For Immediate Release:

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Contact:
Contact Person’s Name

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**National Public Health Week 2019**

City, State – [Name of organization] recognizes National Public Health Week, April 1-7, 2019, by hosting [Name of event] and promoting this year’s theme for Missouri, “**Missouri’s Call to Action: Public Health Matters**.”

In [Name of county/community] we're celebrating the power of prevention, advocating for healthy and fair policies, sharing strategies for successful partnerships and championing the role of a strong public health system.

“[Name of event] shows how individuals and communities can take small steps in improving their health,” said [Name]. “Everyone has the right to good health and [name of organization] is excited to help lead the way to a healthier Missouri.”

As we celebrate the accomplishments public health has made over the years, we focus on these public health facts:

[**Build a nation of safe, healthy communities**](http://www.nphw.org/fact-sheets/healthy-communities)
Health must be a priority in designing our communities, from healthy housing to parks and playgrounds. Walking and biking must coexist with cars and public transportation. We need lower levels of violence and crime so everyone can safely live, work, learn and play. Support farmers markets and local businesses that value health, such as retailers that don't sell tobacco.

[**Help all Americans achieve at least high school graduation**](http://www.nphw.org/fact-sheets/high-school-graduation)
Education is the leading indicator of good health, giving people access to better jobs, incomes and neighborhoods. Call for policies that start with early school success and lead to higher on-time high school graduation rates. Be a champion for school-based health centers in your local schools. Become a mentor — you can make a difference!

[**Increase economic mobility**](http://www.nphw.org/fact-sheets/economic-mobility)
The science is clear: Poverty and poor health go hand-in-hand. It’s time to fix our country’s growing income inequality and the unhealthy stresses it puts on adults and children. Support policies that ensure a living wage and remove barriers that make it harder to advance to higher incomes.

[**Ensure social justice and health equity**](http://www.nphw.org/fact-sheets/social-justice)Everyone has the right to good health. We must remove barriers so everyone has the same opportunity to improve their lives and their health. Speak out against racism and an unequal criminal justice system. Demand a fair allocation of community resources. Fight against the trend of growing voter restrictions. Everyone needs a voice in improving our communities.

[**Give everyone a choice of safe, healthy food**](http://www.nphw.org/fact-sheets/healthy-food)
Our food system should provide affordable food with nutritious ingredients, free from harmful contaminants. For many families, eating healthy is a daily challenge. Call for policies that help eliminate food deserts and bring healthy food to all neighborhoods and schools. Support measures like menu labeling that help people make healthier choices. Start a community garden. Volunteer for a local food bank!

[**Prepare for the health effects of**](http://www.nphw.org/fact-sheets/healthy-environments) **our environment**
Our health is connected to our environments. What happens upstream in our environments affects our health downstream. Support policies that protect the air we breathe, both indoors and outdoors, and the clean water we drink. Policies that protect our health from natural and manmade weather events and disasters are just as important. Support efforts that help communities prepare for and adapt to the health impacts of climate change.

[**Encourage healthy behaviors and choices**](http://www.nphw.org/fact-sheets/healthy-choices)
Avoid using tobacco, alcohol and other drugs. Eat healthy foods and exercise. We need to make these and other healthy choices for ourselves. But it doesn’t stop there – we need to work together to create communities that make the healthy choice the easy choice for everyone.

For more information, go to [insert website].

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