

LAKE COUNTY COUNCIL

LAKE COUNTY GOVERNMENT CENTER
2293 NORTH MAIN STREET
CROWN POINT, INDIANA 46307
219-755-3280
FAX: 219-755-3283



LAKE COUNTY GOVERNMENT CENTER
CROWN POINT, INDIANA



1ST DISTRICT
DAVID HAMM



FOR IMMEDIATE RELEASE:
PHOTOS INCLUDED
Contact: 219-755-3280 Ext. 411

2ND DISTRICT
RONALD G. BREWER, SR.



HFI community engagement programming begins with Walk With A Doc

(Crown Point, Sept. 13, 2024) More than two dozen people Thursday joined members of the Lake County Health Department and its partner Franciscan Health Thursday for the county's first Walk With a Doc event.

3RD DISTRICT
CHARLIE BROWN



The event is part of the programming offered through the Health First Indiana initiative established by Senate Enrolled Act 4-2023. HFI was created to establish a public health infrastructure through a state and local partnership where services are delivered at the local level.

4TH DISTRICT
PETE LINDEMULDER



Lake County Health Officer Chandana Vavilala kicked off the event and thanked the partners that helped make it happen.

"We are all very much excited to be engaging with the community," Vavilala said. The county health department partnered with Franciscan Health to bring the health system's Walk with a Doc program to the county.

5TH DISTRICT
CHRISTINE CID



Many people associate the health department with things like vaccinations and food safety, Vavilala said. She wants people to know the many varied services the health department offers.

6TH DISTRICT
TED F. BILSKI



"Right now, we want to let you know we will not just talk the talk, but walk the walk," Vavilala said to kick off the event.

7TH DISTRICT
RANDALL NIEMEYER



Promoting wellness is one of the Key Performance Indicators for Core Public Health established by HFI. Participating health departments must focus their efforts on a variety of KPIs including maternal and child health, tobacco and vaping prevention and cessation, chronic disease prevention and immunizations among others.

"The plan is to continue more and more community engagement programming. We want to be proactive. We want to be healthy. We want to make sure we take good care of our physical health and our emotional health," Vavilala said.

---MORE---

LAKE COUNTY COUNCIL

LAKE COUNTY GOVERNMENT CENTER
2293 NORTH MAIN STREET
CROWN POINT, INDIANA 46307
219-755-3280
FAX: 219-755-3283



LAKE COUNTY GOVERNMENT CENTER
CROWN POINT, INDIANA



1ST DISTRICT
DAVID HAMM



Lake County Council President Christine Cid, D-5th, joined the program and offered support to participants.

2ND DISTRICT
RONALD G. BREWER, SR.



“I’m not just here to support the program, I’m here because I need to walk, too,” Cid said.

Cid said that like so many people, she often tells herself she needs to get out and walk but sometimes she does not make the time. The organized walk made it easier to participate.

3RD DISTRICT
CHARLIE BROWN



After a brief discussion the program started with a stretch session and a group walk from the health department at 2900 W. 93rd Ave., to the Erie Lackawanna Trail. Walkers were joined by Dr. Vavilala, her husband nephrologist Dr. Venkat Vavilala, members of Franciscan Health and the Health Department for the walk. The Purdue Extension office participated as well, closing the office for the hour of the walk so all employees could participate if they wished.

4TH DISTRICT
PETE LINDEMULDER



Vavilala thanked the Lake County Fairgrounds staff for helping set up and Lake County Emergency Management Association for ensuring the safe cross of 93rd Avenue.

Counties participating in Health First Indiana must report metrics on core public health service delivery in June and December, according to the HFI website. Local health departments report their progress in core service areas like maternal and child health, trauma and injury prevention, chronic disease prevention and more.

5TH DISTRICT
CHRISTINE CID



These data provide vital information for local health departments to share ideas and collaborate with each other for core public health service delivery, the site continued.

6TH DISTRICT
TED F. BILSKI



Walk With A Doc will continue Thursday from 3 p.m. to 4 p.m. through Oct. 17, and kick off at the health department, 2900 W. 93rd Ave. Each week will include a brief presentation before the walk begins. Vavilala said a variety of doctors and health professionals will be joining the walk throughout the program to answer questions and talk with participants.

7TH DISTRICT
RANDALL NIEMEYER



Registration is on-site only on the day of the walks and begins at 2:45 p.m.