

The Health Department - Start Here

What does the health department do for you?

The health department is your community partner in promoting and protecting health where you, your family, and your neighbors live, work, and play.



How does your health department help you protect your health?

Connecting people to accurate resources empowers them to make informed, healthy choices. This is one important role for public health professionals. Here are some good websites:

- **Be healthy from the start** - Check out www.marchofdimes.com to learn about actions you can take to protect yourself and your baby; for example, getting immunizations, establishing a medical home, and breastfeeding.
- **Be prepared** - Planning for natural and man-made disasters like severe weather, house fires and flu season, can help you and your family feel secure and avoid panic. For more information visit: www.vaemergency.gov/ReadyVirginia.
- **Get out ahead** - At www.cdc.gov/HealthyLiving/ you can access information about how you can prevent diseases, saving you pain, time and money.
- **Eat well** - *Move2Health* at www.move2healthcentralva.org provides great tips on how to eat to maintain good health.
- For the first time in decades, the current generation isn't as healthy as the one that came before. Join the new American challenge **to be the healthiest nation in one generation**. If you want to help our community get there, work with a local coalition. Visit www.tjhd.org for information.

April 7-13 is National Public Health Week.

For information visit: www.nphw.org



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