



## NEWS RELEASE



FOR IMMEDIATE RELEASE:

July 7, 2017

Contact: Myra Stoney, (308) 345-4223 email: [director@swhealth.ne.gov](mailto:director@swhealth.ne.gov)

### **SWNPHD Walk to Health Winners Announced**

Southwest Nebraska Public Health Department’s 13th annual **Walk to Health** walking program was recently completed. The program lasted for 12 weeks and included 350 residents of all ages in the SWNPHD nine-county service area. Each participant that completed the program received a free t-shirt.

“We are pleased to announce our top performers and teams for Walk to Health,” states Myra Stoney, Director of Southwest Nebraska Public Health Department (SWNPHD). “Excellent results were achieved by these motivated participants: 177,274,653 steps walked through Walk to Health.”

Vike Francis (Dundy County) took the Million Step Challenge to a new level, reaching 2,003,225 steps and achieving first place in the Walk to Health program. His mother, Chris McAfoos (Dundy County) challenged him with a total of 1,907,979.



The individual leaderboard had outstanding results:

3) Gail Dinnel	1,817,002	
Chase County		
4) Lana Stewart	1,752,156	Red Willow County
5) Bill Burton	1,749,779	Red Willow County
6) Theresa Eschliman	1,723,389	Red Willow County
7) Staci Blomstedt	1,663,582	Red Willow County
8) Lori Schmidt	1,639,957	Red Willow County
9) Jamie Payton	1,582,690	Red Willow County
10) Trent Spady	1,529,365	Chase County

Team results were equally impressive with Movers and Shakers averaging 1,490,002 steps. Team members are Nancy Corey, Jamie Payton and Mary Payton (Red Willow County). 2<sup>nd</sup> place went to multi-year team winners ADH Photography, Adrianna Gass and Patricia Hagan (Red Willow County) with an average of 1,423,622. 3<sup>rd</sup> place team was Too Hot to Trot with members: Shannon and Harry Sughroue, Emily Zipperlen, Michelle Dickes, Darcy Rouse and Caitlyn Smith (Red Willow County).

Additional team standings are on the SWNPHD website: [www.swhealth.ne.gov](http://www.swhealth.ne.gov)

The weight loss challenge was based on percentage instead of pounds for this year. Congratulations to top winners Deb Reitz (Red Willow County), 2<sup>nd</sup> place Adriann Smith (Red Willow County) and 3<sup>rd</sup> place Kate Vrbka (Chase County).

Sarah Wolford, Community Hospital Wellness Coordinator partnered with SWNPHD to give Walk to Health its own website for registration and let participants log into their own tracking system. A grant from Community Hospital Health Foundation covered the cost of the portal.

“We were pleased to also offer a gift to every member of the Million Step Club,” shares Wolford. “We are passionate about wellness and getting our community physically active. We want to congratulate the 61 participants that walked over a million steps in 12 weeks and the nearly 300 others that completed the challenge. We look forward to seeing even more participants next year.”

Members of the Million Step Club are listed on the website at [www.swhealth.ne.gov](http://www.swhealth.ne.gov) .

SWNPHD utilizes Healthy People 2020 national goals for the Walk to Health program, which is to increase the proportion of adults who engage in aerobic physical activity for at least 150 minutes per week. “We hope to inform, educate and empower the residents of southwest Nebraska about the positive outcomes of physical activity,” explains Stoney. “This is just one of SWNPHD’s efforts to reduce cardiovascular disease, diabetes and stroke.”

You can follow us on Facebook.com/swnphd and Twitter@swpublichealth. For more information call 308-345-4223 or stop in at Southwest Nebraska Public Health Department 404 West 10<sup>th</sup> Street (one block north of Arby’s) in McCook or 501 Broadway (Moreland Building 5<sup>th</sup> Street entrance) in Imperial.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties.

###