



St. Lawrence County Public Health Department

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Press Release

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FOR IMMEDIATE RELEASE

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National Public Health Week April 1 – 7

Canton, NY— St. Lawrence County Public Health is celebrating National Public Health Week April 1-7th and becoming part of a growing movement to create the healthiest nation in one generation. National Public Health Week is a time to recognize the contributions of public health and highlight issues that are important to improving the health of our community and communities across the nation.

Rural communities face a range of health disparities, from higher burdens of chronic disease to limited access to primary care and prevention services. Compared to people living in urban areas, rural Americans face a greater risk of death from the five leading causes of death; heart disease, cancer, unintentional injury, chronic lower respiratory disease and stroke.

During this week, we will celebrate the power of prevention, advocate for healthy and fair policies, share strategies for successful partnerships and champion the role of a strong public health system.

Public Health would like to thank our variety of partnerships with local hospital systems, federally qualified health centers, higher education, human services, and community-based organizations who continuously work to help improve the health of our community.

To kick off Public Health Week, the Public Health Department will be starting a Steps Challenge within the department! The U.S. Surgeon General recommends everyone to make walking a part of their daily routine and to help others make it a part of theirs. Physical activity is one of the most important things Americans can do to improve their health—walking is an easy way to start and maintain a physically active lifestyle. Help celebrate Public Health Week by stepping it up!



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