
"Healthy People in Healthy Communities."

NEWS

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CDHD Honors Local Medical Resident for Leadership in Community Health

Boise – Today the Central District Health Department (CDHD) presented Dr. Crystal Pyrak, a second year medical resident with Family Medicine Residency of Idaho (FMRI), with its "Leadership in Community Health" award.

Earlier this year, Dr. Pyrak authored a resolution aimed at reducing obesity rates in Idaho by promoting healthier nutrition and food choices among the state's Supplemental Nutritional Assistance Program (SNAP) recipients. The SNAP program is a federally-funded program managed by the Idaho Department of Health and Welfare, serving nearly 15 percent of Idaho's population.

Dr. Pyrak's resolution is a call to action by the Idaho Medical Association, the Department of Health and Welfare and community organizations to develop policies that will improve access to and encourage the choice of healthier food options for Idahoans enrolled in SNAP.

"The health department is pleased to see an Idaho physician who is reaching beyond the treatment of ill patients. Not only is Dr. Pyrak treating patients with immediate needs, she is working to keep people *out* of doctors' offices by encouraging them to take charge of their wellness through healthy food choices. We strongly commend Dr. Pyrak for this commitment to reduce obesity rates in Idaho," said CDHD Director Russ Duke.

CDHD's Leadership in Community Health award recognizes community champions who promote and uphold CDHD's vision of "Healthy People in Healthy Communities."

Through its programs and policy development, CDHD works to improve the quality of life and decrease risk factors for chronic disease within health district four which encompasses Ada, Boise, Elmore and Valley counties. Decreasing obesity rates among children and adults is one of CDHD's leading priorities.

Obesity in Idaho

In Idaho, it is estimated that 27 percent of adults are obese, while 62 percent of adults are either overweight or obese. Based on results of the 2011/2012 Idaho 3rd Grade Body Mass Index Assessment, there are an estimated 6,200 (29 percent) overweight or obese 3rd grade students

in the state. Nationally, the Centers for Disease Control (CDC) report that nearly 35 percent of adults in the United States are obese.

About Family Medicine Residency of Idaho (FMRI)

The Family Medicine Residency of Idaho was designated as one of the first 11 Teaching Health Centers in the nation and was recently designated a Federally Qualified Health Center. FMRI prepares broadly trained family medicine physicians to work in Idaho's underserved and rural areas. FMRI ranks 8th in the nation in retention of physicians once they go into practice. FMRI is the largest Medicaid provider in Idaho serving vulnerable populations through seven clinics in Ada County, in a patient-centered medical home.

For more information on FMRI, visit www.fmridaho.org.

For information on CDHD's initiatives, programs and services, visit www.cdhd.idaho.gov.

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Photo: CDHD Director, Russ Duke, presents Leadership in Community Health award to Dr. Crystal Pyrak.