



## Jackson County Department of Public Health

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### NATIONAL PUBLIC HEALTH WEEK CELEBRATED APRIL 1-5, 2024 “Protecting, Connecting, and Thriving: We Are All Public Health”

National Public Health Week (NPHW), celebrated April 1 through 5, is an opportunity to raise awareness about public health. Public health is more than just healthcare. Public health includes building communities free from pollution, with safe food and water, and strong personal relationships. The theme for NPHW 2024 is “Protecting, Connection, and Thriving: We Are All Public Health. This year is focused on civic engagement, healthy neighborhoods, climate change, new tools and innovations, reproductive and sexual health, emergency preparedness, and the future of public health.

**Civic Engagement:** Voting and other forms of civic engagement shape our community and how it allocates resources to support our opportunity for healthy lives. And studies show better public health outcomes in states where more people vote.

**Healthy Neighborhoods:** Where we live, work and play can have a huge effect on our health. Let’s build healthy neighborhoods with safe places to live, be active and access fresh nutritious food, to provide everyone with the opportunity for healthy lives.

**Climate Change:** Climate change is the most pressing threat to human health. By buying less, supporting green spaces and transitioning to renewable energy, we can lessen the health impacts of climate change. For everyone’s sake, let’s make a change now.

**New Tools and Innovations:** Public health is all about preventing disease, diagnosing health conditions and encouraging health and well-being. Let’s take advantage of smartwatches, health apps, telehealth and other innovations to improve the nation’s health.

**Reproductive and Sexual Health:** Reproductive and sexual health care have been under attack. Let’s make reproductive care and screening for cancers and STIs common and accessible to all.

**Emergency Preparedness:** Emergency preparedness can protect you and your loved ones. Have a plan & emergency supplies and practice what to do. Consider how you can help local organizations support underserved communities, where disasters often worsen inequities.



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Future of Public Health: Public health's future is all about teaming up with others to end racism and advocate for community well-being. Together, let's make sure every person has access to the support and care they need for a healthier life.

Public health workers in Jackson County work everyday to protect the health of our community. Join us in celebrating, supporting, and advocating for public health. You can make a difference.

To learn more about public health in Jackson County visit our website:

<http://health.jacksonnc.org>

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