



National Public Health Week

April 6 - 12, 2020

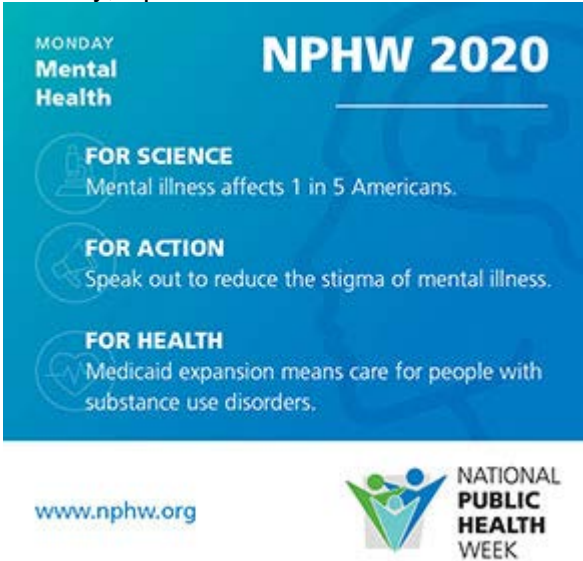
NPHW @ 25: Looking Back, Moving Forward.

National Public Health Week: April 6th - 12th

Link: <http://www.nphw.org/tools-and-tips/shareables>

Aim: To celebrate the power of prevention, advocate for healthy and fair policies, share strategies for increasing equity, and champion the role of a strong public health system.

Daily Themes

Days/Dates	Themes/Posts (+ resourceful links)
<p>Monday, April 6th:</p> 	<p>Day 1: Mental Health</p> <p>In honor of National Public Health week, today we want to address Mental Health.</p> <p>Mental illness affects 1 in 5 Americans. In Monroe County, according to a Community Health Assessment & Improvement Plan conducted 2014-2016, suicide death was higher for people between the ages of 19 to 40. The suicide rate is common among teens and middle aged adults. It's important for us to openly talk about mental health in order to help reduce the stigma in society.</p> <p><i>Here are some recommendations by the National Alliance on Mental Illness (NAMI) for how we can go about reducing the stigma of mental illness:</i></p> <ul style="list-style-type: none"> - Talk openly about mental health - Educate yourself and others - Watch your language - Show compassion for those with mental illness - Choose empowerment over shame - Be honest about treatment - Encourage equality between physical and mental illness - Don't harbor self-stigma <p>#NPHW2020 #Mentalhealth #mentalhealthmonday</p> <p>Some Resources in Monroe County:</p> <ul style="list-style-type: none"> - Your primary care physician - Urgent care clinics - IU behavioral health - Monroe County Public Health Clinic <p>Links:</p> <p>https://www.nami.org/blogs/nami-blog/october-2017/9-ways-to-fight-mental-health-stigma</p>

Tuesday, April 7th:



TUESDAY
Maternal/child Health

NPHW 2020

FOR SCIENCE
Complications impact nearly 1/3 of U.S. pregnancies.

FOR ACTION
Encourage policymakers to pass laws that expand health coverage, WIC and SNAP.

FOR HEALTH
Work to address racism and bias in maternal care.

www.nphw.org

 **NATIONAL PUBLIC HEALTH WEEK**

Day 2: Maternal and Child Health

Maternal and Child Health is one of the biggest topics of concern in Public Health. In Monroe County, from 2014-2016, the rate of infant mortality was 5 per 100,000 population and child mortality was 40 per 100,000 population. Some ways the Monroe County Public Health Clinic has worked to keep these numbers down is through their various programs and services, such as the Nurse Family Partnership Program (NFP) which helps to address infant mortality through immunizations, the BABY & ME – Tobacco Free Program, and the Safe Sleep Education program.

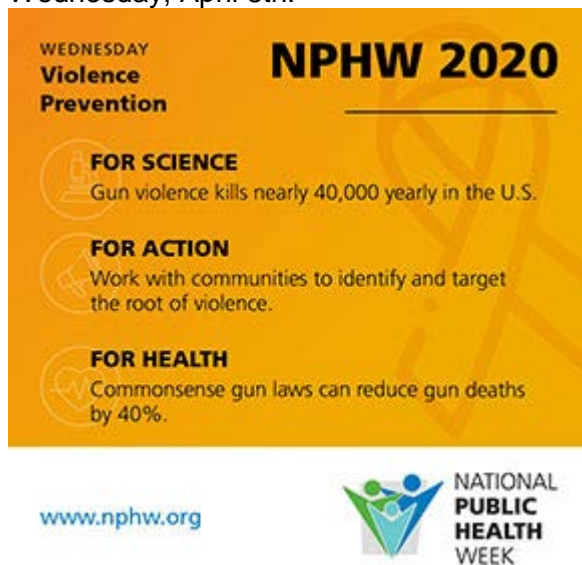
<https://www.co.monroe.in.us/departments/division.php?structureid=108>

MyVaxIN: <https://eportal.isdh.in.gov/MyVaxIndiana/Default2.aspx>

A website that people can access with a PIN # to obtain copies of their immunization records. To obtain a PIN #, individuals should contact their doctor/provider or the Monroe County Public Health Clinic at 812-353-3244.

