



SAN BENITO COUNTY

HEALTH & HUMAN SERVICES AGENCY

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PUBLIC HEALTH SERVICES
Healthy People in Healthy Communities

Press Release

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National Public Health Week Creating the Healthiest Nation: For science. For action. For Health. April 1-7, 2019

National Public Health Week (NPHW) 2019 is a time for San Benito County Public Health Services (PHS) to promote the benefits of living in our healthy, vibrant San Benito County. NPHW 2019 shines a spotlight on public health, highlighting how far our community has come as well as acknowledging how much more we need to do to make healthy living easier for all of our residents.

During NPHW 2019 we'll celebrate the power of science, advocate for action, share strategies for healthy living, and champion the role of a strong public health system. That's why we rally around **a goal of Creating the Healthiest Nation: For science. For action. For health.**

Each day of NPHW, we focus on a particular public health topic. Then, we identify ways each of us can make a difference on that topic here in our community. These areas are critical to our future success in creating a healthy San Benito County, and everyone can do their part to help.

- **Monday-04/01/2019**-in honor of **Healthy Communities** we proudly announce the first "Walk with the Doc" event. San Benito County Public Health Officer, Dr. Gail Newel invites community members to walk with her from the Public Health Services, located at 351 Tres Pinos Road to Hazel Hawkins Memorial Hospital and back, starting at 12:00pm. During the walk you will have an opportunity to ask the Dr. Newel questions about your own health or the community's health. Join in the walk for a cost-free "walking doctor's appointment".
- **Tuesday-04/02/2019**-in honor of **Violence Prevention** we invite you to participate in a "Kids Art Contest" hosted in partnership with the Child Abuse Prevention Council, Arts Council and the YMCA. The contest will focus on what safe, happy and healthy means to youth in our community. Winning artwork will receive prizes and be featured at Mars Hill. For additional information on contest rules contact esther@casasanbenito.org.
- **Wednesday-04/03/2019**-in honor of **Rural Health** we invite you to a "Play Day for Health". This is an excellent time of the year to visit your favorite park or explore a new park that you have not been to before. PHS will be hosting a healthy play day event at Calaveras Park from 3:00-4:30pm. Youth and parents can enjoy organized activities and have a fun-filled afternoon. Come out and celebrate the wonderful parks our county has to offer.
- **Thursday-04/04/2019**-in honor of **Technology and Public Health** we invite you to download health related apps to your computer/telephone. Apps, such as <https://www.cdc.gov/mobile/mobileapp.html> and <http://www.mindfulnesscoach.com/> offer a wide variety of helpful information and unique strategies for helping you maintain a healthy lifestyle, see complete list of Apps at hhsa.cosb.us/publichealth.
- **Friday-04/05/2019**-in honor of **Climate Change** we will be advocating for everyone's right to a healthy life. Health professionals will be at San Benito County Community Food Bank from 9:00am-12:00pm to provide information on nutrition, climate change, tobacco cessation, communicable disease prevention, cancer prevention and more.

Everyone has a role in promoting the health of our community, no matter how small. Please help raise awareness of prevention in our community during Public Health Week 2019 by attending any of the events mentioned above.

For more information about NPHW 2019 visit the national website at <http://www.nphw.org/nphw-2019>, the Public Health Service's webpage at hhsa.cosb.us/publichealth or call San Benito County Public Health Services at 831-637-5367.

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