



Public Health Brief

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National Public Health Week

Protecting, Connecting, and Thriving: We Are All Public Health!

Public health is about the small changes each of us make to improve our health. But it is much more than that. It is also about access to health care. And even more important, it is about our neighborhoods and our communities. Is our food and water safe to eat and drink? Is our air free of pollution? Are we as a community prepared to respond to the next emergency? How are we dealing with the terrible scourge of illicit drugs? Do we have adequate resources to deal with uncertainty and tragedy, and do we know how to access them, and will we reach out and access them? Are we fostering healthy relationships in our communities? After all, we are all in this together. We are interconnected and must come together to support the health – the public health – of all of us – individuals, families, neighbors, and communities.

You may not have heard from us much since the COVID-19 emergency is over, although COVID is certainly still with us, killing up to 2,000 persons a week in the US. However, those of us professionals who work in Alpine County Human Services – Public Health, Behavioral Health, and Social Services – continue to work tirelessly behind the scenes to improve our community's health and well-being. Although the last four years have been at times contentious, I wish to thank all of you who have been supportive of our efforts to preserve our individual health and the health of our families, our neighborhoods, and our communities.

To get a better idea of what we are doing, I suggest you watch all or at least part of this following series: "[The Invisible Shield \[youtu.be\]](https://www.youtube.com/watch?v=...)", a four-part documentary series, reveals how the field of public health has saved countless lives in the U.S., protecting people from the constant threat of disease and increasing lifespans. The series explores the hidden public health infrastructure that makes modern life possible. It highlights the thousands of unsung heroes — physicians, nurses, scientists, activists, reformers, engineers, and government officials — who work together to improve health outcomes, from the days of cholera and smallpox through the most recent battle with COVID-19. All four episodes of "The Invisible Shield" are available at www.theinvisibleshieldseries.com



Public Health

Prevent. Promote. Protect.

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