

2019 NATIONAL PUBLIC HEALTH WEEK

APRIL 1-7, 2019 • CREATING THE HEALTHIEST NATION: • FOR SCIENCE. FOR ACTION. FOR HEALTH.

6 DAILY THEMES

Monday, April 1

Healthy Communities



Defend the critical role of strong public health systems in creating healthier communities and urge decision makers to make health a priority in all policymaking. Advocate for smart local policies that prioritize health. For instance, research shows that well-maintained sidewalks can encourage physical activity and that safe biking networks lead to more cycling and fewer injuries among bicyclists. See [here](#) for more information about healthy, safe, and thriving communities in San Diego County.

Tuesday, April 2

Violence Prevention



Advocate for community-driven solutions that identify and target the root cause of violence and don't criminalize entire communities. Urge policymakers to provide research funding that's on par with the nation's gun violence epidemic. Work with local colleges and universities on ways to prevent sexual violence, such as offering bystander intervention training, and ways to better help victims of sexual violence, such as offering trauma-informed services. See [here](#) for local violence prevention resources.

Wednesday, April 3

Rural Health



Support telemedicine, school-based health centers, and other efforts that connect rural residents to medical and supportive services. Advance partnerships that target the social determinants, such as increasing job training opportunities. Partner with community stakeholders to overcome transportation barriers to care. Advocate for supportive and evidence-based public health policies, such as continued coverage for mental health and addiction care. For local rural health information, see the [Rural Health Status Report—San Diego County](#).

Thursday, April 4

Technology & Public Health



Support public health funding levels that allow the field workers to leverage the latest technology on behalf of population health. Support and make time for workforce training efforts that teach public health practitioners how to use and deploy new technologies in their community health efforts. Embrace social media as a health improvement and advocacy tool. Promote use of health and activity-tracking mobile apps in encouraging healthy behavior changes. For an example of the public health-technology connection, see [San Diego Health Connect](#).

Friday, April 5

Climate Change



Call for adequate funding to support public health workers in monitoring, preparing for, and responding to the health effects of climate change. Support policies that help mitigate and prevent worsening climate change, such as rules that reduce greenhouse gas emissions and partnerships that reduce people's reliance on cars. See the local [Climate Change Assessment, County Climate Action Plan](#) and [Excessive Heat Response Plan](#).

Saturday/Sunday, April 6-7

Global Health



Support continued funding for U.S. global public health efforts. Call on U.S. and world leaders to protect health workers and facilities during violent conflicts and hold those accountable who purposefully target health workers. Participate in World Health Day on April 7! For more information on local efforts, see the [CureTB Program](#) and the [Border Health Consortium of the Californias](#).

Information provided from American Public Health Association's National Public Health Week [webpage](#).