

Building Bridges to Better Health

**NPHW
2021**

For Science

For Action

For Health



**NATIONAL
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WEEK**



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www.nphw.org

Rebuilding

For Science

Less than 3% of U.S. health spending is on public health.

For Action

Build back environmental protections that have been removed, with a greater focus on communities of color.

For Health

Investing in public health saves lives – 19,000 from the expansion of Medicaid through the Affordable Care Act alone.



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Advancing Racial Equity

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For Science

Inequities in health care, income, education and housing are caused not by race, but by racism.

For Action

Work with local leaders to address racism as a public health crisis.

For Health

Educating health care providers about racial and ethnic disparities can reduce disparities in maternal mortality.



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Strengthening Community

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For Science

Seniors who feel lonely or isolated are at 26% higher risk for mortality.

For Action

Engage your peers and elected officials on public health topics through social media.

For Health

Rates of preventable deaths typically go down in communities where local public health spending goes up.



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Galvanizing Climate Justice

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For Science

As temperatures rise, heatwaves become more frequent and make heat stroke rates and cardiovascular illnesses worse.

For Action

Urge lawmakers to help public health and medical communities prepare for and respond to health threats caused by climate change.

For Health

Building strong communities makes them more resilient, so they have better health outcomes after disasters.



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Building COVID-19 Resilience

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For Science

The pandemic shows that when governments fail to act before and during a public health crisis health suffers.

For Action

Urge Congress to prioritize equitable vaccine distribution.

For Health

Places that enforced stay-at-home orders have lower rates of COVID-19 and fewer deaths.



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Uplifting Mental Health and Wellness

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For Science

Fifty percent of mental illness begins by the age of 14, and 75% begins by the age of 24.

For Action

Advocate for mental health support, especially with the COVID-19 pandemic.

For Health

People who exercise have fewer days of poor mental health than those who do not.



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Elevating the Essential and Health Workforce

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For Science

About 3/4 of all U.S. workers must still go to their workplace during the pandemic, putting them at risk.

For Action

Uphold standards that protect workers during a pandemic, including legal protections for public health officials.

For Health

Funding a robust public health workforce supports strong programs to protect communities.



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