ONEIDA COUNTY HEALTH DEPARTMENT

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ONEIDA COUNTY EXECUTIVE

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DIRECTOR OF HEALTH

"PROMOTING & PROTECTING THE HEALTH OF ONEIDA COUNTY"

OCGOV.NET/HEALTH

News Release

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For Immediate Release

Contact: Megan Graziano
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Protecting, Connecting and Thriving: We Are All Public Health
Oneida County Celebrates National Public Health Week April 1-7, 2024

National Public Health Week is celebrated the first week in April annually. It's a time to recognize and highlight the contributions of public health. The public health system is not just the employees who work at the health department but also the health care providers in our community, community agencies including public safety, environmental, educational, youth development, human services and more. The public health system also includes you.

We invite you to join us in celebrating "We Are All Public Health". We will be featuring community members on our Facebook page, and we want to hear from you. Let us know the ways or things you do for your health. If you'd like to be featured on Facebook, email publichealth@ocgov.net or message us on Facebook. Please include a picture of yourself and a quote and submit it no later than Tuesday, April 2nd.

Join us in celebrating National Public Health Week.

- Monday, April 1st – Oneida County Health Department Team Highlights (Facebook)
- Tuesday, April 2nd – Be Prepared for Emergencies (Facebook)
- Wednesday, April 3rd – National Walking Day (Live)
- Thursday, April 4th - Wildflowers for a Healthier, Prettier Environment (Live)
- Friday, April 5th – Oneida County Community Member Highlights (Facebook)

Monday, April 1st – Check out our Facebook page (The Oneida County Health Department, NY) and meet our team. Our team monitors and investigates potential health hazards and concerns. We inform, educate, and empower people about health issues. We mobilize community partnerships and actions to identify and solve health problems. We help develop policies and enforce health and safety regulations.

Tuesday, April 2nd – On Facebook, we'll feature a couple of videos of simple ways you can be prepared if met with an emergency. Emergencies can look differently based on the circumstances, but there are ways each of us can be prepared when faced with one.

Wednesday, April 3rd – It's National Walking Day! There are many benefits to walking like a boost to your immune system and mood, you burn calories, and strengthen your heart. Physical activity including walking can help prevent chronic diseases like heart disease, many cancers, type 2 diabetes, and others. You are welcome to join us along with the therapy dogs for a walk around the Oneida County Office Building in Utica or a walk around Oneida County Social Services Department in Rome. If you can't join us, try to take a walk sometime today.

ADMINISTRATION
ADIRONDACK BANK BLDG., 5TH FL.,
185 GENESEE ST. UTICA, NY 13501
TEL: (315) 798-6400 • FAX: (315) 266-6138

SPECIAL CHILDREN SERVICES
ADIRONDACK BANK BLDG., 5TH FL.,
185 GENESEE ST. UTICA, NY 13501
TEL: (315)798-5249 •FAX: (315) 731-3491

ENVIRONMENTAL HEALTH
ADIRONDACK BANK BLDG., 4TH FL.,
185 GENESEE ST. UTICA, NY 13501
TEL: (315) 798-5064 • FAX: (315) 798-6486

CLINICAL SERVICES
406 ELIZABETH ST. UTICA, NY 13501
TEL: (315) 798-5748 • FAX: (315) 798-1057

Locations:
    Oneida County Office Building
    800 Park Ave. Utica, NY 13501
    Meet at Park Avenue Entrance
            Or
    Oneida County Department of Social Services
    300 W Dominick St. Rome, NY 13440
    Meet in parking lot on W. Dominick St.
Time: 12:05 p.m.

Thursday, April 4th – Pick up a packet of wildflowers. Wildflowers help improve air and water quality, provide food and shelter for animals and insects, are lower costing than maintaining grass and look beautiful. We have wildflower seed packets for any Oneida County resident interested. They are low maintenance to grow and maintain and the benefits are plenty. One packet will be available per Oneida County household. A limited supply is available.
Locations:
    Oneida County Office Building
    800 Park Ave. Utica, NY 13501
            And
    Oneida County Social Services Department
    300 W Dominick St. Rome, NY 13440
Time: 2:00 p.m. until supply lasts

Friday, April 5th – Stop by our Facebook page again where we will highlight community members who submitted their tips and shared the ways they incorporate healthy activities in their life.

For more information about the Oneida County Health Department, visit ocgov.net/health.