



## Health Hero Award Press Release

### 9 Recipients Announced for 2016 Health Hero Award

October, 2016 - Extraordinary things are happening in Montana to improve health through physical activity and nutrition programs, projects, and policies. The purpose of the Eat Right Montana and Action for Healthy Kids Health Hero award program is to acknowledge and celebrate the outstanding efforts by those striving to promote healthy nutrition and physical activity to improve the well-being of all Montanans. Eat Right Montana and MT Action for Healthy Kids will be awarding 9 outstanding Montanans with the Health Hero Award on October 24<sup>th</sup>. The awards ceremony will be held at the Bozeman Public Library at 12:15pm.

#### 2016 Health Heroes:

**First Lady Lisa Bullock, Helena:** A true advocate for childhood wellness. She serves with Montana Partnership to End Childhood Hunger (MTPECH) and a key supporter of MT No Kid Hungry.

**Reg Hageman, Helena:** As a Helena School District educator Reg has advocated for healthy vending options in Helena schools. Reg is also an officer with SHAPE MT and is helping support the “150 Initiative” to promote 150 minutes of physical activity a week for students.

**Lacey Gallagher, Great Falls:** A community activist with Benefis Health System’s Spirit of Women and Community Outreach. Lacey organizes many health promotion events and collaborates with community organizations for health policy change.

**Abigail Lichliter, Great Falls:** As the SNAP-ED Coordinator for Cascade County Abigail provides nutrition education and has worked around her community to establish new programs to provide food resources and health promotion activities.

**Amanda Cahill, Missoula:** Amanda is working beyond her duties as a representative of the American Heart Association to help Co-Chair the Graduation Matters Nutrition Work Group of Missoula and also promote 150 minutes of physical activity a week for students.

**Terry Miller, Missoula:** A Breastfeeding Consultant and champion who has helped St. Peters Hospital of Helena and others pursue Baby Friendly Hospital designation.

**Christopher Cook, Billings:** Mr. Cook has started several *Fit Kids Clubs* in Billings to inspire, motivate, and challenge students to be physically active and to also promote good nutrition and healthy lifestyles.

**Dona Kruse, Worden:** As Food Service Director of Huntley Project Schools Dona has been a champion in meeting and surpassing nutrition standards. She also uses the cafeteria and meal times as an opportunity to reinforce nutrition education.

**Special Olympics Montana (SOMT)-Bob Norbie, President:** A statewide, nonprofit with over 2,000 athletes registered in 121 programs from 65 Montana Communities. SOMT athletes receive the opportunities to participate in a variety of sports and learn about healthy lifestyle choices. Mr. Norbie describes himself as the “Chief Executive Fan”. He is always encouraging and motivating staff, athletes, and volunteers.

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