News Release

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FOR IMMEDIATE RELEASE

Friday, April 7: "Surrounding Our Kids with Clean Air"
Southern Nevada Health District Celebrates National Public Health Week, April 3 – 9, 2006

LAS VEGAS – April 7, 2006 – The Southern Nevada Health District is celebrating National Public Health Week, April 3 – 9, 2006. Under the overarching theme of "Designing Healthy Communities, Raising Healthy Kids," each weekday focuses on the relationship between community infrastructure and a core children's health issue. Today's focus is "Surrounding Our Kids with Clean Air."

When kids are exposed to secondhand smoke and other airborne pollution, they develop middle-ear infections and respiratory illnesses more quickly than adults. Designing communities that help our kids breathe easier can improve their long-term health.

Three in five children are regularly exposed to secondhand cigarette smoke. Kids breathe faster than adults, and their lungs are still developing, so they are more vulnerable to the harmful effects of tobacco smoke. Don't smoke indoors when children are near, and encourage public places to go "smoke free."

Smog is a major reason that one in 10 kids has asthma. When more people use cars to get around, motor vehicle emissions increase, which impacts air quality. Cut down on air pollution by carpooling or driving a hybrid vehicle. Every little bit helps, and cleaner air will keep kids from getting ear infections, pneumonia, bronchitis and other respiratory conditions. Plus, when children are healthy, they miss less school days.

Since 1995, National Public Health Week has been observed during the first full week in April to encourage people to actively pursue a stronger, healthier life. For more information on National Public Health week and physical activity, visit these health district web sites: www.cchd.org and www.gethealthyclarkcounty.org.

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