and reduce the number of people who use tobacco.