

News Release

Contact: Jennifer Sizemore
(702) 383-1225
Dave Tonelli
(702) 383-6320

FOR IMMEDIATE RELEASE

Health District Celebrates National Public Health Week

(Las Vegas, Nev., - April 4, 2005) - The Clark County Health District is celebrating National Public Health Week, April 4 - 10, 2005, and encouraging seniors to engage in healthier and more active lifestyles. The public is encouraged to join the district for a community fitness walk, Friday, April 8, at Boulevard Mall (3528 S. Maryland Parkway). Registration begins at 7 a.m., and the walk starts at 7:30 a.m. Limited supplies of free pedometers and water bottles are available to walkers.

"Walking is a great form of physical activity which, among its many benefits, promotes heart and lung fitness, stronger bones, lower blood pressure and reduced body fat," said Dr. Donald Kwalick, chief health officer for the district.

The 2005 observance of National Public Health Week aims to help older Americans overcome barriers to health care and actively improve the quality of their life. The theme "live stronger, longer" focuses on three core recommendations: prevent, protect and plan.

- Prevent problems from happening: many health problems that can hinder the enjoyment of later years can be prevented by taking medications as prescribed, keeping immunizations up-to-date and adopting a healthy lifestyle.
- Protect your health through early detection: many chronic diseases can be treated, if they are detected in time. Yet one in three older adults does not get recommended screenings.
- Plan to stay healthy: follow an action plan to minimize identified health risks, and follow the prescribed treatment for any diagnosed illnesses.

Since 1995, National Public Health Week has been observed during the first full week in April to encourage everyone to take active steps to live a stronger, healthier life.

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