

# 2019 NATIONAL PUBLIC HEALTH WEEK

APRIL 1-7, 2019 • CREATING THE HEALTHIEST NATION: FOR SCIENCE. FOR ACTION. FOR HEALTH.

## DAILY THEME — DAY 1



# Healthy Communities

## Monday, April 1

### HEALTHY COMMUNITIES

**For science:** It's clear that people's health, longevity and well-being are connected to their communities—the places we live, learn, work, worship, and play. Communities of color often face greater community health risks—such as poorer air quality—and have fewer health-promoting opportunities—such as safe places to walk—than their white counterparts.

**For action:** Defend the critical role of strong public health systems in creating healthier communities and urge decision makers to make health a priority in all policymaking.

**For health:** Smart local policies that prioritize health can make a difference. For instance, research shows that well-maintained sidewalks can encourage physical activity and that safe biking networks lead to more cycling and fewer injuries among bicyclists. See [here](#) for more information about healthy, safe, and thriving communities in San Diego County.

*Information provided from American Public Health Association's National Public Health Week [webpage](#)*