



Promoting and Protecting Public Health

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Douglas County Health Department Celebrates National Public Health Week

The world we live in is the center of attention as The Douglas County Health Department observes National Public Health Week from April 7-13. This year's theme is "Climate Change: Our Health in the Balance."

"The public health community has an important role to play in making the connection between the way we lead our lives, our impact on the planet, and the planet's impact on our health," Health Director Dr. Adi Pour said. "This week we will be providing the public with information on how to protect their health and save money."

A list of environmental savings suggestions is available for printing from the Douglas County Health Department's web site.

Nationally, the American Public Health Association is encouraging people to change their behavior in five important ways:

- **Be prepared:** Learn about the health impacts of climate change and your community's climate change issues and prepare for possible emergencies.
- **Travel differently:** Leave your car at home one day and take public transportation, walk to work or use a bicycle. If you must drive, carpool.
- **Eat differently:** Buy food from a community farmer's market that doesn't travel across the country to bring the food to you. Eat more vegetables and less meat.
- **Green your work:** If you aren't doing it already, use recycled paper. Print less often and use both sides of the paper. Set your computer in an energy-saving mode or turn it off when it's not in use for more than three hours at a time.
- **Green your home:** Make sure your home is sealed and insulated, and change filters frequently to cut costs and save energy. Save water whenever possible.

Dr. Pour said policy makers and elected officials at all levels need to include public health in the discussion on climate change.

"The American people can help lead the way with healthy life styles," she said.

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