



Professional Biography: John D. Simmerman, MS
President & Co-Founder
Advocates for Healthy Communities, Inc.
Active Towns Initiative

Overview

Mr. Simmerman has over 25 years of experience exploring and creating health promoting places and programs. In that time he has provided project management, consultation and technical guidance to a vast number of stakeholders including communities, corporations and individuals. He's a dynamic and motivational public speaker, filmmaker and content creator and is frequently asked to address healthy community design, safe mobility strategies and effective activity asset attributes.

Corporate Wellness - Disease Prevention

For the first 15 years of his career, Mr. Simmerman worked primarily with larger, self insured companies by helping them to decrease employee health care costs through the implementation of effective health promotion programs. Some of the many organizations he worked with during this period include IBM, Motorola, Pacific Bell, Amgen and Seagate Technologies.

Community Design - Public Health

Over the past 10 plus years, Mr. Simmerman has turned his attention and efforts to the community level, specifically the built environment and its impact on public health, quality of life and economic vitality. In 2013 he co-founded Advocates for Healthy Communities, Inc., and its signature program the [Active Towns Initiative](#). The goals of this globally focused not-for-profit organization are to enhance awareness of the general public and help cities become healthier, more activity friendly and desirable places. His work exploring, documenting and profiling the people, places and programs, which create, support and promote a culture of activity has taken him to over 25 states and provinces, 8 different countries and 150 plus cities.

Formal Education

University of Michigan

Masters of Science - a joint degree program between Kinesiology, Public Health & Business Schools

Emphasis: disease prevention, health promotion, public health, gerontology, health behavior modification, business marketing and management (MBA program)

University of Southern California

Bachelors of Science - Exercise Science (Kinesiology)

Emphasis: human physiology, nutrition, disease prevention, health promotion, public health, gerontology, health behavior modification