

National Public Health Week

Daily themes

Click on the topic (under the date) for more information.

Monday, April 7:

[Be healthy from the start](#)

From maternal health and school nutrition to emergency preparedness, public health starts at home. Let us show you around.

Tuesday, April 8:

[Don't panic](#)

Disaster preparedness starts with community-wide commitment and action. We're here to help you weather the unexpected.

Wednesday, April 9:

[Get out ahead](#)

Prevention is now a nationwide priority. Let us show you where you fit in.

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.

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.