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FOR IMMEDIATE RELEASE

Anoka County Presents Public Health Awards

The Anoka County Board of Commissioners recognized the efforts of a dedicated, selfless nurse and a committee of health-conscious, motivated individuals with 2019 Public Health Awards during the board's April 9 regular meeting. Recipients were recognized for their leadership, community health improvement, collaboration, and advocacy.

Awards were presented to:

- *Jeanmarie "Jeannie" Freytag*, who attends eight Family Table Meals in Anoka County monthly. As an RN and community faith nurse, Freytag is often able to help bridge the gaps that the underserved or underprivileged experience. During these meals, Freytag offers free health screenings, which is a non-threatening way for her to engage meal attendees in conversations about their health issues and other challenges. Those screenings are then mailed to participants, and if their results turn out to be abnormal, they receive phone calls that include recommendations for proper follow-up. Freytag is a tireless advocate for connecting people to appropriate helpful agencies, and she was instrumental in convening the Family Table Meal coordinators and Anoka County Statewide Health Improvement Program (SHIP) staff to explore ways to provide healthier food choices at the meals. In 2018, Freytag also took on the role of coordinating free monthly clinics at Stepping Stone Emergency Shelter. Freytag's dedication to her work is evidenced by

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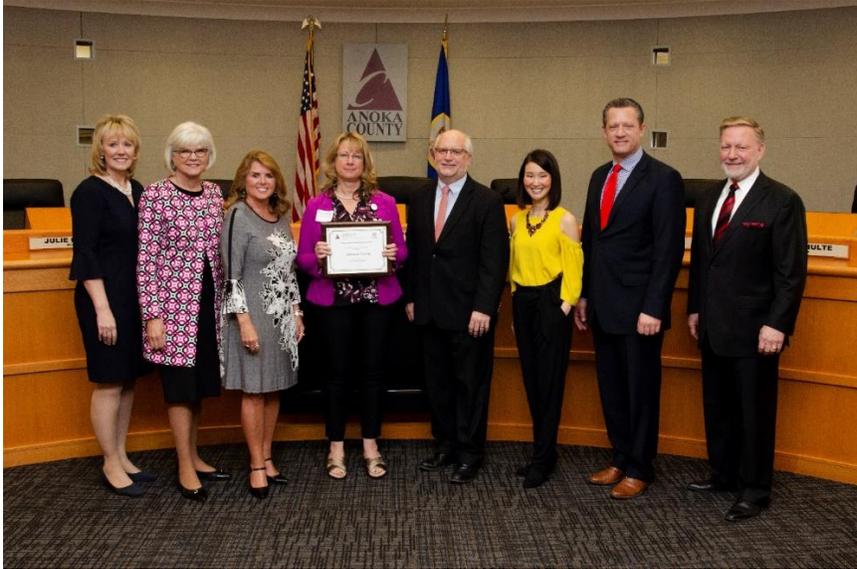
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the respect she humbly receives from collaborative health professionals, Family Table Meal volunteers, faith communities hosting the meals and most importantly Family Table Meal participants who have been served with this unique community health improvement work.

- *The Just Move It Wellness Committee.* This six-member committee devoted time and energy into advancing the culture of wellness for the employees at Metro North Adult Basic Education in Blaine. Their leadership led to an informed strategy that engages staff to take part in wellness activities as part of their workday. A physical activity circuit program was established with the assistance of SHIP. To create excitement about the new program, committee members brought in a certified personal trainer to lead a demonstration on how to use the new physical activity equipment. To create a shift in the culture at the workplace, the Just Move It Committee has worked to make active movement a regular occurrence at North Metro ABE. This has come in the form of incorporating yoga bingo into meetings, providing kitchen materials to increase opportunities for healthy food choices, hanging posters encouraging stretching in the workplace, and efforts have been made to encourage peers to work out together. Sixty-five percent of employees have engaged in physical activities for an average of 22 minutes since the formation of the Just Move It Committee.

This year's recipients of Public Health Awards deserve to be recognized for their commitment to improving both the physical and mental wellbeing of others," said Rhonda Sivarajah, chair, Anoka County Board. "The results they have achieved through their efforts are impressive, and it's wonderful to know that people are improving their lives because of the programs implemented by these creative, passionate individuals."

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CUTLINE

The Anoka County Board of Commissioners presents Jeannie Freytag with a 2019 Public Health Award at the board's April 9 meeting. From left: Rhonda Sivarajah, chair, Anoka County Board of Commissioners, commissioners Robyn West and Julie Braastad, Jeannie Freytag, commissioners Mike Gamache, Mandy Meisner, Matt Look and Scott Schulte.



CUTLINE

The Anoka County Board of Commissioners presents the Just Move It Wellness Committee with a 2019 Public Health Award at the board's April 9 meeting. From left: Rhonda Sivarajah, chair, Anoka County Board of Commissioners, commissioners Julie Braastad and Robyn West, Just Move it Wellness Committee members Linda Keller, Amy Brooks, Molly Liberto, Mary Mead and Polina Huffman, commissioners Mike Gamache, Mandy Meisner, Matt Look and Scott Schulte.

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