



Wellness Buddy Tip

Providing guidance and support to make the "healthy choice the easy choice."

Chronic Disease Health Promotion and Education Program
Jackson County Health Department

A Healthier America: One Community at a Time Public Health Week April 5-11, 2010

This week U.S. Sen. Tom Udall (N.M.) and U.S. Rep. Lucille Roybal-Allard (Calif.) introduced resolutions recognizing National Public Health Week and the importance of public health in preventing disease and promoting good health.

National Public Health Week, sponsored by the American Public Health Association, will be held April 5-11 and seeks to educate the public, policy-makers and public health professionals about issues important to improving public health. This year's theme is "A Healthier America: One Community at A Time."

"Recognizing National Public Health Week will serve as an important reminder for individuals, families and communities to focus on stopping preventable diseases before they start," said Udall. "If we make better choices as individuals and families to promote healthier lifestyles at home, school and work, we can have a major impact on the public's health today. I appreciate the leadership and advocacy of these public



National Public Health Week is April 5-11, 2010.

health groups because they encourage communities to plan and make healthy choices so we can spend less time and resources treating diseases and save more lives by preventing them."

"National Public Health Week offers a reminder to all of our nation's families that many of the choices we make in our daily lives directly determine how long we live and how well we live," said Congresswoman Roybal-Allard who co-founded the Congressional Study Group on Public Health and is a member of the Appropriations Health Subcommittee. "We can no longer ignore the science that links nearly 60 percent of premature deaths in our country to unhealthy behavioral choices, as well as en-

vironmental conditions and social circumstances. National Public Health Week is a call to action. I urge everyone to learn about the small, yet crucial behavioral changes that we can make to prevent chronic diseases. These changes include adopting better eating habits, exercising more, limiting alcohol consumption and avoiding cigarette smoking. In our homes, schools and in our communities, we all have an important role to play in the effort to achieve healthier futures for all of us."

In order to become a healthier nation, we need policy-makers to set the example and demonstrate a strong commitment to issues of public health and building frameworks for healthier communities," said Georges C. Benjamin, MD, FACP, FACEP (E), executive director of APHA. "We applaud Sen. Udall and Rep. Roybal-Allard for their leadership. We look forward to a successful National Public Health Week this April and encourage all to learn how they can become involved."

NPHW 2010: Why is it Important?

- Public health is a part of our everyday lives, from the water we drink and air we breathe, to the laws that protect us from injury and vaccines that help us stay healthy.
- National Public Health Week is a time to celebrate advancements in public health, assess our nation's current public health status and highlight the importance of taking action.
- Our goal is to become the healthiest nation in one generation.

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Special points of interest:

- *Our nation's health is in poor shape, despite the fact that we spend more money on health care than any other country.*
- *Nearly 900,000 people die from deaths that can be prevented each year.*
- *An estimated 46.3 million Americans do not have health insurance.*
- *For the first time, American children may live shorter lives than their parents.*
- *Nearly 1 in 3 children are overweight or obese.*

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