

NEWS RELEASE

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CELEBRATE NATIONAL PUBLIC HEALTH WEEK, APRIL 7-13, 2014

PASADENA, Calif.—The Pasadena Public Health Department encourages everyone to focus on health, healthy eating, exercise and a healthy lifestyle during National Public Health Week, celebrated this year April 7-13, 2014.

There is a shift occurring in our nation's health care system from one that focuses only on treatment of the sick to one that is also committed to proactively keeping people and communities healthy and safe. During National Public Health Week, ask yourself and get answers to the question: How do these changes for public health and the public health system affect you, your family and loves ones?

This year's theme for National Public Health Week is "Public Health: Start Here" which highlights the commitment by public health officials across the country to help people figure out the answers to that question, and also how to access the variety of options made possible by public health.

National Public Health Week, <u>www.nphw.org</u>, is the perfect opportunity to learn how to navigate the changing world of public health and to better understand particular health issues impacting our communities. Locally, there are many ways to celebrate National Public Health Week with us, including:

- Stop by the "Spring Into Health" Fair to learn more about your local health department programs and services from 11 a.m. to 2 p.m., Wednesday, April 9, Pasadena Public Health Department, 1845 N. Fair Oaks Ave.
- Shop for fresh, locally-grown produce at the Health Department's very own weekly farm stand, 9 a.m. to noon, Thursday, April 10, front patio.
- Bring your attention and questions to the National Youth HIV/AIDS Awareness Day Panel Discussion, 1 p.m. to 3 p.m., Friday, April 11, Donald R. Right Auditorium, Pasadena Public Library, 285 E. Walnut St.
- Catch a screening aired during month of April KPAS, (Charter cable channel 3 and AT&T U-verse channel 99) on the Public Health Department's short documentary, "We are Public Health" narrated by Mayor Bill Bogaard and Dr. Eric Walsh, Director, Public Health Department, and the City's Health Officer.

For more than 120 years, Pasadena's Public Health Department has been committed to providing education, services and support to improve and maintain the health of Pasadena communities. For more information on National Public Health Week, visit www.cityofpasadena.net/PublicHealth or email eredke@cityofpasadena.net

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