



Healthiest Nation 2030

April 3 - 9, 2017



**San Benito County Public Health Services
wishes you Happy Public Health Week!**

**Tuesday is
“Growing Healthy Families”**

Growing healthy families is key to having a thriving community. How do we achieve this?

Goal 1: Improve access to health

Taking good care of your personal health and that of your family enables people to live productive lives. That is why it is so important to have regular healthcare, not just for when you're sick but for check-ups too. For families in need, Public Health can help link them to the health care system to make sure they get quality care.

Goal 2: Improve Maternal and Women's Health

It starts early -- good prenatal care through post-partum care ensures healthy moms and healthy babies. Around the world every day, approximately 830 women die from *pregnancy* or *childbirth*-related complications. Fortunately in the developing world, family planning, prenatal care, childbirth care and post-partum care have significantly decreased maternal and infant deaths. In San Benito County and throughout California, prenatal care is available to all women through private insurance and Public Health programs.

Goal 3: Improve Infant Health

Growing a healthy baby requires all of the above and so much more. We need to ensure good nutrition for babies and understand how babies grow and develop. Breastfeeding is the most natural and healthy way to feed infants. Studies show that breastfed infants have less illness and better health into childhood and beyond. Public Health supports breastfeeding policies such as the lactation accommodation labor code and hospital initiatives to implement lactation initiation practices in the birthing suite.

Goal 4: Improve Nutrition and Physical Health

Good nutrition starts in infancy and must be continued throughout life to stay healthy. Cardiovascular disease is the number one cause of death in the United States. We are also seeing increased rates of diabetes. Poor nutrition and not enough physical activity have contributed to increasing rates of obesity in our country. That is why Public Health works with schools on wellness policies that include: school meals, physical activity, nutrition education. Public Health also works with our community in various settings to sponsor health promotions such as nutritious meal preparation and walk-able environments.

Goal 5: Improve Child Health

It's not just about good nutrition – a safe environment fosters child health and well-being. As parents, it is our job to make sure our children are in proper car seats, wearing bicycle helmets and crossing streets safely, just to name a few! Public Health works closely with various coalitions, law enforcement, fire department, transportation agencies, hospitals, recreation departments, and private businesses to improve child health in such areas as: car passenger safety, pedestrian safety, bicycle safety, poison prevention (including medication overdoses), fire and household safety. Public Health also partners with health care providers and schools to meet special need challenges for children such as: wheel chairs, ventilators, physical and occupational therapy.

Goal 6: Improve Adolescent Health

As children get older, we must encourage and help them choose healthy lifestyles that will take them into a successful adulthood. Adolescence is a unique time of life where children are growing more independent and making choices that can impact their health. Adolescents can be exposed to all kinds of health risks such as: smoking, alcohol and substances, and sexually transmitted diseases. Public Health continues to work hard on ways to reduce exposure to these risks through: tobacco prevention, reducing youth-targeted store front advertising, involving teens in coalitions and public policy implementation, raising family awareness about risks and providing protection and referral to treatment services.