

Name: Amy Houser

AmeriCorps Health Corps Site: Siouxland District Health Department, Sioux City, IA.

Biography: I'm a native of Cedar Rapids, IA and a 2011 graduate of Wartburg College in Waverly, IA. At Wartburg I received Bachelor degrees in both biology and history. After my year of service with AmeriCorps I plan to attend graduate school to obtain a master's in public health.

AmeriCorps Activities: Over the past 6 weeks I have worked on a variety of projects related to worksite wellness, school wellness, and the activities tied to the Healthiest State Initiative. In promotion of worksite wellness, I created worksite wellness tool-kits to be used by area businesses for health education. These tool-kits cover a variety of topics, including portion control, healthy vending, and tobacco cessation. Furthermore, each tool-kit contains models, booklets, and other health information. In the area of school wellness, I created promotional materials to encourage the participation of schools in Fall Fitness Day on Oct. 5th. I will also be assisting schools with participation in Go the Distance Day, the Live Healthy Kids Governor's Challenge, and other school wellness initiatives. Finally, I acted as a local coordinator for 9 businesses participating in the Start Somewhere Walk held on October 7th.