CHIRP: CHIRP is an immunization registry that providers are encouraged to use to document vaccines administered at their practice. Providers who administer vaccines to people age 18 and under are required by law to document those doses administered in CHIRP. Here is a link to the Chirp home page: <https://chirp.in.gov/>.

Wednesday, April 8th:



WEDNESDAY
Violence Prevention


NPHW 2020

FOR SCIENCE
Gun violence kills nearly 40,000 yearly in the U.S.

FOR ACTION
Work with communities to identify and target the root of violence.

FOR HEALTH
Commonsense gun laws can reduce gun deaths by 40%.

www.nphw.org

 **NATIONAL PUBLIC HEALTH WEEK**

Day 3: Violence Prevention

Gun Violence and Children: To learn more about gun safety and children, visit www.aap.org.



Healthy Sprouts

GUN SAFETY

Does your child know what to do if he or she finds a gun?

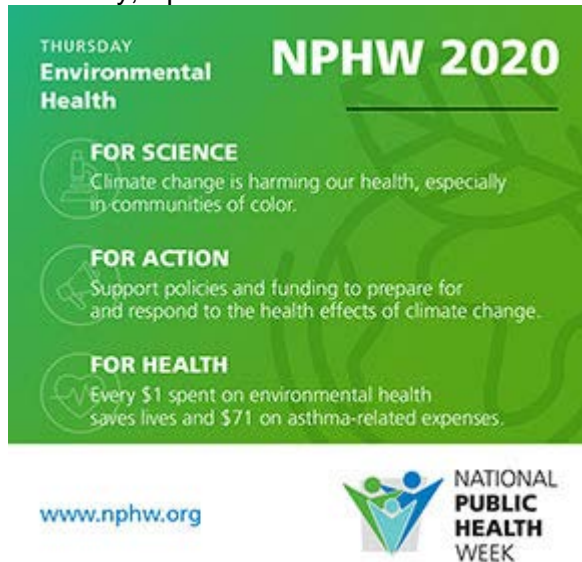
-  **STOP** — The first step is crucial. Stopping gives your child the time he or she needs to remember all of the safety instructions.
-  **DON'T TOUCH** — A firearm that is untouched is unlikely to be fired and otherwise capable of endangering your child or other people.
-  **RUN AWAY** — This removes the temptation to touch a firearm, as well as the danger of another person negligently causing it to fire.
-  **TELL A GROWN-UP** — Children should seek a trustworthy adult, neighbor, relative or teacher - if a parent or guardian is unavailable.

Eddie Eagle GunSafe® Program (2016). Retrieved from <https://eddieeagle.org/>

 **Franciscan HEALTH**

<https://www.aappublications.org/news/2019/06/07/gunsafety060719>
#NPHW #gunviolence #safetyfirst

Thursday, April 9th:

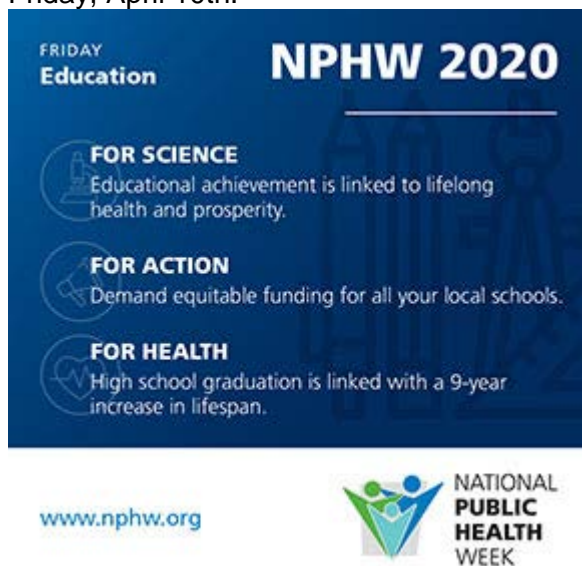


Day 4: Environmental Health

Climate change is one of the biggest threats to public health. Climate change must be made a priority to improve public health and health equity. Check out www.EPA.gov for the latest updates on climate change and to know more about what the EPA is doing to help manage climate change. #NPHW2020 #Climatechange #environmentalhealth

Also, since it is #thankfulthursday, we would like to give a HUGE SHOUT OUT to all of the Healthcare workers all over the world. We see and appreciate all you're doing during COVID-19! THANK YOU!!!!!!

