



Jackson County Department of Public Health

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JCDPH CELEBRATES NATIONAL PUBLIC HEALTH WEEK: APRIL 3-9, 2023

During the first week of April, JCDPH celebrates the 28th National Public Health Week. This year's theme is "Centering and Celebrating Cultures in Health." As we adjust and adapt to new social norms, we are focusing not just on what we can do as individuals, but what we can do as communities to protect, prioritize and influence the future of public health.

This year, one of the goals for public health week is to look at how our cultural connections and intersections affect our health, well-being and the public health system that cares for us. The 2023 daily themes help build connection to our community and our culture.

Monday: Community

Whether virtual, physical or both, connection with community is vital to living your healthiest life. We must work together to ensure all communities have access and connections to affordable housing, education, food and transportation.

Tuesday: Violence Prevention

Violence is an ongoing public health threat because it creates more obstacles to living a healthy life. When we understand the causes of violence in our communities, it gives us a better chance at creating effective prevention strategies.

Wednesday: Reproductive and Sexual Health

We can work together and make sure everyone has the right and ability to access safe, affordable and individual care when making reproductive and sexual health decisions.

Thursday: Mental Health

Each year, one in five Americans will experience mental illness. Mental health is public health. Prevention, early detection and treatment of mental health conditions can lead to improved physical and community health.

Friday: Rural Health

Rural communities are some of the most vulnerable populations to public health threats. We can work toward a more robust, inclusive public health system that ensures everyone is reached



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Saturday: Accessibility

We can close the health equity gap by reducing health disparities in health insurance, increasing physical accessibility to care, improving availability of appropriate care and building more inclusive public health programs and communities.

Sunday: Food and Nutrition

Access to fresh, quality and nutritious food is the foundation to living a healthy life. We can work together to make sure our communities have that access and advocate for those communities who don't.

JCDPH encourages our community to step in and do what they can to make our world a more equitable, safe, healthy and just place. Let's all work together to make it easier for communities to access the public health resources they need to achieve the highest level of health. For more information on National Public Health Week visit www.NPHW.org. For more information on the JCDPH visit health.jacksonnc.org.

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