



## April 5 – 11 is National Public Health Week

Health is not something that just happens to us. The choices we make as individuals and as a community influence our health every day. Even small changes can have a big impact. Doing just one new healthy behavior each day can change your quality of life over time. Encouraging others to do the same can bring about healthier communities.

Did you know that almost two thirds of Ontario County residents aged 45-64 are overweight or obese? This can lead to heart disease and other chronic illnesses. Some of the ways to have a healthier lifestyle include:

- Eating wholesome whole foods and plenty of fruits and vegetables
- Exercising 30 minutes every day
- Not smoking or using other tobacco products
- Managing stress
- Getting regular check-ups and screenings from your health care provider

**These simple steps are sometimes easier said than done!**

Ontario County Public Health and our three community hospitals have come together to lead the way in achieving a better quality of life in Ontario County. Join us as we launch the “**C**hoose **H**ealth **O**ntario” campaign. Over the next few years, we will be introducing activities to support healthy choices in Ontario County. Look for the train and hop abroad! Let’s get on track for a healthier future!



**Visit our website to check out upcoming events and opportunities to Choose Health Ontario!**

To learn more about Public Health in America, visit the following site:  
[http://www.nphw.org/nphw10/layout\\_pg\\_releases.htm](http://www.nphw.org/nphw10/layout_pg_releases.htm)