

**NEWS
RELEASE**

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CITY OF PADUCAH, KY



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City of Paducah Receives Kentucky Health Hero Award

PADUCAH, KY—During today’s Foundation for a Healthy Kentucky’s Annual Howard L. Bost Memorial Health Policy Forum in Louisville, the City of Paducah received the Honoring Kentucky’s Health Heroes Award. The award recognizes Paducah’s efforts to make it easier for people to stay fit and active.

City Commissioner Gayle Kaler accepted the award and the City’s \$1000 prize at today’s forum. Commissioner Kaler says, “It’s a priority of the City to create the infrastructure to facilitate a healthy lifestyle which will lead to a healthier quality of life for citizens and help curb childhood obesity.” Commissioner Kaler also represented the City of Paducah in a panel discussion about the implementation of policies to support healthy living.

Paducah’s application focuses on the following topics:

- ❖ Smoking Ban
- ❖ Sidewalk and Bike Plan
- ❖ Farmers’ Market
- ❖ Greenway Trail, Skatepark, Disc Golf Course, and Ice Skating Rink
- ❖ Accessible Playground (Boundless Certified)
- ❖ Bikes on Broadway
- ❖ City of Paducah Employee Wellness Plan

For the award, the Foundation for a Healthy Kentucky teamed up with the Kentucky League of Cities to identify city governments in Kentucky that have implemented innovative and effective policies supporting increased physical activity and healthy food choices for workers, residents, and visitors. In the award application it states

*The “Honoring Kentucky’s Health Heroes” project seeks to recognize policy efforts in Kentucky cities that help to **close the gaps** across communities—geographic and demographic—in access to healthy food and **reshape environments** over time in ways that safely support **physically active** ways of life.*

Visit www.healthy-ky.org for details about the Foundation for a Healthy Kentucky.

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