

Social Media Messages for National Public Health Week

Facebook

- We can become a healthy Missouri by 2030, but we can't do it alone! Find out how YOU can help during #NPHW 2017 <http://www.nphw.org/fact-sheets/healthy-communities>
- All policy impacts health. Make sure your local leaders consider health in all decisions. Learn more during #NPHW 2017 <http://www.nphw.org/fact-sheets/health-care>
- A key lever to achieve Healthiest Nation 2030? Education. This #NPHW call for policies that help kids learn, thrive and graduate on time. <http://www.nphw.org/fact-sheets/high-school-graduation>
- Poverty is hazardous to health. This #NPHW support policies that ensure living wages and support families facing financial hardship. <http://www.nphw.org/fact-sheets/economic-mobility>
- Becoming healthiest nation means recognizing impacts of racism. Speak up for social justice and health equity this #NPHW and every week! <http://www.nphw.org/fact-sheets/social-justice>
- Be healthy from the start. The first steps in creating a healthier community take place at home through nutrition, maternal health and emergency preparedness. Learn more and participate at: <http://health.mo.gov/information/nphw/>.
- What is public health? Checkout the great things public health departments are doing to keep communities healthy. <https://youtu.be/7og4Y-38ABk>
- Make an investment in your baby's health, breastfeed! (insert photo of breastfeeding)
- Support farmers markets and local businesses that value health in your community.
- Help engage your community in becoming healthier. Start a community walk or exercise program. (insert photo of feet) <http://www.cdc.gov/physicalactivity/index.html>
- Invest in your health by making healthier choices, being up-to-date on your vaccines and scheduling regular screenings. (insert photo of blood pressure)

- Public health plays an important role in keeping communities healthy. View an inspiring video that captures the importance of public health in everyday lives.
<https://www.youtube.com/watch?v=nFvpb3N-EX4&feature=youtu.be>
- Small changes can make a big difference when it comes to your health. (insert photo of apples)
<http://www.health.mo.gov/living/wellness/nutrition/index.php>