

THE IDAHO COMMISSION ON AGING  
**FALLS PREVENTION AWARENESS SEMINAR SERIES**  
**SIMPLE STEPS PANELIST BIOS – 9/29/2021**

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**Michelle Butterfield, M.H.E.**

Southeastern Idaho Public Health (SIPH))  
Health Education Specialist Senior  
Fit & Fall Proof™ Master Trainer

Michelle has worked with SIPH as a Health Education Specialist Senior for 15 years. As a program coordinator, she works with community partners to implement policy, system, and environmental changes to improve public health. As a health educator, Michelle oversees four health promotion programs. She trains instructors for the Fit and Fall Proof™ Program. She also trains volunteers to teach the Fit and Fall Proof™ exercise classes. These evidence-based classes prevent falls among seniors.

Through the Physical Activity and Nutrition Program, Michelle works with community partners to provide resources and tools to improve health among the people of southeast Idaho. She conducts numerous presentations to community organizations, worksites, daycares, senior centers, and schools on falls prevention, physical activity, and nutrition.

Michelle has a reputation as an excellent health educator and has consistently developed relationships with people and the community. She truly empowers and improves health in southeast Idaho.

Contact Michelle

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**Kate Wilson, LPN**

Public Health- Idaho North Central District (PH-INCD)

Health Education Specialist

Fit and Fall Proof™ Coordinator

Kate comes from a background in clinical care, both in senior living and family practice environments. For the last 7 years, she has worked in various public health programs including WIC, Vaccines for Children, Communicable Disease, Preparedness, and Health Promotion. Kate works with community partners to support policies that benefit and protect health and quality of life for North Central Idahoans. As a health educator, she implements three programs that share a common end-goal of improving health literacy as well as opportunities available to make healthy choices.

Under the Fit and Fall Proof™ program, Kate trains volunteers to lead exercise classes for older adults and ensures the fidelity of class delivery through regular site visits. As a published physical activity program (Frontiers in Public Health), Fit and Fall Proof™ is becoming a recognized evidence-based intervention.

To contact Kate

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