



Public Health 101

What is public health? This is a question that is easily answered, not by taking a “Public Health 101” course, but by opening your eyes to the public health happening all around you!

April is Public Health Month and there is no better time to learn about the work being done in Scott County and around the world to prevent disease, protect against injury, and promote healthy environments and behaviors.

From the moment you start your day, public health is there for your health and the health of your community.

7:00 AM — You wake up and brush your teeth with water treated with fluoride.



7:30 AM — At breakfast you eat fruit and drink orange juice that have passed inspection.



8:00 AM — You commute to work and buckle your seatbelt to follow laws that support public health.



SMOKE FREE



WORK ENVIRONMENT

9:00 AM — Your smoke-free workplace means better air quality.



Noon — You walk during lunch. You know that the CDC recommends 30 minutes of activity a day to keep you healthy.

2:00 PM — You receive your annual flu shot through your company’s worksite wellness program.



5:00 PM — You head to the gym to swim laps in a pool that has been inspected for your health and safety.

7:00 PM— You meet friends for dinner at a restaurant that has passed a food inspection and has a food service license.



10:00 PM— News updates you on severe weather and disease outbreak.



10:30 PM — You are asleep, but public health is still on-call to respond to emergencies.

As you can see, public health surrounds you every day, in many ways. It is with you at work, at school, at home and at play. Public health is about protecting us from injury, encouraging us to live healthier, responding to disasters, providing safe food and water, and learning more about the spread of disease so that we can prevent many people from becoming sick.

A Healthier Scott County Begins Today. *Learn. Live. Connect.*

April is Public Health Month and the Scott County Health Department is encouraging everyone to do their part in making a healthier Scott County. During the month of April and beyond, *Learn. Live. Connect.*

- Learn public health
- Live healthy — for you and your children
- Connect to public health resources

As the month goes on, watch the Scott County Health Department’s Website and Facebook pages for ongoing tips.

- www.scottcountyiowa.com/health
- www.facebook.com/#!/scottcountyiowa



**SCOTT COUNTY
HEALTH DEPARTMENT**

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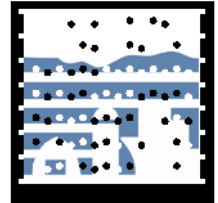
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MARK YOUR CALENDAR!

- Scott County Board of Health Meeting
Thursday, April 19, 2012; 12:00-1:00 p.m.
*Open to the Public. Location: Scott County
Administrative Center, Board Room-1st Floor*

OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.



If you would like to receive this newsletter electronically, please subscribe to the Public Health Connection at www.scottcountyiowa.com/health/connection or e-mail health@scottcountyiowa.com or call 563-326-8618.



Public Health
Prevent. Promote. Protect.