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## Public Health celebrated in April

Ithaca, Stanton, St. Johns- Each April, Mid-Michigan District Health Department (MMDHD) joins other agencies across the nation in raising awareness of the critical role that Public Health agencies and prevention play in keeping our communities healthy.

This year, MMDHD would like to draw attention to the continued need to improve the health of our residents.

For the first time in decades, the current generation isn't as healthy as the one that came before. Seven in 10 deaths in the U.S. are related to preventable diseases, such as obesity, diabetes, high blood pressure, heart disease, and cancer. We all need to take a stance against this disturbing trend to make sure that children and young adults have bright, healthy futures.

Poor health comes at a price to individuals as well as communities. Each year, chronic illnesses are responsible for millions of premature deaths and cause Americans to miss 2.5 billion days of work, resulting in lost productivity totaling more than \$1 trillion.

Small, positive changes, like eating healthy and engaging in regular physical activity can make a big difference in the long term. Making changes, such as avoiding tobacco, getting recommended screening tests and ensuring that you receive proper vaccinations, will result in significant progress toward living a healthier, longer life.

We all have a role to play in making our communities healthier places and MMDHD is excited to help lead the way.

To learn more about public health efforts in your community, visit [www.mmdhd.org](http://www.mmdhd.org).

*Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.*

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