

National Public Health Week

Daily Themes

Each day of NPHW focuses on a different public health topic to help create a healthier nation.

Monday



Behavioral Health
Promote well-being.

Advocate for improved access to mental and behavioral health services. Use education and training to de-stigmatize mental health and encourage people experiencing mental illness to seek treatment.



Tuesday

Communicable Diseases

Learn ways to prevent disease transmission.

Wash your hands. Know your HIV status. Ask employers to provide sick leave so workers can seek care and avoid spreading disease to others. Support comprehensive sex ed in schools, which can reduce STD and teen pregnancy rates.

Wednesday



Environmental Health

Help maintain a healthy planet.

Reduce our collective carbon emissions footprint. Transition to renewable energies. Protect our natural resources and use evidence-based policy to protect air, water and food. Promote walking, biking and public transit.



Thursday

Injury and Violence Prevention

Learn about the effects of injury and violence.

Increase funding to programs that reduce and prevent community violence. Advocate for occupational health and safety standards. Support policies to help those struggling with addiction.

Friday



Ensuring the Right to Health

Advocate for everyone's right to a healthy life.

Everyone deserves to live a life free from preventable disease and disability. The places where we live, learn, work, worship and play should promote our health, not threaten it. Creating the healthiest nation requires a focus on achieving health equity for all.

Learn more:
www.nphw.org

