

Mission: Good Health

With the vision to ensure that “members of the Black Mountain community will know and practice healthy lifestyle habits,” the Health Initiative targets three focus areas.

Nutrition • Physical Activity • Tobacco Cessation

The Health Initiative builds alliances with community members and organizations to raise awareness and advocate for educational opportunities, activities, programs and facilities promoting healthy lifestyles.

Members are volunteers who serve three-year terms. A minimum of 2/3 of members are Black Mountain residents, and Chair & Vice Chair are selected by the members. All community members are welcome and encouraged to participate in meetings and projects.

“Members of the Black Mountain community will know and practice healthy lifestyle habits.”

Want to be healthy, and help others do the same?

Contact us to join the Health Initiative, become a community partner, or develop a new project.

Members & Affiliations

Roger Hibbard, Chair
John Buckner
Mark Fox, *Western NC Physical Therapy*
Lisa Greenspan, *Greenspan Wellness Center*
Olson Huff
Don McMahill
Mike Mayer
OL Sherrill
Michael Tyrell
Dave Wilks, *Cheshire Fitness Club*

Black Mountain Health Initiative

Jill Edwards, Health Service Programs Administrator
Recreation & Parks Department
101 Carver Avenue
Black Mountain, NC 28711
www.bmrecreation.com

E: jill.edwards@townofblackmountain.org
P: 828-669-2052
F: 828-669-0731



Black Mountain Health Initiative

Focus Areas:

- **Nutrition**
- **Physical Activity**
- **Tobacco Cessation**

An Aldermen-Appointed Taskforce
Serving Since 2004

What We Do

Tobacco Cessation

Tobacco use is a proven major contributor to many types of cancer, high blood pressure, and heart disease.

In June 2012, thanks largely to the efforts of the Health Initiative, the Town of Black Mountain passed an **Ordinance prohibiting the use of Tobacco on town property**. This means that citizens and visitors can enjoy tobacco-free parks, greenways, buildings, and town sidewalks. Individuals violating this ordinance can receive a civil citation.

To support this ordinance the Health Initiative continues to educate and advocate. This includes installing signs, publishing articles, and supporting campaigns like the Great American Smokeout.

To learn more – including resources to help you or a loved one quit using tobacco, check out the North Carolina Quitline at 1-800-QUIT-NOW or www.quitlinenc.com.

Quitline now offers up to 8 weeks of free nicotine patches to uninsured NC Citizens.

Resources You Can Use

- **Dr. John Wilson Community Garden**
Rent a plot for the summer season or the winter season.
- **Black Mountain Greenways**
Check out the website for up-to-date trails.
- **Walk to Wellness Guide**
Available online and around town



Nutrition

Childhood obesity rates have doubled and tripled during the last 25 years.

In 2008 Black Mountain was designated a FIT Community and received funds to support school gardens and volunteer-driven produce programs at the Dr. John Wilson Community Garden. With support from the Health Initiative all of the gardens continue to be a source of healthy food and educate children and families about nutrition. This includes weekly produce distribution in partnership with the Welcome Table.

Physical Activity

Being physically active improves rates of cardiovascular issues, diabetes, mental health, bone density, and life expectancy.

The Health Initiative seeks to increase awareness and opportunity for children to safely walk and bike to school by supporting National Walk & Bike to School Days, and increasing opportunities for safe physical activity. The annual Walk to Wellness resource guide for walking in Black Mountain allows individuals to plan a walk at their own level and need. In partnership with the Town parks, the Greenways Commission, and community partners, the Health Initiative is always seeking new opportunities to encourage safe, accessible physical activity.

These three areas are major contributors to poor health. By targeting these important things, we will affect the health of all.

What You Can Do

Stop Tobacco Exposure

Reduce your tobacco dependence and support family and friends as they make healthy decisions to cease tobacco use. Look into all of the options available through the NC Quit Line at 1-800-QUIT-NOW. If you see someone using tobacco on town property, kindly remind them that it is a tobacco-free place.

Improve Your Eating Habits

Become an educated consumer – read labels, buy fresh or frozen produce, minimize sugary drinks and empty calories, and keep healthy snacks at easy reach. Experiment with healthy cooking options like baking and grilling, using healthy ingredients and substitutes, and keep your portions reasonable.

Be Active

Get out and enjoy the trails in our parks and greenways – bike to the store, walk with friends, participate in hiking groups. Get involved with low-cost and free classes at the Carver Center or local fitness and yoga centers.

Get Involved with the Health Initiative. Attend a meeting or participate in an event.