

NEW LOCATIONS: The Live HealthSmart Alabama Mobile Market will now be making biweekly stops in Bessemer, Bush Hills, East Lake, Fairfield, Fountain Heights, Kingston, Norwood, Smithfield, Tarrant, and Titusville, and UAB/Cooper Green. Visit the [Mobile Market page](#) to see the full schedule.



We're transforming health in Alabama. Will you join us?

- ABOUT COVID-19 COLLABORATORS NEWS & EVENTS CONTACT US UAB GRAND CHALLENGE MHRCE



UAB Grand Challenge

The Challenge Alabama's health is among the worst in the nation. Alabama ranks 46th in obesity, 48th in diabetes, and 49th in cardiovascular disease.

The Goal Moving Alabama out of the bottom ten in national health rankings is a Grand Challenge – one Mona Fouad, M.D., and her team have accepted.

The Plan Advancing good nutrition, physical activity, and preventive wellness, in partnership with Alabama Communities, working through the extensive framework and drawing upon the expertise of the UAB Minority Health & Health Disparities Research Center.

MORE ABOUT THE PROGRAM

Alabama Health Rankings



Data from America's Health Rankings (United Health Foundation)

Become a Live HealthSmart Person

Take simple steps toward better nutrition, physical activity, and prevention and wellness.

Go →

Become a Live HealthSmart Restaurant

Boosting good nutrition where we eat makes everyone healthier.

Go →

Become a
Live HealthSmart
Business

Find out how to improve employee wellness, good nutrition, and physical activity.

Go →

Become a
Live HealthSmart
School

A few key actions can transform the health of students and teachers alike.

Go →

Launch Communities

Live HealthSmart Alabama will pilot this initiative in Birmingham-area communities and at UAB. We will expand to other areas in the coming years.

- East Lake
- Bush Hills
- Kingston
- Titusville
- UAB Campus



What's Happening

Live HealthSmart Alabama welcomes first group as designated partners



The designated partners have shown their commitment to their employees by promoting a healthy lifestyle. They encourage employees to take physical activity breaks, offer tips for healthy eating, host health and wellness sessions for team members, and more.

[Read more...](#)

There are no upcoming events.

[MORE EVENTS](#)

Live HealthSmart Alabama Mobile Market coming to Railroad Park



The Mobile Market make stops at Railroad Park on May 5 and 19 and on June 2 and 16 from 4:30-6:30 p.m.

[Read more...](#)

Two NIH-funded UAB MHRC initiatives work to increase vaccine usage in underserved populations



The partnership between RADx-UP and CEAL is just one example of how the MHRC leverages its resources to advance the programs under its umbrella.

[Read more...](#)

[MORE NEWS](#)

Our Collaborators


Live HealthSmart Alabama is proud to join with the more than 90 national, state, and local collaborators who have signed on to assist with the development and implementation of this ground-breaking initiative.

[VIEW MORE COLLABORATORS](#)

Contact Us

First Name (*) Last Name (*) Email (*)

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- Receive Emails and Newsletters
 - Become a partnering restaurant
 - Become a partnering school
 - Become a partnering business
 - Become involved as an individual
 - Become a volunteer
 - Other

(*) I'm not a robot 
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SUBMIT

Accepting the Challenge

Live HealthSmart Alabama is the inaugural project of the UAB Grand Challenge, an effort to combine innovative approaches to address real-world problems affecting Alabama's communities. Learn more about the UAB Grand Challenge and the UAB Minority Health & Health Disparities Research Center.



[UAB GRAND CHALLENGE](#)

[MHRC](#)

