



**Public Health**  
Prevent. Promote. Protect.

# Media Release

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## For Immediate Release



AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

Peoria, Tazewell and Woodford County Health Departments invite you to celebrate the 26<sup>th</sup> anniversary of National Public Health Week in April. Public Health is proud to work with the community to lead initiatives that are making an impact on living a long and healthy life in a safe environment – and creating the healthiest nation.

During each day of National Public Health Week, join us as we focus on a public health topic along with ways each person can make a difference on that topic. These topics are crucial to our success in creating the healthiest nation. Do your part to help!

### **Monday, April 5: Rebuilding**

Rebuilding does not mean getting back to where we were before the COVID-19 pandemic – it means having the vision to create a better, more inclusive, more just world through public health. Public health infrastructure needs to be rebuilt and reinvested in - less than 3% of U.S. health spending is on public health.

*You can make a difference.* Promote policies at your worksite or your faith groups or your community that follow public health guidance – like having better food choices at vending machines and meetings as we reopen to social gatherings.

### **Tuesday, April 6: Advancing Racial Equity**

Advancing racial equity involves dismantling policies and practices that uphold racism and support inequities. The COVID-19 pandemic has highlighted long-standing inequities in health care, income, housing, education, and many other factors that influence health and well-being. *You can make a difference.* Participate in a local workshop or online discussion to better understand local issues of inequities - like food deserts - and volunteer at your local food pantry.

### **Wednesday, April 7: Strengthening Community**

Strengthening community improves public health. Community encompasses every aspect of our lives – it's where we live, work, learn, play and pray. These make up the social determinants of health, and too many people in the U.S. face community barriers to health and well-being. *You can make a difference.* Join a coalition or neighborhood group and promote projects that allow more people to walk and bike in a safe environment. Being outdoors encourages exercise and being part of the community.

(more)

### **Thursday, April 8: Galvanizing Climate Justice**

Galvanizing climate justice means to address climate change. Climate change creates a series of interconnected impacts on human health. Building strong communities makes them more resilient. Communities with greater cohesion have better health outcomes after climate-related disasters.

*You can make a difference.* Our environment is important to our air, our health, our lungs. Support projects and activities that enhance our air supply – not only support Quit Smoking but tell your home complex or local restaurant that you support Tobacco-free Communities and appreciate people not smoking or vaping around you and your family.

### **Friday, April 9: Constructing COVID-19 Resilience**

Building COVID-19 resilience is key to moving forward. Urge Congress to invest in public health, promote sound public health practices and take action based on science to improve health outcomes. Share facts and science about COVID-19 to battle misinformation.

*You can make a difference.* Meet with your friends, your community members, your athletic group to plan an online or outdoor presentation around good public health strategies and creditable information on COVID-19 or other public health topic. Your health department can help.

### **Saturday, April 10: Uplifting Mental Health and Wellness**

Mental health is a critical component of public health. It consists of emotional, psychological and social well-being and is important from childhood through adulthood.

*You can make a difference.* Practice strategies like being physically active, getting at least eight hours of sleep each night, eating a well-balanced diet, practicing gratitude, participating in activities you enjoy, developing coping skills, meditating and connecting with others. All these are proven to improve mental health.

### **Sunday, April 11: Elevating the Essential and Health Workforce**

Elevating the essential and health workforce is crucial to public health. Worker protections equal better health outcomes. Frontline workers deserve adequate pay, supplies and support.

*You can make a difference.* Here is where your vote is important. Request Congress to support building a strong public health workforce to support communities in activities before, during, and after pandemics – like a loan repayment program for public health workers and other community workers to ensure public health readiness for our future community health.

Please join us as we celebrate National Public Health Week from April 5-11, 2021 to build healthier communities for all.

*For more information on important public health issues, visit your local health department website:*

*Peoria City/County Health Department [www.pcchd.org](http://www.pcchd.org)*

*Tazewell County Health department [www.tazewellhealth.org](http://www.tazewellhealth.org)*

*Woodford County Health Department [www.woodfordhealth.org](http://www.woodfordhealth.org)*

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