



Panhandle Health District

Healthy People in Healthy Communities

Public Health
Prevent. Promote. Protect.

Panhandle Health District

FOR IMMEDIATE RELEASE

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National Public Health Week Addresses Idaho's Health Concerns

HAYDEN, ID – National Public Health Week is April 6-12, 2015. During the week, communities across the country celebrate the great roles and responsibilities of public health, while bringing awareness to some of our nation's top public health concerns. Panhandle Health District (PHD) is hosting events and activities for community members to get involved and help protect northern Idaho's health.

Below is a list of activities for National Public Health Week in northern Idaho:

Monday, April 6th: KICK THE HABIT

Make today your quit day by turning in your tobacco. Come in to any of PHD's offices to discard unused tobacco products and receive a free Quit Kit. The kit includes helpful tools such as gum, sunflower seeds, oral health supplies and more. This will be offered through Friday.

Tuesday, April 7th: CELEBRATE NORTH IDAHO WALKING DAY

PHD has declared Tuesday of National Public Health Week 'North Idaho Walking Day.' Take 20 minutes out of your day to go for a walk. Regular walking improves heart health and reduces risk of chronic disease.

Wednesday, April 8th: BE PREPARED

Visit any of our five offices and children can receive a free preparedness starter kit. The kit includes water, non-perishable food, a whistle, an educational coloring book and more.

Thursday, April 9th: STAY HEALTHY

Come to Silver Lake Mall from 1:00-5:00 PM for interactive demonstrations about germs, sun safety, and tobacco use.

Friday April 10th: KNOW THE WARNING SIGNS OF SUICIDE

PHD is hosting a QPR (Question, Persuade, Refer) presentation from 12:00-1:00 PM at the [Hayden office](#). Join us and learn three steps you can take to help prevent suicide in your community. Anyone planning to attend is asked to RSVP to pio@phd1.idaho.gov.

Each of these activities address health issues in northern Idaho, including tobacco use, obesity, disaster preparedness, disease prevention and mental health. For more information about National Public Health Week, visit <http://www.nphw.org>.

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