

CELEBRATE PUBLIC HEALTH

WHAT YOU CAN DO TO CHAMPION PUBLIC HEALTH



National Public Health Week April 6–12, 2009 • www.nphw.org

NATIONWIDE

- Urge elected officials to support public health policies
- Encourage adequate funding for public health programs
- Address social issues, such as poverty and lack of education, which contribute to health disparities
- Support relief agencies, such as the American Red Cross and Salvation Army
- Promote a clean environment
- Advocate for safe food and water

IN OUR COMMUNITY

- Take advantage of local walking paths, parks, and playgrounds
- Maintain your vehicle
- Reduce driving speed and avoid idling
- Don't top off your fuel tank
- Use public transportation
- Neuter your pets and keep them leashed or fenced in
- Learn CPR

- Donate blood
- Become an organ donor
- Upgrade your gas-powered mower to an electric corded or cordless mower
- Recycle
- Dispose of household hazardous waste properly
- Volunteer to clean-up a local park or picnic area

AT WORK

- Start a walking group with your colleagues
- Take the stairs rather than the elevator
- Organize an office sports team
- Pack a healthy lunch rather than eating out
- Choose healthy options from office vending machines
- Take advantage of wellness programs offered by your employer
- Wear personal protective devices and follow safety regulations

AT SCHOOL

- Encourage schools to require physical education for all grade levels
- Discuss healthier cafeteria and vending machine options with school officials
- Support health education
- Request your school to use Integrated Pest Management

AT HOME

- Spend less time watching TV and more time being active with your family
- Get recommended health screenings
- Immunize your children
- Breastfeed infants
- Install smoke and carbon monoxide detectors in your home
- Inspect your home for lead and other potential health hazards
- Substitute green cleaning alternatives for harsh chemicals
- Keep medications and household chemicals out of reach and sight of children
- Eat more fruits and vegetables
- Avoid *trans* fats
- Don't smoke; if you do, get help to quit
- Manage chronic diseases, such as diabetes and asthma, to prevent complications
- Conserve water and energy
- Vaccinate your pets
- Wear helmets when cycling or skateboarding
- Wear safety belts
- Use sunscreen when outdoors
- If you drink alcohol, do so in moderation; and never drink and drive
- Make a pledge to get 30 or more minutes of exercise daily; April 8 is National Start! Walking Day