



NEWS

R E L E A S E

Illinois Department of Public Health

April 7-13, 2014 is National Public Health Week, a time to recognize the contributions of public health and highlight issues that are important to improving our nation.

This year’s theme is, “Public Health: Start Here” and each day has a specific focus.

Monday, April 7: Be healthy from the start.

Did you know?	Start here.
Breast feeding longer is associated with decreased risk of common childhood infections, sudden infant death syndrome and chronic conditions.	Public health professionals can help answer questions or provide resources for breastfeeding, prenatal health and other topics related to family health.
Nearly one-third of all students do not graduate from high school on time. Students who don’t graduate face lifelong health risks and high medical costs, and are more likely to engage in risky health behaviors.	Work with local schools and community centers to develop after-school programs to help at-risk students with homework. Partner with a local university to identify volunteers to serve as tutors or mentors.

Tuesday, April 8: Don't panic.

Did you know?	Start here.
Every year, thousands of people are affected by severe weather threats, such as tornadoes and severe thunderstorms. Preliminary data for 2012 shows there were more than 450 weather-related fatalities and nearly 2,600 injuries.	Host a night of emergency preparedness: make plans for putting together an emergency stockpile kit, create a crisis communication plan, designate an emergency meeting place and hold household emergency drills.
Flu seasons are unpredictable and can be severe. Over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths in the U.S. range from a low of about 3,000 to a high of about 49,000 people.	Get a flu vaccine every year. The vaccine is recommended for everyone 6 months of age and older.

Wednesday, April 9: Get out ahead.

Did you know?	Start here.
Seven in 10 deaths in the U.S. are related to preventable diseases such as obesity, diabetes, high blood pressure, heart disease and cancer.	Reach out to clinical partners and engage them in community health and prevention efforts.
Average medical expenses are more than twice as high for a person with diabetes as they are for a person without diabetes.	Diabetes prevention can be as basic as eating more healthfully and becoming more physically active.



[Thursday, April 10](#): Eat well.

Did you know?	Start here.
We are now eating 31 percent more calories than we were 40 years ago — including 56 percent more fats and oils and 14 percent more sugars and sweeteners. The average American now eats 15 more pounds of sugar a year than in 1970.	Ask local restaurants to provide nutrition information on their menus, as newly required by the Affordable Care Act's food labeling law.
Foodborne contaminants cause an average of 5,000 deaths, 325,000 hospitalizations and 76 million illnesses annually.	Chilling foods to proper temperatures is one of the best ways to slow the growth of bacteria. Make sure refrigerators are kept at 40° F or below.

[Friday, April 11](#): Be the healthiest nation in one generation.

Did you know?	Start here.
The U.S. spends more on health care than any other country. However, investing just \$10 per person each year in community-based public health efforts could save the nation more than \$16 billion within five years.	Partner with a local university's public health department to help educate the community on public health options available to them.
Widening access to care by investing in expanded Medicaid eligibility, funded via the Affordable Care Act, results in better health outcomes and reductions in mortality.	Visit HealthCare.gov to learn more about newly available options for health care and enroll in coverage provided under the Affordable Care Act.