



National Public Health Week is a nationwide opportunity to celebrate the accomplishments of public health and to build awareness about the contributions of public health to individual wellness, community well-being and our quality of life.

"Our nation and community simply cannot sustain the current trajectory of health care spending and chronic disease rates," said Linda Walter, Health Officer for Washington County. *"Fortunately, we know that investing in prevention and public health can make an enormous difference."*

Since 1995, communities nationwide have celebrated NPHW each April to draw attention to the need to help protect and improve the nation's health. This year, during April 7th-13th, the Washington County Health Department will be focusing on four areas of public health: Maternal/Child Health, Emergency Preparedness, Obesity Prevention, and Food Safety.

Below is a list of activities for National Public Health Week in Washington County:

Monday, April 7th: Maternal/Child Health

- Informational displays will be placed at the Hartford and West Bend Public Libraries that promote proper nutrition for mothers before, during, and after pregnancy.

Tuesday, April 8th: Emergency Preparedness

- Press releases will be in local newspapers with information on how you can get involved with volunteering in case of a public health emergency.

Wednesday, April 7th and Thursday, April 8th: Obesity Prevention

- Washington County Public Health Nurses will be visiting the Hartford area 4K classes to promote physical activity through a program called "I Can Do It!".

Thursday, April 8th: Food Safety

- Five local grocery stores will be handing out information regarding safe food handling tips (Slinger Piggly Wiggly, Hartford County Market, Jackson Piggly Wiggly, West Bend Sendik's, and Kewaskum Piggly Wiggly).

Friday, April 9th: Public Health Staff Appreciation

- Be sure to thank your local Public Health Staff today for all of the great work that they do to help promote health, prevent disease, and protect the public!

For more information about National Public Health Week, visit <http://www.nphw.org>. To learn more about public health efforts in our community, visit the Washington County Health Department's website: <http://www.co.washington.wi.us/chn>.



WASHINGTON COUNTY HEALTH DEPARTMENT