

Proclamation for National Public Health Week, April 5-11, 2010

Whereas, public health is a proven, prevention focused discipline vital to the well-being of Missourians in all 114 counties of the state and the City of St. Louis; and

Whereas, public health improves the health of all people – urban and rural, young and old, male and female, and of every race and socio-economic level; and

Whereas, Missouri’s public health system provides a vast array of life-saving services that include:

- Immunizing our children;
- Keeping infectious diseases under control;
- Monitoring the quality of our drinking water and the food we eat;
- Investigating and eliminating hazardous environmental conditions;
- Screening babies for life-threatening diseases;
- Collaborating with schools and communities to prevent childhood obesity;
- Providing nutrition education for pregnant women to promote healthy babies and reduce infant mortality;
- Helping to make health care available throughout Missouri, including the most rural parts of our state; and
- Planning for and responding to emergencies, including natural disasters, pandemic illness and bioterrorism; and

Whereas, a primary role for public health is the promotion of healthy lifestyle choices to help prevent the state’s most devastating diseases and leading causes of death and disability – heart disease, stroke, diabetes and some types of cancer; and

Whereas, healthy communities start with healthy individuals; and

Whereas, the *Putnam County Health Department* works with partners throughout the state to encourage Missourians to make healthy lifestyle choices through the Live Like Your Life Depends On It program; and

Whereas, the program urges Missourians to:

- Eat smart,
- Move more,
- Be tobacco free,
- Get recommended health screenings, and
- Maintain a healthy weight; and

Whereas, research has shown these actions can help Missourians live longer, healthier lives and prevent illness, which can save millions of dollars in treatment expenses at a time when health-care costs are increasing at unprecedented rates; and

Whereas, when each person strives to improve their own health, they elevate the overall health and well-being of their community and the entire state; and

Whereas, it is critical for Missourians and their leaders to recognize the essential role public health serves in our state and continue to support public health programs and those who make them work; and

Whereas, National Public Health Week and this year's theme, A Healthier Missouri: One Community at a Time, highlight the fact that by eating right, exercising more and maintaining a healthy weight, communities across Missouri are changing habits to stay healthy and improve their quality of life; and

Now therefore, I *Charlie Fowler, Presiding Putnam County Commissioner*, do hereby proclaim April 5-11, 2010 as:

National Public Health Week

and urge all Missourians to support "A Healthier Missouri: One Community at a Time" to improve their own personal health as well as a healthier Missouri.

Charlie Fowler, Presiding Commissioner

