



CITY OF MERIDIAN

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MAYOR TAMMY DE WEERD RECEIVES YOUTH ADVOCATE OF THE YEAR AWARD

BOISE –Meridian Mayor Tammy de Weerd received the Youth Advocate of the Year award during the America Heart Association and the American Stroke Association (AHA/ASA) VIP Awards Evening on Saturday, February 7. The VIP Awards Evening was the conclusion of the week long Go Red For Women Week.

The Idaho Beef Council presented the award to Mayor De Weerd. The Youth Advocate Award honors someone who inspires, encourages, and motivates the youth in our community to live heart healthy lives.

“Heart health is very important to me, and I have a fantastic team who supports our initiatives, especially our teens who serve on the Mayor’s Youth Advisory Council (MYAC) and their advisor, Ken Corder,” said Mayor De Weerd. “I’m honored to receive this award which is recognition of the work we are doing in Meridian to promote heart health in our community.”

Under Mayor De Weerd’s leadership, MYAC has helped organize the Red Out event at Red Robin which encourages healthy menu options and Dance Your Heart Out which is a dance competition and education event hosted by MYAC. Combined, both events raised over \$2,000 for the American Heart Association. MYAC has also partnered with the AHA / ASA and youth lobbyists for Youth Lobby Day and were able to secure the passage of hands only CPR as a graduation requirement. Most recently, the teens partnered with Dutch Bros. Meridian to teach more than 1,000 people hands only CPR as part of Community CPR Day during the Idaho Go Red For Women Week.

In addition, Mayor De Weerd regularly participates in Walk to School Day and was active in the Mayor’s Walking Challenge where she encouraged elementary students to walk during the month of October. She also plans to expand upon these efforts in 2015 and create Mayor Tammy’s Walking Club at elementary schools in Meridian.

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The City of Meridian is located in the center of the Treasure Valley in southwest Idaho. Founded in 1893 and incorporated as a city in 1903, Meridian is now one of Idaho's largest and fastest growing communities. Meridian is cited by Money Magazine as one of its Top 50 Best Places to Live, and by America's Promise Alliance and ING as one of the nation's 100 Best Communities for Young People. For more information, visit www.meridiancity.org.