

NEWS RELEASE

March 25, 2014

MASON COUNTY COMMISSIONERS
411 NORTH 5TH ST
SHELTON, WA 98584

TO: KMAS, KRXY, SHELTON-MASON COUNTY JOURNAL, THE OLYMPIAN, SHELTON CHAMBER OF COMMERCE, NORTH MASON CHAMBER OF COMMERCE, CITY OF SHELTON, ECONOMIC DEVELOPMENT COUNCIL, THE SUN

RE: National Public Health Week 2014

April 7-13 is National Public Health Week 2014, celebrating the work of public health and coming together in support of better health for all. The theme is "Public Health: Start Here" and the focus is on raising awareness about the changing world of public health and prevention in our lives. Mason County Public Health & Human Services invites you to celebrate Public Health Week with us. Check the county website, Facebook and Twitter for daily themes and information about our programs.

The value of a strong public health system is quite literally all around us – it's in the air we breathe, the water we drink, the food we eat, and the places where we all live, learn, work and play. From maternal health and school nutrition to emergency preparedness, public health starts at home.

Good health doesn't happen by chance; it is shaped and nurtured – it's connected to the environments in which we live, work and play; it's tied to the resources available in our communities; and a person's access to health care. Prevention is a nationwide priority. Help us work to be the healthiest nation in one generation.

We need public health to monitor West Nile virus or other emerging diseases and implement prevention strategies; make sure new moms have the resources and knowledge they need to have healthy babies; enforce food safety rules and investigate food-borne illness outbreaks; respond to and prepare communities for natural disasters and emergencies; provide access to vaccines; test our drinking water; ensure clean marine water for growing shellfish; and so much more. Public health is so broad in terms of improving our quality of life that it's nearly impossible to comprehend its impact in its entirety.

National Public Health Week, April 7-13, 2014, is the perfect time to begin thinking about the critical role that public health and prevention play in keeping communities healthy. . This week we have a wonderful opportunity to empower our family, friends, neighbors, and perhaps most importantly, ourselves. This is a


time for the community to work together to make Mason County a healthier place to live, work and raise a family. Public Health: Starts Here. For more information go to Mason County Public Health at www.HealthyMasonCounty.org or phone (360) 427-9670 EXT 400 in Shelton or (360) 275-4467 EXT 400 from Belfair.



Terri Jeffrey
Chair



Randy Neatherlin
Commissioner



Tim Sheldon
Commissioner