



Your Home

Our nation's health is in poor shape, even though we spend more on health care than any other country. In light of our failing health system, National Public Health Week 2009 (NPHW) raises awareness nationally and locally of public health's critical role in restoring and ensuring a healthy America.

Good health starts in the home. From the time we're born, and even before, public health is working to protect our families across generations. Whether it's receiving immunizations and other preventive services from a trusted health provider, living in lead-free homes, eating safe foods, or being cared for at home as we age, public health is a part of every aspect of our lives.

These are only just some examples. Think about how public health provides the foundation for healthy families and homes. How can you take this information and raise awareness of the importance of public health in our daily lives?

Did you know...

- Housing conditions can significantly affect public health. Childhood lead poisoning, injuries, asthma and other health issues have been linked to the more than 6 million substandard housing units nationwide.¹
- Thanks to high rates of immunization, the United States currently has record, or near record, low cases of vaccine-preventable diseases.²
- Unintentional injuries are the leading cause of death for children in the United States.³
- About 20 U.S. children die every day from a preventable injury—more than die from all diseases combined.³
- Most children spend more than five hours a day in front a screen watching television, using the computer or playing video games.⁴

Take action...

- ✓ Have your home inspected for lead, mold and other potential health hazards.
- ✓ Encourage your family to spend less time watching TV and more time being active together.
- ✓ Discuss the importance of healthy eating with your family.
- ✓ Get recommended preventive health screenings.
- ✓ Help other family members get the care they need.
- ✓ Approach local businesses to sponsor a family walk-run-bike event.
- ✓ Go door-to-door to visit families in your neighborhood to stress the importance of vaccinations for children and adults.

¹ Centers for Disease Control and Prevention. Division of Emergency and Environmental Health Services. Healthy Homes Initiative. Atlanta, GA.

² Centers for Disease Control and Prevention. National Center for Immunization and Respiratory Diseases Basics and Common Questions: The Importance of Childhood Immunizations. Atlanta, GA: November 2006.

³ Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Childhood Injury Report: Patterns of Unintentional Injuries among 0–19 Year Olds in the United States, 2000–2006. Atlanta (GA): 2008.

⁴ Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion. Division of Nutrition, Physical Activity, and Obesity. Reducing Children's TV Time to Reduce the Risk of Childhood Overweight: The Children's Media Use Study Highlights Report. Atlanta, GA: March 2007.