



## WILLIAMSON COUNTY AND CITIES HEALTH DISTRICT

### NEWS RELEASE

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**FOR IMMEDIATE RELEASE**

### *Williamson County and Cities Health District Honors Excellence in Public Health*

April 27, 2009 (Williamson County) –

Community Health Education is one of the newest and fastest growing programs of the Williamson County and Cities Health District (WCCHD). Health education programs are offered to families and adults in Williamson County on a variety of topics including diabetes, nutrition, physical activity, parenting, and car safety seat education.

Billye Navarro, a licensed social worker is the team lead for the Community Health Education team and the latest recipient of the Scott D. Evans Award for Excellence in Public Health. The Board of Health selected Navarro to receive the award from among several nominees.

The Scott D. Evans Excellence in Public Health award is named in memory and honor of a long-time WCCHD Board of Health member who passed away unexpectedly in May 2006. Evans was always a vocal supporter of WCCHD's employees and expressed his pride in the excellent public service and innovative programs offered to the community.

Navarro says of the award "I was speechless which is unusual for me. Just to be nominated is an honor and winning the award was very exciting. I feel fortunate to work with a great team that always strives for excellence. They all deserve the award."

In addition to leading the health education team, Navarro teaches Diabetes Self Management Education as well as other health education classes on a variety of topics. Diabetes Self Management Education classes are provided at no-cost to adults with diabetes and their family members. The six-week series provides education on nutrition, physical activity, blood glucose management, diabetes medication and preventing complications.

Class participants always have positive words to say about the classes. Many of the participants have asked Navarro to provide additional classes on diabetes to further their education.

One class participant stated "I have learned more from Billye than I have from any of my other diabetes health professionals."

Over the past few years, Navarro has also met with clients of Williamson County's Wilco Care Card program who have been diagnosed with diabetes. She provides clients with one on one support and counseling that includes providing them diabetes supplies and teaching them how to test their blood sugar. She also provides diabetes education to clients to help them better manage their diabetes.

Navarro says "clients can be challenging at times but they are capable of so much more than they think they are and they know much more than they think they do. They just need someone to help them put it together. I enjoy seeing clients who don't need me anymore other than to issue diabetes supplies because they've taken charge of their own care."

Navarro's previous experience includes serving as a Children's Mental Health Counselor in Florida before moving to Texas. In her ten years with WCCHD she has served as a Case Manager with the prenatal program and the primary healthcare program before becoming a Community Health Educator. In her free time Navarro enjoys singing in the church choir, taking long walks with her very spoiled dachshund schnauzer mix named Charlie and watching golf tournaments.

Billye Navarro can answer questions about her career in public health, upcoming Diabetes Self Management Education classes, or any other health education program at 512-248-3252 or [BNavarro@wcchd.org](mailto:BNavarro@wcchd.org).

For more information on the Williamson County and Cities Health District, *your public health department*, visit [www.wcchd.org](http://www.wcchd.org).