

NEWS RELEASE

April 2, 2013

MASON COUNTY COMMISSIONERS

**411 NORTH 5TH ST
SHELTON, WA 98584**

TO: KMAS, KRXY, SHELTON-MASON COUNTY JOURNAL, THE OLYMPIAN, SHELTON CHAMBER OF COMMERCE, NORTH MASON CHAMBER OF COMMERCE, CITY OF SHELTON, ECONOMIC DEVELOPMENT COUNCIL, THE SUN

RE: National Public Health Week

Every April since 1995, communities nationwide have joined together to celebrate National Public Health Week. April 1-7 is National Public Health Week 2013, celebrating the work of public health and coming together in support of better health for all. The theme is "Public Health is ROI (return on investment): Save Lives, Save Money". The focus this year is on raising awareness about the role of public health and prevention in our lives, our health and our pocketbooks. Mason County Public Health & Human Services invites you to celebrate Public Health Week with us. Check the county website, Facebook and Twitter for daily themes and information about our programs.

The value of a strong public health system is quite literally all around us – it's in the air we breathe, the water we drink, the food we eat, and the places where we all live, learn, work and play. It's in the thousands of people whose lives are saved by seat belts, the young people who say 'No!' to tobacco and the children given a healthy start thanks to vaccines. It is no stretch to say that we are all living examples of the public health return on investment.

Good health doesn't happen by chance. Good health is shaped and nurtured – it's connected to the environments in which we live, work and play; it's tied to the resources available in our communities; and a person's access to health care. These are the intersections where you find public health and prevention.

We need public health to monitor West Nile virus cases and implement prevention strategies; make sure new moms have the resources and knowledge they need to have healthy babies; enforce food safety rules and investigate food-borne illness outbreaks; respond to and prepare communities for natural disasters and emergencies; provide access to vaccines; test our drinking water; ensure clean marine water for growing shellfish; and so much more. Public health is so broad in terms of improving our quality of life that it's nearly impossible to comprehend its impact in its entirety.

National Public Health Week, April 1-7, 2013, is the perfect time to begin thinking and acting locally. This week we have a wonderful opportunity to empower our family, friends, neighbors, and perhaps most importantly, ourselves. This is a time for the community to work together to make Mason County a healthier place to live, work and raise a family. Public Health is ROI (Return on Investment), Save Lives, Save Money. For more information go to Mason County Public Health at www.HealthyMasonCounty.org or phone (360) 427-9670 EXT 400 in Shelton or (360) 275-4467 EXT 400 from Belfair.

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