

Domain 2: Healthcare Systems and Providers

“Shaping a Healthy Future” Award- Dr. Laurie Mitchell

Dr. Mitchell works for Southern Indian Health Council serving the American Indian Community. Their community health department’s theme is "Working Towards Wellness." She has committed herself to reaching out to the kids of the local tribal community by working with the local school district and focusing on prevention activities.

As the leader of the Wellness Coalition at Mountain Empire School District, Laurie has been instrumental in creating a community health fair called “It’s How We Live” during parent night at the Mountain Empire Jr./Sr. High School. Attracting over 100 families in the first year and doubling to over 200 in its second year, this community event has been able to bring the resources and educational materials on obesity, physical activity and family wellness to the back country community.

As a practicing pediatrician, Laurie sees a high percentage of overweight children in her practice and has dedicated her time to reaching them before they become overweight and by generating prevention tools in the school system to monitor their physical activity level. Dr. Mitchell is to be commended for her dedication, support and mentoring in this rural community.