

## **National Public Health Week arrives**

The Carter County Health Department is joining the Oklahoma State Department of Health in celebrating National Public Health week, which will be Monday through April 12. The theme, "Building the Healthiest Nation 2030," is a call to action.

Each day, there will be a theme starting with Raising the Grade on Monday. The United States trails other countries in life expectancy and other measures of good health. Carter County in particular has a premature death rate higher than the Oklahoma average as well as a quality of life score far below the state's average. Carter County does top the charges in access to exercise opportunities.

On Tuesday, the theme is Starting from Zip, pointing out that where you live says a lot about you in regard to your health.

Wednesday is Building Momentum and Thursday is Building Broader Connections. The health departments says it is expanding partnerships and asks people to join the Turning Point Coalition. Friday is Building on 20 Years of Success.

"We plan to renew our focus on the work ahead and what it will take to make Carter County one of the healthiest counties in Oklahoma," Colleen Hobbs, public health educator, said. "National Public Health Week plays an important role in rallying our country around the public health issues that our nation tackles every year."

For more information or questions about National Public Health Week, contact the Carter County Health Department at (580) 223-9705.