MEDIA RELEASE

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Jefferson County Celebrates National Public Health Week

Watertown, NY ~April 1, 2019 ~ The Jefferson County Public Health Service (JCPHS) and all health departments across the US celebrate the first week of April as National Public Health Week (NPHW). The 2019 theme is "For science. For action. For health."

Public health is diverse, and goes well beyond our local health departments. NPHW celebrates everyone who makes our communities healthier. Public health works to make everyone's lives healthier, safer and better every day.

As part of the celebration, the American Public Health Association is holding the Billion Steps Challenge from 1/1-4/7/19. Teams across the US registered and tracked steps. By March 12th over one billion steps had been logged and the goal was increased to 2 billion steps.   All Jefferson County employees were invited to join the team, Jefferson County Wellness Warriors. Since 1/1/19, **County employees who joined have logged a total of 19,319,337 steps. The team is ranked 47th out of the 351 teams participating.**

Lisa Lagos, Health Educator, states, "This was an easy way to promote physical activity at work, as a lot of our employees already wear and use fitness trackers. We were able to see where our team ranked which made it competitive and fun".

NPHW shines a spotlight on how far our community has come as well as acknowledging how much more we need to do to make healthy living easier for all of our residents. To learn more about the work public health does, follow us on our social media of Facebook, Twitter, or Instagram. Each day during NPHW a different health topic will be focused on. Our website, www.jcphs.org, has lots of great information about how you can improve your health and the health of the community.

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