

Senator Harkin making tracks in Cerro Gordo County

By Cerro Gordo County Public Health

Senator Tom Harkin went to Southbridge Mall in Cerro Gordo County on February 7

to learn about two Public Health programs that were designed to prevent health problems before they occur. About 100 people came to see him.

Making Tracks and **Junior Tracks** are coordinated by the Heart Healthy Cerro Gordo County Coalition and the Cerro Gordo County Department of Public Health. Both

are offered at no cost in all Cerro Gordo County communities.

Senator Harkin also had the opportunity to see what Emmett County was doing with its Lifestyle Challenge Program through Avera Holy Family Health.

“We are so thrilled that Senator Harkin took the time to visit Cerro Gordo County and learn about Making Tracks, Junior Tracks and the Lifestyle Challenge Program,” said Tammy Bryant, Junior Tracks coordinator.

“Senator Harkin supports preventable health initiatives and wellness programming that targets communities.”

Senator Harkin believes prevention is important to put a stop to skyrocketing health-care costs and decrease the alarmingly high rise in preventable chronic conditions. One of Senator Harkin’s top legislative priorities this year is to develop a



From Left: Tammy Bryant, Cerro Gordo County, Senator Harkin, and Michelle Welch, Emmett County.

package to promote wellness and disease prevention.

“It was a wonderful event Saturday. It gave Senator Harkin a chance to speak directly with Making Tracks members as well as school officials, students and parents who have been involved in Junior Tracks,” Bryant said. “We really believe that Senator Harkin understands how important federal and state funding is for programs such as these three. These types of programs can have a positive impact on the health of our residents.”



From Left; Michele Appelgate, CGCPH; Rich Lorence, CGCPH New MT Coordinator; Penny McCaslin, CGCPH; Michelle Welch, Emmett County Lifestyle Challenge Program; Senator Harkin; Tammy Bryant, CGCPH Junior Tracks Coordinator; Phillip Dougherty, CGC Supervisor; Gretchen Nissen, CGCPH; Ann Lundvall, CGCPH.

Just Eliminate Lies (JEL) has been visiting the University of Iowa and Iowa State University this basketball season. JEL attended the Iowa vs. Ohio State game and members of JEL passed out literature and talked with fans. Pictures were taken of people who wanted to stand in the JEL coffin holding an anti-tobacco message.

Kassie Hobbs (at left), took part in the halftime presentation, where Herky presented JEL members with an autographed basketball. JEL made a trip to Ames for the Iowa State vs. Oklahoma State Men’s Basketball game on February 7. JEL passed out literature, talked with college basketball fans at Hilton Colliseum, and took pictures with the JEL coffin and anti-tobacco messages. Steph Dillon, a JEL member from Hampton, was presented with an autographed basketball during the halftime presentation. At right, JEL members provide Cyclone fans with JEL information.

