

Celebrate National Public Health Week

Public health refers to the ecosystem of health services and programs that support individual and community health. During the annual National Public Health Week, we celebrate the many ways public health professionals protect our health and strengthen our communities, from monitoring disease outbreaks to sharing information about staying safe during extreme weather.



The Public Health Ecosystem

Public health affects our daily lives in more ways than we think. Here are just a few of the roles public health professionals play in keeping our communities safe, healthy, and informed.

Physical Health

Community vaccine clinics. Free or low-cost physical checkups. Accessible information about eating healthy foods, exercising, and what it means to get a good night's rest. These services are made possible by our public health systems and the professionals who lead them. They work to keep individuals healthy, and in turn, support thriving communities of safe, healthy people across the country.

Mental Health

Public health also works to make mental health support more accessible. Free mental health tests, self-help resources, and information about navigating the complexities of mental health care are products of a robust public health system.

Environmental Health

The state of our physical and mental health is heavily influenced by our surroundings, and access to safe outdoor spaces can improve both. Among other important roles, public health professionals in the environmental space help keep communities clean and informed about their air and water quality.

Physical Safety

Safety is a part of our overall health. Just as vaccines help prevent the most severe effects of vaccine-preventable illnesses, guidelines about water safety and navigating extreme weather help prevent dangerous situations. Local emergency alerts, designed to ensure all community members can access critical information about natural disasters and other crises, are also a form of public health.

Civic Health

Communities that have higher voting rates also tend to have better health outcomes. Civic engagement and public health are connected, and public health professionals help increase their community's voting rates by supporting their access to reliable, nonpartisan civic information.

For more information about the expansive public health ecosystem and the many essential roles within it, [check out this resource from the American Public Health Association.](#)

Public Health Bingo

Public health is all around us. How many of the following actions, supported by public health programs and policies, have you taken in the last year? Play by yourself, or with a friend.

B	I	N	G	O
 <p><u>Ensured I'm up-to-date on my vaccines.</u></p>	 <p>Participated in health screenings.</p>	 <p><u>Checked my voter registration status.</u></p>	 <p>Scheduled a physical checkup.</p>	 <p>Scheduled a dental cleaning.</p>
 <p><u>Took a mental health test.</u></p>	 <p>Took part in a neighborhood clean-up.</p>	 <p><u>Set boundaries for my social media use.</u></p>	 <p><u>Improved my home drinking water quality.</u></p>	 <p>Stayed up-to-date on local air quality and water reports.</p>
 <p><u>Created tech-free zones to support mental well-being.</u></p>	 <p><u>Made a plan to stay safe during emergencies.</u></p>	 <p>Choose your own public health action.</p>	 <p>Signed up for local emergency alerts.</p>	 <p>Subscribed to my health department's emails.</p>
 <p>Rode public transit.</p>	 <p>Wore sunscreen outside.</p>	 <p>Tried a healthy recipe.</p>	 <p><u>Ensured I'm getting enough fluoride.</u></p>	 <p>Stayed home when I felt sick.</p>
 <p>Washed my hands after using the restroom.</p>	 <p><u>Moved my body at least once a day.</u></p>	 <p>Checked the expiration date before eating a food.</p>	 <p>Used a reusable water bottle to stay hydrated.</p>	 <p>Learned where my local heating and cooling centers are.</p>