



# HEALTHIEST NATION 2030

National Public Health Week ■ April 2–8, 2018

CHANGING OUR FUTURE TOGETHER



Everyone deserves the opportunity to live a long, healthy life free from preventable disease and injury. In fact, that's what public health workers strive toward every, single day. Inside health departments in every corner of the country, public health workers ensure the basic foundations necessary for good health — clean water, safe food, breathable air and access to life-saving vaccines, just to name a few. But to truly become the healthiest nation by 2030, we must also take momentous steps toward achieving health equity. And achieving health equity means taking on the social determinants of health that often put good health and longevity out of reach for so many in America.

We want to change that dynamic — and it will take all hands on deck to do it. This National Public Health Week (NPHW), we hope you'll join us in engaging all communities and all sectors in a conversation about the role each of us can play to put good health within everyone's reach. Where we live, learn, work, worship and play impacts our health and our opportunity to ward off disease and injury. With that in mind, let's partner across public and private spheres to create healthier people, families, communities and, eventually, the healthiest nation. We can do it — if we work together.

Each day of NPHW 2018 will focus on a different public health topic that's critical to creating the healthiest nation. We hope you'll use each topic to spark new conversations and engage new stakeholders in your community. And, of course, every day of NPHW will be a day to celebrate, recognize and honor the contributions of America's public health workers.

# Take part in NPHW!

- Become an NPHW partner by signing up at [www.nphw.org](http://www.nphw.org) and linking to our site.
- Join Generation Public Health, a movement to create the healthiest nation in one generation, at [www.apha.org/HealthiestNation](http://www.apha.org/HealthiestNation).
- Organize, promote and attend NPHW events in your community. Download promotional and educational materials and find out more about this year's theme at [www.nphw.org](http://www.nphw.org).
- Check out the daily themes at [nphw.org/nphw-2018](http://nphw.org/nphw-2018).
- Follow us on Twitter at [twitter.com/nphw](https://twitter.com/nphw). And join us for the #NPHWChat on April 4. RSVP at <http://vite.io/7ni9vpdqhh>.
- Use NPHW to support strong public health systems and raise awareness about their role in creating the healthiest nation.
- Become an advocate for public health at [www.apha.org/advocacy](http://www.apha.org/advocacy).
- Help APHA take one billion steps by NPHW! We give you information on how to host your own steps challenge event or participate as an individual. Let's get everyone moving! Visit [www.nphw.org/get-involved/steps-challenge](http://www.nphw.org/get-involved/steps-challenge).



SCAN ME

During NPHW, we'll 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.

*The American Public Health Association champions the health of all people and all communities. We are the only organization that influences federal policy, has a 140-plus year perspective and brings together members from all fields of public health.*