**LPHA Messaging**

Prompts to help generate more ideas specific to your department are in purple.

**Hashtags: #PublicHealthMatters, #NPHW**

Posts are numbered. In the downloadable images files, corresponding graphics are labeled Day.#.Descriptor, ex. Monday.1.Announcement. Match the number of the post to the day and number in the graphics name. On Tuesday, Wednesday and Thursday the first post is from the American Public Health Association, and there are two graphics associated with each of those posts, one for Facebook and one for Twitter.

Monday – Infant, Child and Adolescent Health

1. *It’s National Public Health Week! Today’s theme is infant, child and adolescent health. Stay tuned to find out how we serve our youngest residents. #NPHW @NPHW*
2. What is one easy way to help your child stay healthy? Stay up to date on your vaccinations. If you are concerned about cost, ask us about the Vaccines for Children program, which helps provide vaccinations for those who can’t afford them. <https://health.mo.gov/living/wellness/immunizations/index.php>
3. If you and your child are ready for a hand-up, ask us about the MO WIC program. We provide nutrition education, breastfeeding promotion and support, supplemental food and referrals to healthcare. <https://health.mo.gov/living/families/wic/>
4. #DYK that youth tobacco use increased during 2017-2018? And #DYK that youth nicotine use can lead to addition and can harm the developing brain, impacting learning, memory and attention? Call the Tobacco Quitline for help for your teen to quit. <https://health.mo.gov/living/wellness/tobacco/smokingandtobacco/index.php>
5. What program do you offer that brings in the most children to your offices? Or do you visit local schools for a program?

Tuesday – Opioids, Violence and Suicide Prevention

1. *Tuesday’s #NPHW theme is violence prevention. Learn more about how public health is working to prevent violence and be part of the solution:*[*http://bit.ly/2DslQaj*](http://bit.ly/2DslQaj)*#NPHW @NPHW*
2. Missouri’s TEL-LINK program is a free resource for maternal, child and family health services, including reducing alcohol or drug use, especially during pregnancy. <https://health.mo.gov/living/wellness/tobacco/atod/index.php>
3. What is your department doing to combat the opioid epidemic in your county?
4. What is your department doing to prevent violence and suicide in your county?

Wednesday – Rural Health

1. *Wednesday's NPHW theme is rural health. Learn more about what rural communities are facing and how you can take action:*[*http://bit.ly/2CExIEq*](http://bit.ly/2CExIEq)*#NPHW @NPHW*
2. If you are in a rural county, how does that impact how you serve your residents? Do you have unique ways to provide services to help those in the more rural areas?
* If you are in an urban county, do you work with local providers to offer telehealth options to your residents? If possible, could you help your local provider connect with rural counties to provide services there? Or, is the provider already serving rural areas and you could share how the provider works with both communities?

Thursday – Technology and Public Health

1. *It’s National Public Health Week! Today’s theme is tech and public health. From new data collection to the public health effects of social media, learn more about this theme on our website:*[*http://bit.ly/2U7zTHP*](http://bit.ly/2U7zTHP)*#NPHW @NPHW*
2. How has social media positively impacted your ability to serve your residents?
3. If you offer telehealth services in your offices, this would be a great day to talk about those services.

Friday – Maternal and Women’s Health

1. *Friday’s #NPHW theme in Missouri is women’s and maternal health. Learn more about how public health is working to serve Missouri’s women and be part of the solution. #NPHW @NPHW*
2. #DKY that the Show-Me Healthy Women program offers free breast and cervical cancer screenings for women that qualify? Call us today to find out if you qualify and to schedule your screenings. <https://health.mo.gov/living/healthcondiseases/chronic/showmehealthywomen/index.php>
3. Are you looking for free heart disease and stroke screenings? Qualifying women can receive those services here through the WISEWOMAN program. <https://health.mo.gov/living/healthcondiseases/chronic/wisewoman/index.php>
* What do you do to serve pregnant women in your community?
* What do you do to serve women in your community?