

Celebrate Public Health Week 2014 with the Hocking County Health Department April 7-11th

[Monday, April 7:](#) **Be healthy from the start.** From maternal health and school nutrition to emergency preparedness, public health starts at home.

Breastfeeding is recommended for at least the first year of a child's life, and exclusively for the first 6 months. Longer lifetime durations of breastfeeding are associated with decreased risks of maternal breast cancer, ovarian cancer, Type 2 diabetes and cardiovascular disease. In addition, longer durations of breastfeeding are associated with decreased risk of many common childhood infections and sudden infant death syndrome, as well as chronic conditions in offspring such as obesity, Type 1 diabetes, and leukemia.

[Tuesday, April 8:](#) **Don't panic.** Disaster preparedness starts with community-wide commitment and action. We're here to help you weather the unexpected.

Gather your household for 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.

All Americans should have at least a three-day supply of food and water stored in their homes, with at least one gallon of water per person per day and a week's supply of food that doesn't require refrigeration.

[Wednesday, April 9:](#) **Get out ahead.** Prevention is now a nationwide priority. Let us show you where you fit in.

Today, seven in 10 deaths in the U.S. are related to preventable diseases such as obesity, diabetes, high blood pressure, heart disease and cancer. Another striking fact is that 75 percent of our health care dollars are spent treating such diseases.

More than half of all cancer deaths could be prevented by making healthy choices such as not smoking, staying at a healthy weight, eating right, keeping active and getting recommended screening tests.

[Thursday, April 10:](#) **Eat well.** The system that keeps our nation's food safe and healthy is complex. We can guide you through the choices.

The Dietary Guidelines for Americans, 2010, released on Jan. 31, 2011, emphasizes three major goals for Americans: Balance calories with physical activity to manage weight, consume more of certain foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood, and consume fewer foods with sodium, saturated fats, trans fats, cholesterol, added sugars and refined grains.

In total, 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.

[Friday, April 11:](#) **Be the healthiest nation in one generation.** Best practices for community health come from around the globe. We have a world of public health to show you.

For the first time in decades, the current generation isn't as healthy as the one that came before. Communities need to band together to take a stance against this disturbing trend to make sure that children and young adults have bright, healthy futures.