



A Healthier America Begins Today.  
Join the Movement!  
National Public Health Week

Michigan Public Health  
Week 2012

## Hometown Health Hero Nomination Form

Every April we celebrate National Public Health Week in Michigan to help protect and improve our state's health. Each year a different focus area highlights efforts taking place in Michigan. This year's focus is "**A Healthier America Begins Today: Join the Movement.**" Together, we can encourage more Michigan residents and communities to take preventive measures and improve lives. If we take small actions, our communities, homes and families will see the large benefits of preventive care and expand the movement. Lifelong health begins not when a health problem arises, but rather, through prevention. The Michigan Public Health Week celebration takes place at the Capitol on April 25!

### We want to hear from you!

Did an individual or organization go above and beyond their job responsibilities to make their community healthier, whether it is a school, city, town, neighborhood or block? If you know a person or group who deserves recognition as a Hometown Health Hero for their efforts to prevent diseases in their community and to promote healthy behaviors, let us know! The awards will be presented at the Capitol on April 25.

**Please fill out the attached form to nominate your Hometown Health Hero! Nominations are due by March 8, 2012.**

### Hometown Health Hero Themes

Below are this year's "**Healthier Michigan Begins Today**" themes, with examples of activities the Hometown Health Hero may have led:

- **Active living and healthy eating** — Initiatives to reduce obesity and promote physical activity in communities.
- **Substance Free Living (Alcohol, tobacco and drugs)** — Identify and reduce early high risk alcohol, drug and tobacco consumption; support implementation and enforcement of substance policies; or increase awareness on the proper storage and disposal of prescription medications.
- **Preventing communicable diseases** — Support policies which improve food safety preparation or support local partnerships to decrease the impact of communicable diseases.
- **Reproductive and sexual health** — Promote access to prevention health services; provide comprehensive reproductive and education services; or support partnerships which promote and offer HIV and other STI testing.
- **Mental and emotional well-being** — Promote safe home, work and school environments for all.

Submit completed form to [kovalj@michigan.gov](mailto:kovalj@michigan.gov) or fax to 517-335-9434

## **Tell us about your Hometown Health Hero**

Please describe the reason(s) this person or organization is a Hometown Health Hero. Just remember—if the person or organization does this activity as part of their job, you need to tell us how they have gone above and beyond normal job duties to address core public health principles. The nominee’s activities must be related to one of the above themes.

### **Contact Information**

Person/Group Responsible for Program or Activity (if more than one person, please give names and titles for all):

Nominee Name:

Title:

Address

Home

Work

Email address:

### **Information about the Activity**

1. Please check the Hometown Health Hero theme which applies:

- Active living and healthy eating
- Substance Free Living (Alcohol, tobacco and drugs)
- Preventing communicable diseases
- Reproductive and sexual health
- Mental and emotional well-being

2. Objective or Health Change Created:

3. Community Served:

4. Dates of Activity:

5. Please describe the activity or activities which promote a Healthier America Today in your community or environment (limit to 200 words or 1200 characters):

6. Please describe how this activity is above and beyond the daily or normal job/responsibilities of the person or organization (75 words limit):

7. How did this activity change the community? (100 words limit):

Submitter Name:

Email Address:

Phone Number:

**Submit completed form to [kovalj@michigan.gov](mailto:kovalj@michigan.gov) or fax to 517-335-9434 by **March 8, 2012****