



KATE WILSON, LPN

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

Health Education Specialist

Fit and Fall Proof™ Coordinator

Licensed Practical Nurse (LPN)

Kate comes from a background in clinical care 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. She 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. She ensures the consistency of class delivery through regularly visiting class sites and working with instructors. Idaho's Fit and Fall Proof™ program, published in *Frontiers in Public Health*, has become a recognized evidence-based intervention, making Kate's work to implement and deliver the program a significant benefit for aging Idahoans.

Contact Kate:

208.799.0379

kwilson@phd2.idaho.gov

