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## **NEVADA STATE HEALTH DIVISION NEWS RELEASE**

### **National Public Health Week – April 5 – 11, 2010**

*Carson City* – For more than a decade, communities around the country have celebrated National Public Health Week (NPHW) each April, to help protect and improve our nation's health. This year's theme is: A Healthier America: One Community at a Time.

State Health Officer Dr. Tracey D. Green said, “While every April, one week is dedicated to NPHW, we can all make healthy decisions throughout the year, which will improve our health and the health of our loved ones. There are some very easy actions people can take to improve their every day health: if you smoke, think about stopping; include more vegetables and lean protein into your daily diet; increase your physical activity level. Together, we can all be healthy, prevent disease and make sure we live longer, healthier lives.”

Chronic diseases, such as diabetes, obesity, asthma, arthritis and heart disease, continue to affect many people in Nevada. Heart disease continues to be the number one killer in Nevada. People living with diabetes continue to increase. Being overweight or obese can exacerbate many other chronic diseases. By changing eating habits and lifestyle, many chronic diseases can be decreased or eliminated altogether.

The daily themes throughout this week can be carried on all year long:

Monday: A Healthier America and You – The impact your health has on your community.

Tuesday: Your Community – The impact your community's health has on the nation.

Wednesday: Your School – How education and school policies can improve students' health.

Thursday: Your Workplace – How healthy employees and healthy businesses can effect real change.

Friday: Your Nation – How the nation's health is dependent upon all individuals and communities.

For more information about this annual observance, please go to:

<http://www.nphw.org/nphw10/home1.htm>

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