



Public Health Brief

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National Public Health Week

It Starts Here: Your Health is Our Mission

Your health is our mission

Did you know [Americans live an average of 35 years longer today](#) than they did 150 years ago? This incredible progress is thanks to public health efforts improving the well-being of communities across the nation and around the world.

Public health isn't just for a single person. It's for you, your friends, your family and everyone in your community. Public health affects how we all live, work, and play— it's an invisible force that protects our safety and well-being.

Public health continues to prioritize health at every level, ensuring that everyone has the opportunity to thrive. Recent efforts have led to the [eradication of various diseases in regions across the globe](#), the [expansion of vaccination programs to protect children and older adults](#), and the [securing of funding for foundational public health services](#) to address urgent needs like reproductive care, behavioral health and climate resilience.

Public health starts with:

You - Getting to know your neighbors

Having a strong community is [one of the strongest indicators for health aging](#). Social cohesion means building strong connections with the people around you, which [strengthens your community's well-being](#). Consider offering a helping hand to your neighbors, like running errands for someone without transportation or sharing extra garden produce.



Public Health

Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: Charles Dobson, District 2: Evan Mecak, District 3: Irvin Jim,

District 4: Terry Woodrow, District 5: David Griffith

Communities/Neighborhoods - Making healthy food accessible to all

Bringing farmers markets, mobile markets and community-supported agriculture programs [increases access to healthy, affordable food](#). Hosting farmers markets or mobile markets in local spaces also helps [build community connections while promoting healthier eating](#).

Building accessible parks and community gathering spaces

[Parks and green spaces foster healthy communities](#) by offering safe, inclusive environments for people of all ages and abilities to connect, stay active, and support their mental and physical well-being. [Creating more accessible parks ensures that everyone can enjoy these benefits](#), promoting both individual health and community well-being.

City/State - Preparing residents for emergencies and crises

There is a need to build stronger emergency preparedness systems to [help communities respond](#) to natural disasters, disease outbreaks, and other crises. This includes providing residents with [essential resources, education and training](#) so they can stay safe and protect their families during emergencies.

Nation - Building a stronger, more inclusive public health system

Creating a fair and sustainable public health system requires everyone's participation. This includes public health workers, health care providers, community organizers, faith-based groups, businesses, schools, government and more. By [collaborating with non-traditional partners](#), we can create a more inclusive and effective public health system that benefits everyone.

Investing in the public health workforce

We can strengthen the public health workforce by providing more [training and support for public health professionals](#). This investment ensures that workers have the skills and resources to respond to current and future health challenges.

Video: [National Public Health Week](#)

<https://alpinecountyca.gov/516/Public-Health-Briefs>



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