



Columbia/Boone County Department of Public Health and Human Services  
1005 West Worley Columbia MO 65203

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**PRESS RELEASE  
FOR IMMEDIATE RELEASE**

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**Celebrate National Public Health Week 2014**

(COLUMBIA, MO) – The Columbia/Boone County Department of Public Health and Human Services (PHHS) recognizes and celebrates National Public Health week, April 7 -13, 2014, by promoting this year's theme, "**Public Health: Start Here, Better Health. Better Missouri.**" PHHS will participate in a number of events in honor of the national event.

"National Public Health Week is all about showing how individuals and communities can take small steps to improve their health," Public Health and Human Services Director Stephanie Browning explained. "We all have a role to play in making our communities healthier places and our department is excited to help lead the way to a healthier Boone County."

National Public Health Week is celebrated the first week of April each year. Good personal health is made easier through good public health. Public health works to make healthy individual choices the easy, safe choice in our community. Columbia/Boone County Department of Public Health and Human Services works with community partners to assist in promoting, educating, and protecting Missouri's health and safety.

During National Public Health Week, the focus is on five daily themes:

**Be healthy from the start.** From maternal health and school nutrition to emergency preparedness, public health helps you begin at home. Let us show you how.

**Don't panic.** Disaster preparedness starts with community-wide commitment and action. We're here to help you weather the unexpected.

**Get out ahead.** Prevention is now a nationwide priority. Let us show you where you fit in.

**Eat well.** The system that keeps our nation's food safe and healthy is complex. We can guide you through the choices.

**Be the healthiest nation in one generation.** Best practices for community health come from around the globe. We have a world of public health to show you.

PHHS invites Columbia/Boone County residents to participate in the following events taking place during National Public Health week, and throughout the month of April.

- **Hot Topics Night – “Starting Off Right with Healthy Relationships”**
  - **When:** Tuesday, April 8, 6:30-8:30pm
  - **Where:** The ARC, 1701 W. Ash St.
- **Sexual Health Education Table – Learn about condom use and STDs**
  - **When:** Wednesday, April 9, 10am-12pm, 2-4pm
  - **Where:** Columbia/Boone County Department of Public Health & Human Services, 1005 W. Worley
- **Boone Hospital Mobile Health Screening Unit – Free health screenings for blood pressure, body composition, blood glucose, cholesterol, and more**
  - **When:** Thursday, April 24, 8am-Noon
  - **Where:** Columbia/Boone County Department of Public Health & Human Services, 1005 W. Worley
- **Plant a Row for the Hungry – Plant an extra row in your garden for local families**
  - **When:** Through the harvesting season!
  - **Where:** Produce donations can be made to the Food Bank for Central & Northeast Missouri at 1007 Big Bear Blvd.

For more information on National Public Health Week visit [www.nphw.org](http://www.nphw.org).