



SAN BENITO COUNTY

HEALTH & HUMAN SERVICES AGENCY

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Healthy People in Healthy Communities

Press Release

FOR IMMEDIATE RELEASE
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National Public Health Week Changing Our Future Together! April 2-8, 2018

The theme for National Public Health Week (NPHW) 2018 is Changing Our Future Together!

Everyone deserves to live a long and healthy life in a safe environment. To make this happen, we must tackle the causes of poor health and disease in individuals and throughout our community. San Benito County Public Health works alongside partners in both public and private sectors to make health happen where we live, work, learn, worship and play. During NPHW 2018 we'll emphasize the power of prevention, advocate for healthy and fair policies, share strategies for cross-sector partnerships, and underscore the role of a strong public health system. Each day of NPHW focuses on one public health topic. These areas are critical to our future success in creating a vibrant and healthy San Benito County.

- **Monday's** theme is Behavioral Health and well-being in mind and body. San Benito County Behavioral Health will offer behavioral health advocates and information at the Esperanza Center. Resources and support for people experiencing mental illness, substance abuse, or other issues impacting well-being will be available.
- **Tuesday's** focus is on communicable disease. San Benito County Public Health will present at the Board of Supervisors' regular meeting and speak to this critical core public health function. And remember, it is not too late to get a flu shot! Influenza is still out and about in our community.
- **Wednesday spotlights** environmental health. We encourage people to get outside and move, protecting our environment by reducing our carbon footprint. The San Benito County Parks Foundation offers free entrance to County parks all week. Get out and enjoy the local beautiful environment and all the benefits it has to offer. Go on foot, on a bike or on the bus!
- **Thursday's** focus is on the effects of injury and violence on health. One way to prevent injury is to dispose of medication properly. Expired or unused medications that are NOT controlled substances can be disposed of at Walgreens Pharmacy, Paicines General Store, Hollister Recreation/Senior Center and the Aromas Water District during business hours every weekday. **Controlled substances** can be dropped off at the Hollister Police Department every business day with no questions asked.
- **Friday** we emphasize everyone's right to a healthy life. Where we live, work and play should promote our health and not threaten it. The San Benito County Community Food Bank will sponsor a health fair with information on access to health care, nutrition, tobacco prevention and cessation and communicable disease. Finish the week with a healthy raffle prize!

We all have a role in the health of our community, no matter how big or small. Celebrate the power of prevention, advocate for healthy and fair policies and share National Public Health Week 2018 by attending or participating in any of the events mentioned above. Or get involved by calling us at 831-637-5367 or visiting our website at hhsa.cosb.us/publichealth.

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