

District Health Department #4

100 Woods Circle, Suite 200
Alpena, MI 49707
(989) 356-4507 or 1-800-221-0294
www.dhd4.org



For Media Contact Only:

Cathy Goike
cgoike@dhd4.org
(989) 358-7970

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District Health Department No. 4 Celebrates National Public Health Week "Changing Our Future Together"

National Public Health Week 2018: Changing Our Future Together- Healthiest Nation 2030 takes place April 2-8 this year. Everyone deserves the opportunity to live a long, healthy life free from preventable disease and injury. Public health workers from health departments across the country, work every day to ensure their communities have access to the basic foundations necessary for good health – clean water, safe food, breathable air, and access to life-saving vaccines, to name a few. The story of public health is one of success. The public can eat at restaurants anywhere in Michigan, access health care, breathe clean air, work in a safe environment, and live without fear of catching many diseases because our public health system is working.

Denise M. Bryan, MPA, Administrative Health Officer states "District Health Department No. 4 staff work diligently to foster healthy outcomes for families recognizing, healthy families create strong, vibrant and healthy communities. I am proud of our public health mission and the dedication of staff."

This year's Public Health Week focuses on topic areas that are critical to our future success in creating the healthiest nation:

1. Advocate for and promote well-being. Focus on and advocate for improved access to mental and behavioral health services. Use education and training to de-stigmatize mental health diagnoses and encourage people experiencing mental illness to seek treatment. Coverage for mental health services must be on par with physical health services in all health insurance coverage.

Cheboygan County
Doris E. Reid Center
825 S. Huron St., Suite 1
Cheboygan, MI 49721
(231) 627-8850
Fax (231) 627-9466

Montmorency County
P.O Box 183
12519 State St.
Atlanta, MI 49709
(989) 785-4428
Fax (989)785-2217

Presque Isle County
106 E. Huron St.
Suite A
Rogers City, MI 49779
(989) 734-4723
Fax (989) 734-3866

2. Learn about ways to prevent disease transmission. Wash your hands. Know your HIV status. Call on employers to support and provide sick leave so sick workers can care for themselves and avoid spreading disease to others. Support comprehensive sexual health education in schools, which can reduce rates of sexually transmitted disease (as well as teen pregnancy). Keep yourself and your families immunized against vaccine-preventable diseases — and get your flu shot!
3. Help to protect and maintain a healthy planet. Reduce our collective carbon emissions footprint. Transition to renewable energies. Protect our natural resources and use evidence-based policy to protect our air, water and food. Support environmental health efforts that monitor our communities for risks and develop health-promoting interventions. Call for transportation planning that promotes walking, biking and public transit — it not only reduces climate-related emissions, but helps us all stay physically active.
4. Learn about the effects of injury and violence on health. Increase funding to programs that reduce and prevent community violence. Advocate for occupational health and safety standards that keep workers safe on the job. Support policies that save those struggling with addiction from a fatal drug overdose. Many injuries are preventable with the appropriate education, policy and safety measures.
5. Advocate for everyone's right to a healthy life. Everyone deserves an opportunity to live a life free from preventable disease and disability. The places where we live, learn, work, worship and play should promote our health, not threaten it. That's why creating the healthiest nation requires a dogged focus on achieving health equity for all.

For more information about DHD4, please visit www.dhd4.org. For details on National Public Health Week 2018, please visit www.nphw.org.

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