



# SAN BENITO COUNTY

HEALTH & HUMAN SERVICES AGENCY

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**PUBLIC HEALTH SERVICES**  
*Healthy People in Healthy Communities*

## Press Release

FOR IMMEDIATE RELEASE  
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### National Public Health Week U.S. the healthiest nation in one generation — by 2030 April 3-9, 2017

**National Public Health Week (NPHW) 2017 is a time to promote the benefits of a healthy, vibrant San Benito County.** NPHW 2017 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 residents to live, learn, work and play. Most of all NPHW 2017 provides us an opportunity to showcase the amazing work being done by our partners throughout the county.

That's why, during NPHW 2017, the San Benito County public health community is rallying around **a goal of making the U.S. the healthiest nation in one generation — by 2030.** During this week Public Health will create a new groundswell of support for the changes that must be made within our health system to realize this goal. Join us for NPHW 2017 and be a part of the effort to make the U.S. the healthiest nation in one generation—by 2030! During the week Public Health will be hosting numerous events throughout the community.

- **Monday-04/03/2017** will promote "Preparing for Emergencies." Start off Public Health Week by creating an emergency preparedness plan! Pick up an Emergency Preparedness Wallet card at Public Health Services, located at 439 4<sup>th</sup> Street in downtown Hollister. Also, be on the lookout for Emergency Preparedness videos on the San Benito Office of Emergency Service's Facebook page. This day is sponsored in partnership by the San Benito County Public Health Services and San Benito County Office of Emergency Services.
- **Tuesday-04/04/2017** will promote "Growing Healthy Families". Raylene Phillips, MD, Assistant Professor of Pediatrics at Loma Linda University Children's Hospital Division of Neonatology will present "The Sacred Hour," research and experience on skin-to skin contact between newborns and mothers in the first hour of life to San Benito County medical and health care providers. This event is sponsored in partnership by the Healthy Mothers, Healthy Babies Coalition, Hazel Hawkins Memorial Hospital, San Benito County Public Health Services, First Five San Benito, PAC-LAC, California Women, Infants/Children Community Bridges, and the California Breastfeeding Coalition.
- **Wednesday-04/05/2017** will promote "Healthy Environment". Watch for informative tweets on best practices for our environment in San Benito County social media.
- **Thursday-04/05/2017** will promote "Walk for Wellness". Put your walking shoes on and join other community members for a fun Walk for Wellness lunchtime event. Interested walkers will meet at noon at the corner of San Benito Street and Fourth Street for a lunchtime walk to San Benito High School and back. This event is sponsored in partnership by the San Benito County Public Health Services, San Benito County Wellness Coalition, Council of Governments, Social Vocational Services of San Benito County and the City of Hollister.
- **Friday-04/06/2017** will promote "Zika Bytes". Health professionals will be at San Benito High School during students' lunchtime to provide information and answer questions on mosquito bite protection and disease prevention. This event is sponsored in partnership by the San Benito County Public Health Services, San Benito County Agricultural Commissioner's Office and San Benito High School.
- **Saturday-04/05/17** will promote "Prevention of Communicable Diseases in Day Care Settings". A half day Emergency Preparedness Summit will be provided to San Benito Daycare providers to address communicable diseases concerns, such as lice, colds and flus, and measles in the daycare setting. This Summit is sponsored in partnership by the San Benito County Public Health Services and GO KIDS, Inc.

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 NPHW 2017.

For more information about NPHW 2017 visit [www.nphw.org](http://www.nphw.org) or our webpage at <http://hhsa.cosb.us/divisions/public-health/>. You can also call San Benito County Public Health Services at 831-637-5367.

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