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NEVADA COUNTY BOARD OF SUPERVISORS

Board Agenda Memo

MEETING DATE: March 22, 2016

TO: Board of Supervisors

FROM: **Jill Blake**

SUBJECT: Resolution Proclaiming April 4-10, 2016 as Public Health Week in Nevada County.

RECOMMENDATION: Approve the attached Resolution.

FUNDING: N/A.

BACKGROUND: Since 1995, the American Public Health Association has proclaimed the first full week of April to be National Public Health Week (NPHW). Each year since then, the public health community has celebrated this observance by focusing on issues critical to improving the public's health.

This year's NPHW theme is "Healthiest Nation 2030." Preventing diseases before they start is critical to helping people live longer, healthier lives while reducing overwhelming health-related costs. Every year in the United States, nearly 1 million Americans die from chronic, preventable diseases such as heart disease, cancer and diabetes. In fact, chronic diseases account for 75% of national health care spending, or \$1.5 trillion per year. Chronic diseases also cause Americans to miss 2.5 billion days of work each year, resulting in lost productivity totally more than \$1 trillion.

Statistics, such as 56% of adults in Nevada County are overweight or obese, 68% of adults report eating fast food at least once in the past week, 14% of adults smoke, 10% of youth smoke, only 27% of children and teens report being physically active for at least one hour a day, and 14% of adults report no leisure time physical activity, indicate that there is room for improvement in the health of Nevada County residents

Strong public health systems are critical for sustaining and improving community health. By emphasizing prevention and creating environments where it is not only easy for people to

make healthy choices, but where they are encouraged to do so, we can make great strides in improving the health of Nevada County residents. So, please join us in celebrating NPHW and learn how Public Health affects your life and how you can take preventive measures—in ways big and small—in your families, neighborhoods, and workplaces to live longer, healthier lives. Start here and we'll be on our way to a healthier, more cost-effective Nevada County!

Item Initiated and Approved by: Jill Blake, MPA Director of Public Health