## NATIONAL PUBLIC HEALTH WEEK HIGHLIGHTS THE ROLE HEALTH DEPARTMENTS PLAY IN COMMUNITY WELLNESS

Mark your calendars for April 4 - 11



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Public health touches every one of our lives. Whether it is ensuring that new moms and their children have nutritious food to eat, providing vaccines to school aged children or preventing a disease outbreak from spreading, public health professionals answer the call every day to provide dozens of services. That is why your West Central Florida county health departments serving Citrus, Hardee, Hernando, Highlands, Hillsborough, Manatee, Pasco, Pinellas, Polk and Sarasota counties are taking time out to recognize National Public Health Week.

For more than 25 years, the American Public Health Association (www.APHA.org) has organized this nationwide campaign to ensure the public and policymakers are aware of the efforts taken on their behalf.

Beyond working to protect individual health, public health professionals coordinate with community partners to identify improvements and remove



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barriers so people can live a healthy lifestyle. Whether it is planning for more walkable neighborhoods or addressing socioeconomic factors which lead to higher rates of contagious illnesses, you will find public health working shoulder-to-shoulder with other agencies to make our communities better places to call home.

One of the simplest ways you can engage in National Public Health Week is to participate in the Keep it Moving challenge (<a href="http://NPHW.org/Get-Involved/Keep-It-Moving">http://NPHW.org/Get-Involved/Keep-It-Moving</a>). Neighborhoods, schools, workplaces and congregations are encouraged to take more steps – whether through walking, running, dancing or other physical activity. It may seem like a small effort, but combined those steps add up to a happier and healthier community.

To learn more about how your county health department encourages public health, please call:

DOH Citrus: 352-527-0068DOH Hardee: 863-773-4161

DOH Hernando: 352-540-6800
DOH Highlands: 863-386-6040
DOH Hillsborough: 813-307-8000
DOH Manatee: 941-748-0747
DOH Pasco: 727-619-0300
DOH Pinellas: 727-824-6900
DOH Polk: 863-519-7900
DOH Sarasota: 941-861-2900

## **About the Florida Department of Health**

The Department, nationally accredited by the <u>Public Health Accreditation Board</u>, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on <u>Facebook</u>, <u>Instagram</u> and Twitter at <u>@HealthyFla</u>. For more information about the Florida Department of Health please visit <u>www.FloridaHealth.gov</u>.

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