

Social Media Messages for National Public Health Week

Facebook –

- 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/>.
- Public health plays an important role in keeping communities healthy. View an inspiring video that captures the importance of public health in everyday lives. <http://health.mo.gov/index.php>
- Preventing chronic conditions before they set in is an easy way to secure long-term health. Learn more and participate in National Public Health Week at: <http://health.mo.gov/information/nphw/>.
- Eat well, stay well. Proper nutrition goes a long way in maintaining good health. Learn what to put in your body to get the most out of it! Get involved in National Public Health Week at www.nphw.org.

Twitter –

- As a nation, 75% of health care dollars are used to treat chronic diseases. Learn how you can prevent and manage these diseases at link to: <http://health.mo.gov/living/healthcondiseases/chronic/index.php>.
- View an inspiring video capturing the importance of public health. <http://health.mo.gov/index.php>
- Better nutrition translates into fewer health issues. Learn more at <http://health.mo.gov/living/wellness/>
- Empower Missouri communities with public health lessons from around the globe. Learn more at www.nphw.org #NPHW2014