



# Jackson County Health Department

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*Creating Healthy Communities*



**FOR IMMEDIATE RELEASE:** April 3, 2023

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## ***Celebrating National Public Health Week April 3-9, 2023***

**JACKSON COUNTY, MI** – The American Public Health Association celebrates National Public Health Week (NPHW) annually the first week in April. Public health professionals at the Jackson County Health Department (JCHD) and across the nation work throughout the year to create and promote a healthy community through disease prevention and control, health education, environmental protection, and emergency preparedness. During NPHW 2023, April 3-9, we will come together to highlight public health work done across the nation and within our own communities. “Let’s work together to make it easier for communities to access the public health resources they need to achieve the highest level of health.” ([NPWH, 2023](#))

The theme of National Public Health Week 2023 is “Centering and Celebrating Cultures in Health”. Daily themes will help illustrate how communities that foster connection and belonging support the future of public health.

Monday: [Community](#)

- People with feelings of support, connection and inclusion within their community may live longer, respond better to stress and have stronger immune systems than those who are isolated. Become more engaged or re-engage with your community and make an impact on public health.

Tuesday: [Violence Prevention](#)

- Violence can occur in settings that once were considered safe such as homes, schools, and at public events. Advocate for community-driven solutions that identify and target the root of violence and don't criminalize entire communities.

Wednesday: [Reproductive and Sexual Health](#)

- The lack of inclusive and accessible reproductive and sexual health care and education negatively affects everyone. When people receive health care, education and access, they can fulfill a happier and healthier life.

Thursday: [Mental Health](#)

- Mental health affects how we think, feel and act. It also plays an important role in our physical and social well-being. Collaborate with members of your community to shift policies and practices toward improving mental health conditions.

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Working together to create and promote a healthy community through disease prevention and control, health education, environmental protection and emergency preparedness.

Friday: [Rural Health](#)

- Rural Americans, compared to urban residents, are at higher risk for poor health outcomes and have less access to health care because of fewer providers and facilities. Ensuring access to resources can improve the health of our nation.

Saturday: [Accessibility](#)

- To move toward health equity, it's critical we recognize that people with disabilities face health disparities. It is estimated that about 26% of U.S. adults have a disability. Adults with disabilities are also more likely to have heart disease, be smokers and have diabetes than the general population.

Sunday: [Food and Nutrition](#)

- Food is a defining aspect of our diverse cultures, from holiday traditions to special recipes passed down through the generations. Food and nutrition are at the core of many public health concerns. Long-term food insecurity can lead to serious illness, such as type 2 diabetes, heart disease and mental health issues.

The Jackson County Health Department encourages YOU to consider the impact that public health has made on your life. Be a part of the collective power in Jackson County and see how our cultural differences, well-being and the public health system intersect to make a positive impact in Jackson County and beyond. Let's change our futures and make the Jackson community the healthiest place to live, work and play.

As we celebrate National Public Health Week 2023, April 3-9, watch for informative posts on the [Jackson County Health Department Facebook page](#) throughout the week as we highlight our programs and staff. For more information about the Jackson County Health Department, please visit our [webpage](#). For details about National Public Health Week, please visit, [www.nphw.org](http://www.nphw.org)

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