



## Jackson County Department of Public Health

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### JACKSON COUNTY DEPARTMENT OF PUBLIC HEALTH CELEBRATES NATIONAL PUBLIC HEALTH WEEK APRIL 4-10

National Public Health Week, celebrated during the first full week in April, is a time to celebrate the achievements of public health as well as become part of a growing movement to create the healthiest nation in one generation. During the week, JCDPH will celebrate the power of prevention, advocate for healthy and fair policies, share strategies for increasing equity and champion the role of a strong public health system. Additionally, we ask the community to join us in honoring our employees that do their best every day to make our community a healthier, safer place for us all.

This year's theme, Public Health Is Where You Are, celebrates what we know is true: The places where we are, physically, mentally and societally, affect our health and our lives. And as we move slowly back toward gathering in person, we're focusing not just on what we can do as individuals, but what we can do as communities to protect and prioritize public health.

During this week, consider one of the following ways to celebrate public health:

- Thank a public health employee. We work diligently every day to make our community healthier. Swing by the Health Department to give us a shout out!
- If you don't already, consider using services provided at the Health Department. We offer a variety of services including Clinical, Laboratory, Nutrition, Health Education, Environmental Health, and more. Learn more about what we do here: <http://health.jacksonnc.org/>
- If you are passionate about a public health topic, get involved in the conversation. Let our leaders and stakeholders know what is important to you and the ones you love. One way you can let your voice be heard is by getting involved in the Community Health Improvement Plans. Call 828-587-8238 to learn more about this opportunity.
- Remember that public health and personal health are closely related. Take time to take care of yourself whether that means adding more fruits and vegetables to your diet, going for a walk, or simply taking time to slow down and recharge.

For more information on National Public Health Week, visit <http://www.nphw.org/>.

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