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**For immediate release**

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## **Celebrate National Public Health Week with Southwest Nebraska Public Health Department**

**McCook** – Celebrate National Public Health Week, April 1-7 with Southwest Nebraska Public Health Department (SWNPHD). Join the SWNPHD staff and board members in promoting healthy lifestyles and behaviors to create healthier communities in southwest Nebraska.

“National Public Health Week reminds Nebraskans to live healthier lives. Public health is three key messages: promote, protect and prevent. Promote healthy behaviors. Protect your health. Prevent chronic diseases, injuries, etc,” states Myra Stoney, SWNPHD Director. “During National Public Health Week, we work to educate the public about the role of public health officials.”

Public health activities are designed to promote healthy lifestyles, prevent the spread of disease and protect the health of the entire population. Visit Facebook to see the Public Health Week topic of the day. We will be giving away radon test kits and shelter-in-place buckets on area radio stations throughout the week.

On Wednesday April 4<sup>th</sup> we will be offering free health screenings at the McCook office from 8 to 10 am for anyone who would like to check their cholesterol, glucose and blood pressure.

Registration for the 15<sup>th</sup> Annual Walk to Health is open now. This free walking program will kick off April 9<sup>th</sup> and run for 12 weeks, with prizes awarded for the most steps walked by teams and individuals.

To celebrate National Public Health Week, SWNPHD’s Public Health Pete is quizzing Facebook users about public health. He is our version of Flat Stanley that travels with staff to different locations throughout the year. There will be a quiz question on our Facebook page each day, and users who comment with their answer will be entered into a drawing to win a basket of goodies donated by the Respite Network.

To learn more about how public health works, stop by one of our offices at 404 West 10<sup>th</sup> Street (block north of Arby’s) in McCook or 501 Broadway (Moreland Building 5<sup>th</sup> Street entrance) in Imperial. The website is [www.swhealth.ne.gov](http://www.swhealth.ne.gov). For more information call 308-345-4223 in McCook or 308-882-4269 in Imperial. You can follow us on Facebook and Twitter.

Southwest Nebraska Public Health serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties.

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