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A HEALTHIER AMERICA BEGINS TODAY!

BUTTE COUNTY, Calif. — April 2nd through April 8th is National Public Health Week (NPHW). Along with communities around the nation Butte County Public Health Department will be celebrating National Public Health Week with health promotion and educational activities and events planned daily.

This year the focus of National Public Health Week is on the theme “A Healthier America Begins Today: Join the Movement”. Each day of NPHW, the Health Department will promote preventive measures to live longer and healthier lives here in Butte County. “Preventing disease before it begins is critical to reaching this goal. By taking small steps each day toward improving your health, we can improve the health of not only ourselves but the health of our families and the entire community,” stated Health Officer for Butte County Public Health Department, Dr. Mark Lundberg.

Everyone has a role to play. Each action, no matter how small, can make a big difference in a community. You can help by raising awareness of prevention and wellness by celebrating the following daily themes of this year’s National Public Health Week campaign:

- **Monday:** *A healthier America begins with active living and healthy eating*– Take the challenge to eat more fruits and vegetables, consume less sugar and fat, eat healthier snacks, watch portion sizes and eat together as a family. Also it is important to engage in daily physical activity. Start small, park a little further away from your destination, walk to work or get outside with your family. Make exercise fun and you will succeed.
- **Tuesday:** *A healthier America begins with living tobacco and drug-free and preventing alcohol abuse* – Tobacco, drugs and alcohol kill hundreds of thousands of Americans each year. Death and disease from tobacco, drug and alcohol use is preventable. Take a moment to find out more about programs available in our community to help you or your loved ones with tobacco, drug and alcohol issues.
- **Wednesday:** *A healthier America begins with preventing communicable diseases* – Encourage proper hand-washing and food preparation habits. Washing your hands is one of

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the easiest and most effective ways to prevent the spread of disease. Information is available on the Butte County Public Health website regarding proper food handling procedures and other ways to prevent the spread of disease in our community.

- **Thursday:** *A healthier America begins with reproductive and sexual health* – Practice safe sex, encourage responsible contraception behavior and promote access to preventive health services. Routine screenings and education can go a long way toward improving reproductive and sexual health. Low and no cost exams are available at our Butte County Public Health Department Clinics.
- **Friday:** *A healthier America begins with mental and emotional well-being*– When it comes to mental and emotional well-being, the little things truly make an impact. Life is stressful; make time each day for relaxation. Exercise is a great way to reduce stress. By identifying the signs of depression and suicide early and referring people to the appropriate resources, people can reduce their risk of devastating mental health issues. The Butte County Department of Behavioral Health is a good resource if you or someone you know needs help.

Every day is a chance to improve the health of our community. Even what may seem like the smallest actions – such as going for a walk, purchasing produce from your local farmer's market, e-mailing a friend a healthy recipe, or wearing a helmet when riding a bike – can have a big impact when they are spread throughout an entire family or community. Help the Butte County Public Health Department celebrate National Public Health Week the first week of April by committing to a healthier America!

Please join us at our website www.buttecounty.net/publichealth for helpful tips about how you can make this spring/summer season healthier and safer in your families, neighborhoods, workplaces and schools. A healthier Butte County begins with you.

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Butte County Public Health Department

Our Mission: To protect the public through promoting individual, community and environmental health.