



P R E S S R E L E A S E

FOR IMMEDIATE RELEASE

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'DESIGNING HEALTHY COMMUNITIES' REBROADCAST ON LOCAL TV

SHASTA COUNTY - "Designing Healthy Communities" will be re-broadcast on KIXE Channel 9 in the north state on Saturdays from 8 to 9 pm in October.

Former California Health Officer Richard Jackson, MD, MPH, explains the link between our health and the way communities are designed. Well-designed communities can improve physical and mental health of individuals, families and communities.

- Episode 1 (October 6, 8-9 pm) Retrofitting Suburbia: Dr. Richard Jackson MD MPH, investigates the link between our nation's obesity and Type 2 Diabetes epidemic with urban sprawl fueled by car dependency.
- Episode 2 (October 13, 8-9 pm) Rebuilding Places of the Heart: When U.S. industry and manufacturing collapsed or went elsewhere, many communities in the United States were left with the task of redefining themselves. Leading the way to a greener, more sustainable Elgin is a group of high school students.
- Episode 3 (October 20, 8-9 pm) Social Policy in Concrete: We meet a morbidly obese grandmother struggling to raise seven grandchildren, all of whom have asthma. Health officials, community activists and a new breed of young Urban Pioneers are working to fix their cities by transforming them.
- Episode 4 (October 27, 8-9 pm) Searching for Shangri-La: Dr. Jackson searches past and present America for healthy, sustainable communities of all sizes and shapes that can serve as models for the rest of the nation.

For more information, go to designinghealthycommunities.org.

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Anderson Partnership for
Healthy Children/South
County HEAC

City of Anderson

City of Redding

City of Shasta Lake

County of Shasta

First 5 Shasta

Mercy Medical
Center

Redding Rancheria

Redding School District

Shasta College

Shasta County Office of
Education

Shasta County RTA

Shasta Family
YMCA

Shasta Head Start

Simpson University

The McConnell
Foundation

Turtle Bay Exploration
Park

University of California
Cooperative Extension

Viva Downtown

Whiskeytown National
Recreation Area