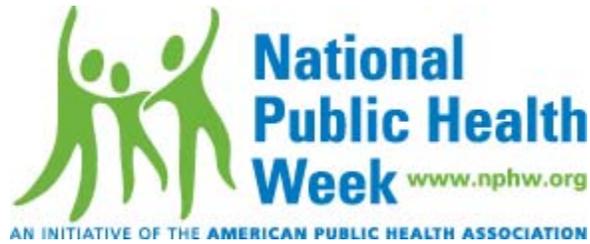


March 30, 2017

National Public Health Week set for April 3-7

MOBILE, Alabama — Since the first full week of April was declared National Public Health Week (NPHW) in 1995, communities across the United States have observed the time as an opportunity to recognize the contributions of public health and highlight issues that are important to improving the public's health.



At the Mobile County Health Department, NPHW will be observed this year from April 3-7. It is a time to unite around critical issues and focus our collective energy on the singular goal of helping people live longer, happier, healthier lives.

The local theme in 2017 is “We Are Public Health.” MCHD and Family Health — the primary care division — plan to recognize several of its departments over the week:

Monday, April 3 – Health care and prevention; **Tuesday, April 4** – Environmental health; **Wednesday, April 5** – Nutrition and Diabetes Awareness; **Thursday, April 6** – Disease prevention; **Friday, April 7** – Health education.

Have you ever wondered exactly what public health is? It promotes and protects the health of people and the communities where they live, learn, work and play.

While a doctor treats people who are sick, those of us working in public health try to prevent people from getting sick or injured in the first place. Public health also promotes wellness by encouraging healthy behaviors.

From conducting scientific research to educating about health, people in the field of public health work to assure the conditions in which people can be healthy. That can mean vaccinating children and adults to prevent the spread of disease. Or educating people about the risks of alcohol and tobacco. Public health sets safety standards to protect workers and develops school nutrition programs to ensure kids have access to healthy food.

Public health works to track disease outbreaks, prevent injuries and shed light on why some of us are more likely to suffer from poor health than others. The many facets of public health include speaking out for laws that promote smoke-free indoor air and seatbelts, spreading the word about ways to stay healthy and giving science-based solutions to problems.

Public health saves money, improves our quality of life, helps children thrive and reduces human suffering. To learn more about the celebration, visit www.nphw.org.