

## **FOR IMMEDIATE RELEASE**

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# **Nominate Your “Health Hero” For A Regional Award**

**SOUTH CENTRAL IDAHO** – Do you know someone who goes above and beyond to improve the health in your community? Now is your chance to recognize them! South Central Public Health District (SCPHD) is accepting nominations for “Health Heroes 2024”. Health Heroes are individuals, groups, and businesses that have made a big difference in the health of residents of south central Idaho in the last calendar year.

SCPHD will honor one organization or person for each of the four health hero categories: Youth, Adult Volunteer, Adult Professional, and Organization. People and organizations who have won the health hero title in the last three years, and employees of SCPHD, are not eligible to receive a health hero award this year.

“There are quiet heroes among us in all of our eight counties - folks that step above and beyond to help others with their health and well-being. These folks embody the motto of public health care, helping our community to prevent disease, disabilities, and premature death by encouraging healthy lifestyles and tirelessly working to protect against health threats,” said Pam Jones, South Central Public Health Board member and Chair of the Health Heroes Committee. “They can be the person next door who serves as an EMT, or the group that reaches out to teach others about the dangers of opioids or vaping. They have organized and inspired residents to increase their health and fitness, and so much more. Please look around and help SCPHD to find them and honor them for the services they provide.”

The Health Hero award is for residents in south central Idaho. This region includes Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka, and Twin Falls counties. Nominees must live in one of these counties to be eligible for the award.

SCPHD will present one winner (person or organization) in each of the four nomination categories, including:

**Youth:** A volunteer, 18 years old or younger, who has made a big impact on the health of their community. Please limit entries to one person per nomination.

**Adult Volunteer:** A member of the community, over the age of 18, who is volunteering outside of their profession. This person must have volunteered time on a community project, initiative, or within an organization and their efforts have helped their community become healthier. Please limit entries to one person per nomination.

**Adult Professional:** A member of the community, over the age of 18, who works in health care or community health and goes above and beyond in their job or hobby to help make their community healthier. Please limit entries to one person per nomination.

**Organization:** A group of people (youth or adult) who have made a big impact on their community health over the last year. Please limit entries in this category to groups of two or more residents.

See previous winners on SCPHD's website at <http://phd5.idaho.gov/health-heroes>. Find nomination forms on the website, at one of SCPHD's five offices, or by calling 208-737-5900.

**Nominations are due by the end of the business day on April 1st, 2024.** All mailed nominations must be postmarked by April 1st, 2024. Health Hero award winners will be honored on **May 15th, 2024** at the SCPHD Regional Board of Health meeting.

On the nomination form, please include a description explaining why your nominee deserves the Health Hero Award and how they have impacted their community. 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
- Programs/activities to reduce suicides
- Promoting physical activity or other activities that help reduce obesity
- Help preparing a community for a disaster
- Efforts to decrease workplace injuries or illness
- Promoting policies that led to healthy outcomes
- Helping to expand health information outreach to hard-to-reach communities

**Employees of South Central Public Health District are not eligible to receive a Health Hero award. If you would like to recognize an SCPHD staff member please feel free to call one of our offices, email [scphd@phd5.id.gov](mailto:scphd@phd5.id.gov), or leave a message on Facebook.**