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FOR IMMEDIATE RELEASE

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COMMITMENT BOARD PROJECT HIGHLIGHTS SOLANO PUBLIC HEALTH WEEK 2010

Solano County Public Health celebrates National Public Health Week April 5-11 by highlighting a special “commitment board” project aimed at encouraging residents to commit to making their community a healthier place to live, learn, work, and play. Commitment (poster) boards, inviting residents and Public Health clients to write individual commitments of things they can do to improve their health, were circulated to various community organizations throughout the county. At their March 23rd meeting, the Board of Supervisor’s proclaimed April 5-11 as Public Health week in Solano County, adopting the national theme for Public Health Week “A Healthier America, One Community at a Time.”

“Locally, the commitment board project was chosen as a great way to encourage residents to be creative and think of things that they can do to improve their own health, their family’s health, or that of the community,” explained Jill Cook, Public Health Administrator.

When asked what they will do to help make their community a healthier place to live, learn, work, and play, some Kaiser members said, “Exchange a healthy recipe with someone; eat more fruits and vegetables; pack low-fat healthy foods in my child’s lunch; plant a tree; plant a vegetable garden; eat an apple a day; car pool; ride my bike; and drink eight glasses of water per day.”

Solano Public Health’s WIC program participants talked about, “walking my child to school in the morning; going to more farmer’s markets and playgrounds; washing my hands and covering my

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cough; recycling; breastfeeding my baby; walking to the store instead of driving there; stop eating fast food; and add 'dancing time' along with 'story time' to get more physical activity into their child's routine."

Local Boy Scouts of America troops added, "I will not smoke; I'll pick up cigarette butts at the park; I'll encourage people to use hand sanitizers; I'll tell people to not smoke near me; and I'll play more sports."

The mission of Solano County Public Health is to improve the health and quality of life for people in our community.

"We promote health and safety, and prevent disease, injury, and premature death through individual and population-based services," said Ronald W. Chapman, MD, MPH, Solano County Health Officer and Deputy Director.

"Public Health is about ensuring the conditions in which people can be healthy where they live, learn, work, and play," Dr. Chapman said. "The work we do to protect and promote health is very diverse, from conducting H1N1 flu vaccination clinics, investigating disease outbreaks, to advancing local ordinances to protect resident's health and encouraging Safe Routes to School"..

For more information on Solano County Public Health, call (707) 784-8600 or go to www.solanocounty.com/publichealth.

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