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For immediate release

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Celebrating Public Health Week

Southwest Nebraska Public Health Department (SWNPHD) joins the other 17 local health departments in Nebraska in celebrating National Public Health Week April 3rd through April 7th. This week recognizes the contributions of public health workers to their communities and the nation.

“National Public Health Week reminds Nebraskans to live healthier lives. Public health has three key messages: promote, protect, and prevent. Promote healthy behaviors. Protect your health. Prevent chronic diseases and injuries,” states Myra Stoney, SWNPHD Health Director. “During National Public Health Week, we celebrate our work and educate the public about the role of public health officials.”

Public health activities are designed to promote healthy lifestyles, prevent the spread of disease, and protect the health of the entire population. In southwest Nebraska these activities are being carried out from three office locations: the main office in McCook, a satellite office in Imperial, and a third office in Ogallala that opened last year.

SWNPHD also appreciates the many partners and community members that work with us to achieve better health for southwest Nebraska. There are many opportunities to participate in improving health, like joining a walking program, learning about overdose workgroups, or sharing feedback in health surveys. SWNPHD has a Community Health Survey that is open now through April 30th to all adults living in the nine-county health district. This feedback is extremely important and will be used for the community health improvement plan. The survey is available on SWNPHD’s website swhealth.ne.gov or at surveymonkey.com/r/SWHealth.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook and Instagram or view the website at www.swhealth.ne.gov which contains many resources and additional information helpful to prevent disease, promote and protect health. Call (308) 345-4223; one number three locations, McCook, Imperial, and Ogallala.

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