



## Celebrate National Public Health Week



**NATIONAL PUBLIC HEALTH WEEK**  
Building Bridges to Better Health

April 5-11 2021

### What is National Public Health Week (NPHW)?

During the first full week of April each year, APHA brings together communities across the United States to observe National Public Health Week as a time to recognize the contributions of public health and highlight issues that are important to improving our nation's health. For over 25 years, APHA has served as the organizer of NPHW. Every year, the Association develops a national campaign to educate the public, policymakers and practitioners about issues related to each year's theme. APHA creates new NPHW materials each year that can be used during and after NPHW to raise awareness about public health and prevention.

NPHW is a growing movement to create the healthiest nation in one generation. The national holiday celebrates the power of community, shares the strategies for successful partnerships, and champion the role of a strong public health system.

To join future celebrations, future dates are available below.

Future National Public Health Week dates:

- April 4-10, 2022
- April 3-9, 2023
- April 1-7, 2024

### NPHW Theme: Building Bridges to Better Health

We may be physically distant from each other, but now it's more important than ever to come together. That's why our 2021 theme is "Building Bridges to Better Health."

## NPHW: Highlighting information Related to Minority Health Month

April is a month of several health celebration and observances including: minority health month, black maternal health week, and so much more worth celebrating, educating, and observing.

### NPHW: Weekly Themes: day to day

Monday: [Rebuilding](#)

Tuesday: [Advancing Racial Equity](#)

Wednesday: [Strengthening Community](#)

Thursday: [Galvanizing Climate Justice](#)

Friday: [Building COVID-19 Resilience](#)

Saturday: [Uplifting Mental Health and Wellness](#)

Sunday: [Elevating the Essential and Health Workforce](#)

## 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.



[Rebuilding](#)

### For science.

Racism is a public health crisis, causing health disparities, including in the rates of COVID-19 diagnoses and deaths.<sup>3</sup> The pandemic has illuminated how race, place and income can affect a person's health, and even survival, in the U.S.<sup>4</sup>

### For justice.

Black families and rural communities are more likely to be without access to high-speed internet,<sup>14</sup> which is no longer a luxury, but a requirement for school and workers who telecommute. COVID-19 does not only take a higher toll on patients of color, but also on



providers.<sup>15</sup> Supporting those already doing the work within their communities recognizes community members as experts and leaders and builds their power.<sup>16</sup> We can create a better, more inclusive, more just world through public health.

## Advancing Racial Equity

### 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.



### Advancing Racial Equity

#### For health.

Racism is an ongoing public health crisis that has played a significant role in widening health disparities.<sup>5</sup> Racism shapes where and how people live, what resources and opportunities they have and directly affects the physical and mental health of people of color.<sup>4</sup> “Weathering” describes how the stress coping with chronic toxic stress, from structural and interpersonal racism and bias, over a lifetime causes physiological changes. The result is accelerated aging and increased risk of chronic diseases and other adverse health outcomes, including premature death.<sup>6</sup> Thankfully, many of these poorer health outcomes are preventable. For example, educating health care providers and hospital staff about racial and ethnic disparities in maternal outcomes, addressing implicit biases and improving quality of care through the implementation of patient safety bundles<sup>7</sup> are important steps for reducing disparities in maternal mortality.<sup>8</sup>

# Strengthening Community

NPHW  
2021

## 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.



## Strengthening Community

### For justice.

Communities of color often face greater health risks and have fewer health-promoting opportunities than their white counterparts.<sup>15</sup> These risks have consequences that extend beyond the home: Inequalities in health care access and housing discrimination increase the rate of chronic illnesses,<sup>16</sup> crime and violence<sup>17</sup> and lowered levels of educational attainment.<sup>18</sup> LGBTQ individuals face disproportionately higher risks for STDs, cardiovascular disease, obesity and suicide.<sup>19</sup> The lack of minorities in leadership within their professions and communities contributes to the persistent disparities seen in public health.<sup>20</sup> Build racial equity into the DNA of your public health work.<sup>21</sup> Listen to community leaders and organizers who know what their communities need, and support the work they're already doing to create change.

# Galvanizing Climate Justice

NPHW  
2021

## 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.



Galvanizing Climate Justice

## For health.

Building strong communities makes them more resilient. Communities with greater cohesion have better health outcomes after climate-related disasters.<sup>9</sup> Addressing climate change alongside other inequities, like racial injustice, helps improve the health of communities.<sup>10</sup>

# Building COVID-19 Resilience

NPHW  
2021

## 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.



Building COVID-19 Resilience

## For justice.

We know racism contributes to negative health outcomes, and that's true with COVID-19, too. Black, Indigenous and Latinx communities are disproportionately affected by the pandemic.<sup>12</sup>

That's true for both patients and health care providers: While 60% of health care workers are white, most confirmed coronavirus cases and deaths among that group are people of color.<sup>13</sup> Fewer Black and Hispanic workers than white workers are able to work from home, which means they are more likely to be exposed to COVID-19 at work — and more likely to die.<sup>14</sup> Assuring equitable access to vaccines and treatment should be a top priority for public health professionals and state and federal governments.<sup>15</sup> We must continue to strive for health equity in fighting the COVID-19 pandemic and beyond.<sup>16</sup>

## Uplifting Mental Health and Wellness

NPHW  
2021

### For Science

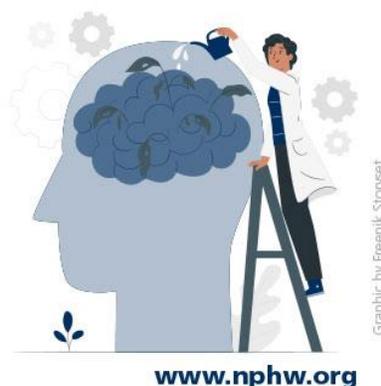
Fifty percent of mental illness begins by the age of 14, and 75% begins by the age of 24.

### 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.



Uplifting Mental Health and Wellness

### For science.

Mental health is a critical component of public health. It consists of emotional, psychological and social well-being and is important from childhood through adulthood.<sup>1</sup> In the United States, mental illness is one of the most common health conditions.<sup>2</sup> In a year, one in five Americans will experience mental illness. Fifty percent of mental illness begins by the age of 14, and 75% begins by the age of 24.<sup>3</sup> People who identify as being two or more races are more likely to report mental illness than other races, followed by American Indian/Alaska Native, Caucasian and Black populations. For all racial groups, except American Indian/Alaska Native, women are more likely than men to receive mental health services.<sup>4</sup>

# Elevating the Essential and Health Workforce

NPHW  
2021

## 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.



Graphic by Freepik, Storyset

[www.nphw.org](http://www.nphw.org)



Elevating the Essential and Health Workforce

## For justice.

People of color are more likely to work in essential jobs or be gig workers, which increases their risk of exposure. Health care workers of color are a smaller proportion on the workforce, but they are more likely to work in lower-wage positions.<sup>3</sup> They also have greater likelihood of COVID-19 infection or death: Filipino nurses are only 3% of the nursing workforce, but they make up 20% of nursing deaths from the virus.<sup>14</sup> Protective equipment and testing are not distributed equitably to janitors and other hospital workers compared with doctors and nurses.<sup>15</sup>

For more information, please visit: <http://www.nphw.org/>