



# NEWS



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## **McLean County Board of Health presents 2013 Public Health Award**

BLOOMINGTON— Mike McCurdy, news director of GLT Radio, was named the recipient of the 21st annual McLean County Public Health Award for furthering public health principles, practices and services of McLean County. Board President Becky Powell presented the award as an extension of the Board of Health meeting Wednesday, Nov. 13.

McCurdy was recognized for his direct involvement with the Good-to-Go program, an ongoing community wide project of GLT and Illinois State University Office of Sustainability. The Good-to-Go program encourages healthy lifestyles and promotes the use of alternative transportation besides driving cars. The program encourages people to commute to work, shop, or enjoy their time by walking, bike-riding, car-pooling or bus riding. The commuter challenge portion of the program allows community members to register as teams to track their commutes to shine light on participants' calories burned, gallons of gas saved, and carbon dioxide emissions avoided. As co-director and driving force of the Good-to-Go Program, McCurdy helps people become more active, thus decreasing the health risks associated with sedentary lifestyle.

McCurdy began his work at WGLT Radio as news director in 1991, and become program director in 1996. He is a member of the Bloomington-Normal Public Transit System Board of Trustees (Connect Transit) and has not driven to work since April 2010.

Each year, the McLean County Board of Health Public Health Award honors a McLean County resident, volunteer or employee who exhibits leadership in a public health-related activity and contributes to health promotion efforts within the county. The contribution can be professional or occupational, in a volunteer or paid capacity; in areas such as the aging population, communicable disease, emergency preparedness, environmental health, health education and promotion, individuals with disabilities, injury prevention, maternal/child health, mental health, nutrition and fitness or any other health-related field. To learn about the Health Department or Board of Health, call (309) 888-5450 or visit <http://health.mcleancountyil.gov>.

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