

# NEWS RELEASE

City of Portland

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FOR IMMEDIATE RELEASE

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## Portland Named One of the Healthiest Cities for Women

*Women's Health Magazine ranks Portland #10 - reflecting efforts to make it easy to live healthy active lives in Maine's largest city*

PORTLAND, Maine – This month, Women's Health Magazine named the City of Portland the 10th Healthiest City in the U.S. for Women. This announcement comes on the heels of Men's Health naming Portland as the 22<sup>nd</sup> best place for men to live. After evaluating more than forty categories including nutrition, cost of living and cancer rates, Portland found itself among good company with San Francisco topping the list. At number ten, Portland joins Burlington, Vermont as the healthiest cities in New England.

“Creating an environment that makes it easy for people to live healthy and active lives is important for the city and this recognition highlights the fact that our hard work is paying off,” remarked City of Portland Mayor Michael Brennan. “Value driven policy initiatives like improving the nutrition in our schools, creating smoke free parks, and expanding access to preventative health care are just a few reasons as to why Portland is earning a national reputation as *the place* to live.”

Improving the quality of life and reducing health risks associated with obesity has been a priority for the city with hundreds of measures developed and implemented over the past few years. Portland maintains more than nine hundred acres of parks and open spaces, at least seventy-five miles of trails, more than twenty playgrounds, as well as Story Walks and fitness

trails -- creating ample opportunities to enjoy the outdoors. Other recent infrastructure improvements implemented to make it easy for residents and visitors to live healthy lives include the expansion of the city's community gardens to one hundred and thirty plots at four locations and the majority of Portland schools, implementation of a program that allows residents to use SNAP benefits at local farmers markets, installing salad bars at all public schools, creating Portland Walkways that identify signed routes for children and parents to walk or bike to school, and expanding bike lanes and other infrastructure to make it easier for cyclists to ride around the city.

For more information about the ranking, visit <http://www.womenshealthmag.com/life/best-cities-for-women?page=1>.

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