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**FOR IMMEDIATE RELEASE**

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**South Central Public Health District Calls for “Health Heroes” Nominations**

**SOUTH CENTRAL IDAHO** – Do you know someone who goes above and beyond to make your community healthier? Now is your chance to recognize them! South Central Public Health District (SCPHD) is now accepting nominations for “Health Heroes 2019”. Health Heroes are individuals, groups, and businesses that have made a big difference in the health of residents of south central Idaho.

“These are regular people who go out of their way to help our community. Like the teen, on your street, who got involved in local government to bring us healthier laws. Or, the P.E. teacher who is using personal time to organize field days for the whole community,” said Pam Jones, Chair of the SCPHD Health Heroes committee. “We call these people Health Heroes because they do so much for our community. This is a chance to recognize their hard work.”

You can nominate a group or person for one of the four nomination categories: youth, adult, corporate, and behavioral health. The nomination form is available online at <http://phd5.idaho.gov> or at one of our five offices.

The nomination form must include a brief description explaining why the nominee deserves the **Health Heroes Award**. Examples of qualifying activities include, but are not limited to the following:

- Promoting a healthy lifestyle through activities at schools, churches, and places of work,
- Activities that help reduce suicides,
- Promoting physical activity,
- Activities that reduce obesity,
- Preparing a community for a disaster,
- Decreasing workplace injuries,
- Promoting policies that led to healthy outcomes.



Nominations are due by **Monday, April 1st**. Health Hero award winners will be honored on **May 15th, in a short ceremony that is open to the public.**