

Shannon Gray, *Community Health Coordinator*

Employee Health and Wellness

May 2021 Step Challenge:

I was able to wrap up the month long step challenge for all Lowell City employees that took place from May 1st to May 31st. The challenge had 62 total participants. The overall top stepper had a total of 576,777 steps for the month, second place had 545,045 total steps for the month, and the third place winner had 439,859 total steps for the month. The overall weekly average for all participants throughout the challenge was 16,000 daily steps.

Trivia Challenge:

I have put together 3 separate Lowell history trivia challenges for the City of Lowell employees. There is 9 questions in each trivia challenge with 3 opportunities per challenge to get out into the community and send a photo at the trivia destination for bonus points. As of now I have launched and completed the first trivia challenge. There was a positive outcome of 32 participants. The second trivia challenge is currently live and will close at the end of August. The last trivia challenge will be launching the first day of September and closing by the end of that month.

Community Health Coordinator Updates

Monthly Awareness Flyer:

I designed and release a Hemochromatosis Awareness flyer as the awareness theme for July. This flyer included a description on what hemochromatosis is and the 2 different types – primary or hereditary hemochromatosis and secondary hemochromatosis. This flyer also included a visual aid to show what happens to an organ when it is overloaded with iron, as well as, statistics on individuals in the USA currently living with elevated iron levels and the defective gene that causes most hemochromatosis cases. The flyer was shared with community partners who were encouraged to print or virtually share this resource with their populations.

Summer Safety Flyers:

In addition to the Sun Safety flyer I created last month I was able to put together educational flyers regarding Pool Safety, Mosquitos, and Grill Safety. These flyers will be shared on the City of Lowell social media pages, as well as, sent out though the Lowell Health Departments subscription list once finalized and approved. These flyers along with the Sun Safety flyer will be professionally printed and distributed out into the community to raise awareness of best practices as the summer months continue forward.

Summer 2021 Intern:

Jack Collins interned with me for 12 hours a week June 14th through July 30th. Jack was working on a couple different project while he was here, but his main focus was creating the Get to Know Us Newsletter for the City of Lowell Health Department. Jack had the opportunity to work on his interviewing and note taking skills while getting to know the different divisions found within the City of Lowell Health Department. He was able to complete an interview with 14 employees found within the 4 divisions, and put together a vision of how he would like to set up these newsletters. There is an action plan in place to edit, finalize, and launch these newsletters even beyond Jacks time with us.