



PARTNER SPOTLIGHT: MOVE WITH THE MAYOR™

National Forum for Heart Disease & Stroke Prevention

Million Hearts® in Action

[Strategies for Achieving Million Hearts® Goals]



The National Forum for Heart Disease & Stroke Prevention (National Forum) was formed in 2002 through the development of the national Public Health Action Plan to Prevent Heart Disease and Stroke. Its mission is to lead and encourage collaborative action among public, private, and nonprofit sector stakeholders committed to improving cardiovascular health. It has co-led the Million Hearts® Collaboration since 2012 with the American Heart Association. The National Forum works to achieve its mission through initiatives such as its Value & Access Steering Committee and Move with the Mayor™.

"It's a great opportunity to get out and about with our neighbors here in this city, get moving, do our part around wellness, reducing our risk for cardiovascular disease, a great chance to talk with our neighbors about what's going on in their lives, a great way to reduce stress, improve our mental and emotional well-being."

- Mayor Andrew Ginther, Columbus, OH

The National Forum leveraged its involvement in World Heart Day to spark Move with the Mayor™ in 2015. Move with the Mayor™ provides mayors with a platform to strengthen their communities' culture of health by encouraging physical activity, raising awareness, and supporting heart healthy behaviors. Mayors lead walks and bike rides in their communities to demonstrate that busy people can fit health-improving activities into their daily lives. Additionally, they make a public commitment to make physical activity a city priority and promote it through social media.

In 2019, Move with the Mayor™ teamed up with Step It Up!, the U.S. Surgeon General's Call to Action to Promote Walking and Walkable Communities. Mayors can promote environmental changes, programs, and policies that support active communities.



"I joined Move With the Mayor™ because I want the citizens and constituents of my community to enjoy an abundant life and that means a healthy life. You see, here in south Louisiana, we have great food and we love our food. But we also have health challenges like heart disease and diabetes and obesity. I want to lead by example and encourage, motivate and cheer my community on towards a healthy lifestyle."

- Mayor Sharon Weston Broome, Baton Rouge, LA

Currently 26 cities across the U.S. participate in Move with the Mayor™.

Akron, OH	Grove City, OH
Alexandria, VA	Hope, NJ
Augusta, GA	Jackson, MS
Baton Rouge, LA	Lancaster, OH
Beavercreek, OH	Little Rock, AR
Central Falls, RI	Los Angeles, CA
Columbia, SC	Rochester, MN
Columbus, OH	Toledo, OH
Cuyahoga Falls, OH	West Chicago, IL
Dayton, OH	Youngstown, OH
Findlay, OH	Elyria, OH
Green Bay, WI	Oakland, CA
Gresham, OR	Orlando, FL



"Ohio outpaces most of the U.S. in cases of heart disease, high blood pressure, stroke, heart attack, physical inactivity and obesity. We can do something about that and become a role model for other cities and states across the country. I am glad to join mayors across the state to make a difference."

- Mayor Christina Muryn, Findlay, OH

Additionally, the National Forum is working with the Centers for Disease Control and Prevention and the African American Mayors Association (AAMA) to help reduce inequities in hypertension and diseases linked to it, such as stroke, heart failure, kidney failure, dementia, and COVID-19. African Americans have twice the stroke mortality risk and five times the kidney failure risk as Caucasian Americans. The inequities are even greater in the Southeast. Fortunately, hypertension can be prevented and controlled. Mayors Hardie Davis, Jr. of Augusta, GA; Steve Benjamin of Columbia, SC; Chokwe Lumumba of Jackson, MS; and Frank Scott of Little Rock, AR will draw attention to the importance of knowing one's blood pressure and, if it is high, controlling it.