



Cherokee Nation Hosting Community Forum on Walking/Biking - Tahlequah

September 23, 2013

TAHLEQUAH, Okla.— The Cherokee Nation will be hosting a public forum on building a walking and biking community on Thursday, October 3, at 7:00 p.m. at the Tahlequah High School Performing Arts Center. The forum will feature a presentation from Dan Burden, an internationally recognized expert on walkability, bicycling and pedestrian programs.

“Creating a healthy community is important for those living and visiting here and for our future generations,” said Julie Deerinwater-Anderson, Project Coordinator for Cherokee Nation Healthy Nation. “By creating a community where the healthy choice is the easy choice, we can lower our rates for preventable diseases such as diabetes, cancer, obesity and heart disease. That in turn builds stronger and healthier families here in the Cherokee Nation.”

The forum, co-hosted by the Tahlequah BEST Community Coalition and the Adair County Environment Health Initiative, is an opportunity for members of the public to learn more about methods and plans to create safer and healthier communities designed for more active and healthy living.

“Active living is the partial healer of many negative effects that have led to isolation and decreasing health of people. Through our work, we show that walkability and livability lead to more attractive and functional communities, which helps improve individual and community health,” Burden, the co-founder of the internationally acclaimed Walkable and Livable Communities Institute, said. *“Building towns to a walkable scale helps restore health and well-being.”*

The program is part of the Cherokee Nation Healthy Nation Community Transformation Grant, a partnership effort the tribe has with the U.S. Centers of Disease Control and Prevention to help lower the rates of obesity, cancer and heart disease within Indian Country.

“We are losing too many years from our Cherokee people due to preventable diseases such as cancer, diabetes and heart disease,” Deerinwater-Anderson said. “Our goal is to build strong and healthy Cherokees and communities within our Cherokee Nation jurisdiction for many generations to come.”

The event is free and open to the public. For more information, call Cherokee Nation Healthy Nation at (918) 453-5600.