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## NEVADA COUNTY BOARD OF SUPERVISORS

### Board Agenda Memo

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**MEETING DATE:** March 26, 2019

**TO:** Board of Supervisors

**FROM:** **Jill Blake**

**SUBJECT:** Resolution Proclaiming April 1-7, 2019 as Public Health Week in Nevada County.

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**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 "Creating the Healthiest Nation: For science. For action. For health." 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, according to the Centers for Disease Control and Prevention (CDC), 86% of the nation's \$2.7 trillion health care expenditures are for people with chronic and mental health conditions. Chronic diseases also cause Americans to miss 2.5 billion days of work each year, resulting in lost productivity totally more than \$1 trillion.

Four specific health risk behaviors – lack of exercise, poor nutrition, tobacco use, alcohol consumption – cause much of the illness, suffering, and early death related to chronic diseases and conditions. Health risk behaviors, however, can vary dramatically from community to community and they can be improved through education, policies, and systems and environmental change. Statistics, such as 65% of adult males and 45% of adult females in Nevada County are overweight or obese, approximately 54% of our county's adult population is prediabetic, over 15% of adults smoke, and youth tobacco use is on the rise, 14.8% of our



county's adults and 23.5% of our county's children suffer from food insecurity, over 1/3 of our 9<sup>th</sup> graders report feelings of depression, and nearly 14% of adults report no leisure time physical activity, indicate that there is room for improvement in the health risk behaviors and overall health of Nevada County.

Everyone deserves to live a long and healthy life in a safe environment. To make that possible, we need to address the causes of poor health and disease risk among individuals and within our communities. 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 and in decreasing the financial burden of chronic diseases. Please join us in observing NPHW in Nevada County, when your Public Health Department will celebrate the power of prevention, advocate for healthy and fair policies, share strategies for successful partnerships, and champion the role of a strong public health system.

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