



1020 Washington Street North – Twin Falls, ID 83301  
Phone: 208-737-5900 – [www.phd5.idaho.gov](http://www.phd5.idaho.gov)

February 8, 2008

**NEWS RELEASE – For Immediate Release**

Contact: Bruce Fox, 737-5978

**Public Health District Calls For “Health Heroes” Nominations**

South Central Public Health District is calling for nominations for the annual Health Heroes recognition. This annual event seeks individuals or groups that worked to prevent, promote, and protect the health of southern Idaho citizens during calendar year 2007. Award winners will be honored during Public Health Week, April 7-13. Nominations are due by Monday, March 3.

Nominees must be residents of or do business in Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka, or Twin Falls counties. Examples of activities for which individuals or groups may be nominated include, but are not limited to, the following categories.

- Promoting a healthy lifestyle through various activities
- Donating time and talents to help the health of others
- Organizing exercise programs
- Promoting good nutrition
- Preparing their community for a disaster or an emergency
- Disease education and prevention
- Decreasing the incidence of workplace injuries
- Working on clean indoor air / water issues
- Building youth assets
- Keeping children safe and healthy

Nominations are being accepted in adult, youth, and corporate categories. The “Adult award will honor an adult individual or group in the community who has made a long-term commitment to improve the health of citizens in south central Idaho.

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**District Health Calls For “Health Heroes” Nominations – Page 2**

Nominees may work in any field and do not have to be a part of an organization that works in health care. The “Youth Hero” award recognizes a youth (18 years or younger) or a youth group in southern Idaho who has worked to improve the health of their community. The “Corporate Hero” award recognizes a business or organization that worked to educate the public about healthy living in 2007.

Nominations must include the nominee’s name, age, gender, address and phone number, as well as the name, address and phone number of the person who is submitting the nomination. Nominations must also include a brief description about why the nominee deserves to be recognized with the Health Heroes Award. Nominations forms are available at all South Central Public Health District offices.

Bellevue	117 East Ash Street	788-4335
Burley	2311 Parke Avenue, Unit 4	678-8221
Gooding	145 7 <sup>th</sup> Avenue East	934-4477
Jerome	951 East Avenue H	324-8838
Rupert	1218 9 <sup>th</sup> Street, Suite 15	436-7185
Twin Falls	1020 Washington St. North	737-5900

This is the tenth year South Central Public Health District has recognized the outstanding contributions to public health made by area individuals and / or groups. Past winners have represented a broad cross section of people who have influenced health issues in our eight county region.

Winners over the last five years include the following individuals and groups.

2007 Health Heroes

**Adult Hero:** Linda Petersen, Burley, the driving force behind the Mini-Cassia Child Protection Team.

**Youth Heroes:** Magic Valley Tobacco Free Coalition, a dynamic group of Twin Falls High School students that has been very involved in many tobacco cessation activities over the years.

**Corporate Health Heroes:** Dr. Craig Holman and Dr. Randy Wraalstad, Twin Falls Podiatrists, who have been very involved with the Magic Valley Diabetes Coalition by donating free foot examinations.

**Corporate Health Hero:** Lynn Lucere, Bellevue, who single handedly turned her problem White Rabbit Day Care Center into a better place for everyone, including her kids.

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### 2006 Health Heroes

**Adult Hero:** Ann Bybee, Jerome, a dedicated Magic Valley area diabetes educator.

**Youth Heroes:** The Filer Elementary School 4<sup>th</sup> Grade and the Valley Elementary School K-5 classes shared the award to honor their walking programs that taught students the importance of exercising.

**Corporate Hero:** The College of Southern Idaho was selected for its consistent work to enhance the health of citizens in south central Idaho.

### 2005 Health Heroes

**Adult Hero:** Dr. Cynthia Unger, D.D.S. from Hailey, who has led the charge to make sure that elementary school children in Blaine County have free dental screenings at school.

**Youth Hero:** The Kimberly High School Advanced Health Class that raised \$2,000 to purchase milk vending machines for Kimberly High and Middle Schools to provide an alternative beverage to soda.

**Corporate Hero:** The Body Works Gym and Fitness Club in Buhl.

### 2004 Health Heroes

**Adult Hero:** Attorney Reginald “Reggie” Reeves who helps link people with limited resources to the health services they need.

**Youth Hero:** The Mini-Cassia HealthNet Coalition for their numerous contributions to the communities of Burley and Rupert.

**Corporate Hero:** Main Motion Dance and Fitness Studio in Oakley that provides a place to exercise for the citizens of this rural community.

### 2003 Health Heroes

**Adult Hero:** Sheri Massie, Twin Falls, an HIV-positive woman who works to inform her community about HIV prevention and the realities of living with HIV.

**Youth Hero:** Shaylee O’Connor, Buhl, was honored for her work with the Magic Valley Tobacco Free Coalition and her efforts to encourage youth to stay tobacco free.

**Corporate Hero:** KMVT Television, for their generous support of the HealthNet Youth Asset Building Initiative.

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**2008 HEALTH HEROES**

Nomination for an individual or group who worked to protect, promote, and enhance the health of southern Idaho citizens during calendar year 2007.

**NOMINEE:** \_\_\_\_\_ *Age:* \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_ Group: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

**NAME OF PERSON SUBMITTING NOMINEE'S NAME:** \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ email: \_\_\_\_\_

**ACTIVITY DESCRIPTION:**

Please provide a brief description of the activity that you think qualifies the nominee for the 2008 Health Heroes Award. This activity should have been performed or begun in calendar year 2007:

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(IF NEEDED, USE REVERSE SIDE FOR ADDITIONAL INFORMATION)

**PLEASE RETURN THIS FORM BY THURSDAY, FEBRUARY 28, 2008, TO:**

South Central Public Health District  
Attn: Health Heroes Nominations  
1020 Washington Street North  
Twin Falls, ID 83301

**FORMS ALSO MAY BE DROPPED OFF AT ANY LOCAL SOUTH CENTRAL PUBLIC HEALTH DISTRICT OFFICE.**

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Twin Falls	1020 Washington St. N.	734-5900

**For more information, call South Central Public Health District:  
737-5941 or 737-5975.**