

FOR IMMEDIATE RELEASE

March 30, 2022

1300 E. Second St., Ste. 100

Defiance, OH 43512

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National Public Health Week

DEFIANCE, OH- During the first week of April each year we come together to celebrate National Public Health Week (NPHW). During this week we look at the work of public health and highlight issues that are important. This year, NPHW is April 4th-10th. To make sure everyone has a chance at a long and healthy life, we must tackle the things that cause poor health and disease. These problems come from how and where we live, learn, work and play. Focusing on our wellness can lead to better health and wellness. This year during NPHW, Defiance County General Health District (DCGHD) is focusing on a different area of wellness each day.

Monday—Emotional Wellness

- Managing your emotions in a helpful way and feeling positive and excited about your life

Tuesday—Intellectual Wellness

- Building knowledge and skills while also sharing your gifts with others

Wednesday—Physical Wellness

- Caring for your body to stay healthy now and in the future

Thursday—Social Wellness

- Healthy relationships, spending time with others, building friendship, caring about others, and letting others care about you

Friday—Environmental Wellness

- Knowing how your social, natural, and built environments affect your health and well-being

Saturday—Financial Wellness

- Managing your resources to live within your means, making good financial decisions, setting goals, and preparing for short-term and long-term needs

Sunday—Spiritual Wellness

- Finding purpose, value, and meaning in your life with or without organized religion

All areas of wellness need attention, but there doesn't have to be a perfect balance between each one. Instead, the goal is to find a balance with the areas that are most important for you. Doing this means being aware, accepting, and sticking with the choices you make every day.

County residents are encouraged to follow DCGHD throughout the week to learn ways to improve on these different areas of wellness. DCGHD will be sharing a message each day next week on each of these social media platforms:

Facebook | Defiance County Public Health | <https://www.facebook.com/defiancecountyhealthdepartment>

Instagram | @defihealth | <https://www.instagram.com/defihealth/>

Twitter | @DCGHD | <https://twitter.com/DCGHD>

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