



Columbia County Department of Health

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“We need to recognize that public health requires much more than eating fruits and vegetables, getting vaccinations and quitting smoking,” said Nancy Winch, Public Health Director “Adults and children must have safe places to live, work, and play where they can enjoy every aspect of their lives without worry about violence or injury. If everyone contributes, we can help people live safer lives, free from hurt and harm.”

The Centers for Disease Control and Prevention, and the National Center for Injury Prevention and Control emphasize that it only takes a moment for an injury to happen – a fall on a stair; a moment’s glance away from the road, a biking or sports related injury, a medication mix up. But it also takes just a moment to protect against injuries and make communities safer. Each year, nearly 150,000 people die from injuries and almost 30 million people have injuries serious enough to visit the emergency room. Furthermore, every day in the U.S., about 75 people die as a result of unintentional poisoning, and another 2,000 are treated in emergency departments.

“National Public Health Week April 4 -10, 2011, will try to help educate Americans about ways to live healthier lives. The events that take place this year will help construct an America that is more aware of how to prevent injuries and violence,” said Georges C. Benjamin, MD, FACP, FACEP (E), executive director of the American Public Health Association. “Our ultimate goal is to make America the healthiest nation in one generation. Taking simple steps within our families and our communities will help prevent injuries and therefore create safer places to live.” For more information about National Public Health Week, visit www.nphw.org.