Friday, April 10th:



Day 5: Education

Coronavirus COVID-19 (CDC):

- The virus is thought to spread mainly from person-to-person
- There is currently no vaccine to prevent the virus
- The best way to prevent illness is to avoid being exposed to the virus

Take every-day preventative Steps (CDC & WHO):

- Wash your hands for 20+ seconds
- Avoid contact with sick people
- Clean frequently touched surfaces
- Facemasks won't help you unless you're infected or treating someone who is
- Avoid touching eyes, nose and mouth
- Stay home if you're feeling sick
- Be aware, be safe

Here is a link to a video by the American Public Health Association on how to properly wash your hands:

<https://www.youtube.com/watch?v=lbeEp5muzpo&feature=youtu.be>

Learn more at www.cdc.gov and www.who.org

#NPHW2020 #healtheducation #COVID19 #Stayathome #staysafe #APHA #CDC

Links:

<https://www.visualcapitalist.com/7-best-covid-19-resources/>

Saturday, April 11th:

**SATURDAY
Healthy
Housing**

NPHW 2020

FOR SCIENCE
Our health and well-being are connected to our communities – but 6 million U.S. homes are unsafe.

FOR ACTION
Adopt health-in-all-policies approaches to support healthy housing and communities.

FOR HEALTH
Work to create a local healthy housing ordinance.

www.nphw.org



Day 6: Healthy Housing

COVID-19 Home Health Tips

When storing food at home here are some things to take note of:

Images from IU Dining via safeathome.org

"USE BY" DATES

via safeathome.org

- BEST IF USED BY**
Presentations are communication tools that can be demonstrations, and more.
- FREEZE BY**
Freeze this food by the date listed to keep your food at quality level.
- SELL BY**
Foods like eggs, milk, poultry products. This is more for store inventory info than for the consumer.
- USE BY**
Food may taste stale or worse if consumed after this date.

THE SHELF LIFE OF YOUR FOOD

via safeathome.org

- A good prebiotic**
Asparagus is a good prebiotic, but can go bad quickly when kept in the fridge. Keep your asparagus in a glass with a 1/2 inch of water to slow the ripening process.
- What food is that in the fridge?**
Keep your perishable food items in front to ensure higher visibility and increases use. Otherwise, you're likely to find it later and ask yourself the very question.
- Celery, schmcelery**
While most celery comes in a bag, keep your celery longer by storing it inside of foil instead of plastic.
- When good fruit goes bad**
See any fruit on your counter that's too ripe to eat? Use it in different recipes, like banana bread, popsicles, or smoothies.
- Ice, ice baby**
You can freeze your milk. But, milk will expand when frozen, so be sure to leave room in the container so it doesn't burst!
- Save the vitamin C**
Just like asparagus—which is full of vitamin C—broccoli has a limited shelf life. Wrap your fresh broccoli inside of a damp paper towel to expand its shelf life.

Tips to stay active at home during #COVID19 outbreak

- Walk up and down the stairs
- Do some stretching exercises
- Dance to music for a few minutes
- Seek more ideas & resources online

World Health Organization [#BeActive](#) [#HealthyAtHome](#)

Ways to Stay active at home during the COVID19 Outbreak

Image from WHO's LinkedIn account

#NPHW2020 #COVID19 #homehealth #Getmoving #stayhealthy #Healthyhousing #foodsafety

Sunday, April 12th:

SUNDAY
Economics


NPHW 2020

FOR SCIENCE
Low-income families have higher rates of chronic conditions. 12.3% of the U.S. lives in poverty.

FOR ACTION
Create work environments that provide paid family and sick leave and flexible scheduling.

FOR HEALTH
Support policies that lift families out of poverty.

www.nphw.org

 **NATIONAL
PUBLIC
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Day 7: Economics

How much do you know about the Affordable Care Act? To learn more, check out this article from Medical News Today on the Affordable Care Act.

Link: <https://www.medicalnewstoday.com/articles/247287>



Image link: <https://www.rand.org/health-care/key-topics/health-policy/in-depth.html>

#NPHW2020 #healthiswealth #stayhealthy #healthisessentials