



Arkansas Coalition for Obesity Prevention

ArCOP is Growing Healthy Communities

ArCOP partnering with 9 Mayors to mentor Mayors build healthier, economically secure cities.

March 17, 2015 (LITTLE ROCK, ARKANSAS) – Healthy cities are economically secure cities. This is what Mayors Rick Elumbaugh of Batesville, Doug Sprouse of Springdale, Shawn Lane of Yellville, Jill Dabbs of Bryant, Joe Smith of North Little Rock, Mark Stodola of Little Rock, JoAnne Bush of Lake Village, Marie Trisollini of Camden and Ruth Carney of Hot Springs have come to see first hand from working with the Arkansas Coalition for Obesity Prevention (ArCOP) - the state's only coalition focused on increasing access to healthy foods & physical activity in order to reduce and prevent obesity.

Since the beginning of ArCOP's Growing Healthy Communities (GHC) program, one thing has been clear: cities with the most significant changes towards better health are cities where the mayor is involved. Mayors, such as these nine, who have seen the benefits of policy, program & environmental changes first-hand have become some of ArCOP's strongest champions. That's where Mayors Mentoring Mayors (3M) comes in.

The nine host mayors are excited to share their successes, lessons learned, and best practices with their colleagues across the state through a series of free "lunch & learn" events which will be hosted from 11:30 am to 1:00 pm in Batesville on March 19, Springdale on April 9, North Little Rock on April 29, Lake Village on May 13 and Camden on May 28. At these lunch & learns, our host mayors will share no-cost, low-cost, and larger investment changes that have made their cities healthier and more economically secure.

Registration for the lunch & learns is free and priority is given to the first 50 mayors who register for each. Mayoral staff, guests, and city council members as well as interested community members are welcome to sign up for seats via a waitlist.

To help mayors implement the healthy initiatives they learn about at the lunch & learns (and a few more), ArCOP has gathered resources together in a free online toolkit designed to help communities get started and go farther.

Registration for the lunch & learns as well as the free online toolkit can be found at www.arkansasobesity.org/ghc/3m.

ArCOP wants to assist mayors who make the decision to create healthier, more attractive, walkable, successful, appealing, proactive, vigorous, positive, enjoyable, and memorable cities – these changes are great for the health and well being of both Arkansans and our economy.

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The Arkansas Coalition for Obesity Prevention (ArCOP) is making our state healthier one community at a time through its Growing Healthy Communities (GHC) program. ArCOP is dedicated to improving the health of all Arkansas communities by increasing access to physical activity and healthy eating to reduce and prevent obesity. Through programming, training, and

funding opportunities, the Coalition works towards its goal to increase the percentage of Arkansans of all ages who have access to healthy and affordable food and who engage in regular physical activity. Detailed information on ArCOP's Growing Healthy Communities can be found on its website: arkansasobesity.org.

The cost of lunch and other expenses for ArCOP's 3M program are sponsored by the University of Alabama at Birmingham Midsouth Transdisciplinary Collaborative Center for Health Disparities Research ([UAB Midsouth TCC](#)) and the 2015 County Health Rankings Release, a collaborative between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

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