



NEWS RELEASE

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Algona receives Healthy Hometown Founder award

Healthiest State Initiative recognizes community efforts to improve health and well-being

DES MOINES, IA (Nov. 2, 2016) — Algona was presented a Healthy HometownSM POWERED BY Wellmark award at the Iowa Healthiest State Initiative *Bringing it Home* conference on Nov. 1, 2016. The award recognizes Algona for their dedication and accomplishments toward meaningful health improvement initiatives in their community.

“The Healthy Hometown Founder award celebrates the achievements made in Algona,” said Jami Haberl, Iowa Healthiest State Initiative executive director. “Algona has been a model for other Iowa communities and is an encouraging example of what can be done when the citizens of a community join together to truly transform their environment.”

Some noteworthy achievements in Algona include:

- Raising more than \$80,000 to support the Algona Recreational Trail.
- Achieving a 29 percent increase in healthy cholesterol levels (and 100 percent employee biometric screening participation) among employees at the Algona Municipal Utilities.
- Increasing water sales over soda by around 50 to 1 at a local grocery store.
- Incorporating locally grown fruits and vegetables into the school lunch program has increased fresh produce consumption by over 20 percent.

Healthy Hometown program available for all Iowa communities

The Healthy Hometown program is available to all Iowa communities ready to take steps to make the healthy choice the easy choice and improve the overall well-being of their communities.

“One of the best parts of the Healthy Hometown program is the ability for Iowa communities to make improvements that are important to them,” said Laura Jackson, Iowa Healthiest State Initiative board president. “The program offers various levels of support — including assistance from experts if they choose — and guides them to existing resources so they can make their hometown an even better place to live.”

There are three ways communities or organizations can get started. The first is an online self-assessment tool for communities to review where they are at today and how they can connect with existing resources to make

enhancements. In 2017, two additional options will be available to help communities put a plan in place for either a specific project or a complete community transformation.

More information about the Healthy Hometown program, including the assessment and resources, is available at: www.iowahealthieststate.com.

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The Healthiest State Initiative is a nonpartisan, nonprofit organization driven by the goal to make Iowa the healthiest state in the nation. By engaging worksites, communities, schools, retail food, organizations, institutions and individuals, we can inspire Iowans and their communities to improve their health and happiness, and ultimately achieve our goal. For more information, visit www.iowahealthieststate.com.