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For Immediate Release

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### **Tinkham, Sullivan honored with Public Health Awards**

Two individuals were honored for their contributions to public health at the South Heartland District Health Department's Annual Luncheon and Public Health Awards event on Wednesday, March 1, in Hastings.

Karen Tinkham, of Superior, was honored with the 2017 Community Health Service Award for her exemplary community service and volunteerism focused on improving the health and welfare of the residents of Superior. Tinkham is the public relations director for Brodstone Memorial Hospital in Superior.

"Karen is a dedicated leader in the Superior community working hard to support and implement chronic disease prevention," said Board of Health member Peggy Meyer, also of Superior. "Karen participated in Brodstone's first Smart Moves diabetes prevention class in 2016 and saw great personal success. She now talks to community members about the program and the health benefits she experienced."

Among the many ways Karen contributes to the health of the community, Meyer said that Karen has been instrumental in promoting physical activity in the workplace and in the community of Superior. "She is the leader of the Superior Walking Coalition and has helped organize school walking challenges, walking school bus, Victorian stroll at Lady Vesty Days, and city-wide worksite walking challenges."

For her extraordinary leadership and dedication to public health, especially in the areas of worksite and community wellness, the Board of Health presented the 2017 Public Health Leadership Award to Becky Sullivan, of Hastings. Sullivan is the wellness manager at Mary Lanning Healthcare in Hastings.

"Becky served as one of the original members and current leadership for the Healthy Hastings coalition," said Board of Health member Michelle Oldham, of Hastings. "Through Healthy Hastings, Becky helped to spearhead the Hastings "Complete Streets" policy and the "Share our Streets" initiative."

Becky is also a long-time facilitator of worksite wellness; she partners with businesses, Chamber of Commerce, South Heartland District Health Department and others to help area employers access the resources and technical support they need to improve health and wellness of their employees.

"Becky is a leader and 'enthusiasm expert' for Hastings' Walkability efforts," continued Oldham. "She worked with South Heartland to promote the Healthy Hastings Action Summit", facilitating the planning sessions, and leading Healthy Hastings coalition as they carry out the action plan that resulted from the 2016 summit. "Becky loves to share the message that healthy living doesn't need to be nearly as difficult as we make it."

South Heartland District Health Department is a regional health department dedicated to preserving and improving the health of residents of Adams, Clay, Nuckolls and Webster counties. In addition to providing the essential public health services mandated by Nebraska statutes, the department leads area efforts with community partners to address locally-identified priorities of Obesity, Cancer, Mental Health, Substance Abuse, and Access to Health Care.

## Attached Photos:

1. Karen Tinkham, of Superior, NE, was honored with the 2017 Community Health Service Award for her exemplary community service and volunteerism focused on improving the health and welfare of the residents of Superior. Karen was recognized at the South Heartland District Health Department's Annual Luncheon and Public Health Awards event on Wednesday, March 1, in Hastings.

*Pictured from Left: Board of Health member Peggy Meyer of Superior; Karen Tinkham; Board of Health President Ron Kuehner of Blue Hill.*

2. Karen Tinkham, of Superior, NE, was honored with the 2017 Community Health Service Award for her exemplary community service and volunteerism focused on improving the health and welfare of the residents of Superior. Karen was recognized at the South Heartland District Health Department's Annual Luncheon and Public Health Awards event on Wednesday, March 1, in Hastings.

*Pictured from Left: Board of Health President Ron Kuehner of Blue Hill; Karen Tinkham; Board of Health member Peggy Meyer of Superior.*

3. Becky Sullivan, of Hastings, NE, was honored with the 2017 Public Health Leadership Award her extraordinary leadership and dedication to public health, especially in the areas of worksite and community wellness. Becky was recognized at the South Heartland District Health Department's Annual Luncheon and Public Health Awards event on Wednesday, March 1, in Hastings.

*Pictured from Left: Board of Health President Ron Kuehner of Blue Hill; Becky Sullivan; Board of Health member Peggy Meyer of Superior.*