



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE PUBLICATION

April 1, 2005

CONTACT: Leslie Ridgeway (619) 685-2239

NATIONAL PUBLIC HEALTH WEEK FOCUSES ON OLDER AMERICANS' HEALTH

Local Activities Planned Around Theme Empowering Americans to Live Stronger, Longer

Encouraging older Americans to take steps to stay strong and healthy throughout their later years is the goal of this year's National Public Health Week celebration, April 4 to 10.

Empowering Americans to Live Stronger, Longer is the 2005 theme, and locally, the San Diego County Health and Human Services Agency, in partnership with the American Public Health Association, is focusing attention on decreasing barriers that keep seniors from getting the health care and information they need to improve their quality of life, says Pam Slater-Price, chair, San Diego County Board of Supervisors.

"For older Americans, 'living stronger, longer means to maintain and to improve the quality of life, not just extend it," she said. "This year's campaign will promote the three P's in adding more healthy years to life: Prevent problems from happening, Protect your health through early detection, and Plan to stay healthy."

Activities for the week include:

Public Health Week kick-off event with a senior exercise class and meal program, 11:15 a.m. – noon Monday, April 4 at the Clairemont Friendship Senior Center. San Diego County Public Health Officer Dr. Nancy Bowen and Wendy Shigenaga, nutritionist from Aging and Independence Services will speak.

Prevention activities at Senior Community Centers of San Diego in downtown San Diego from 11 a.m. to 1 p.m. Tuesday, April 5. Information on medication management, adult immunizations, nutrition education, physical fitness, substance abuse, and mental health will be available.

Protection presentation from 9 a.m. – 11 a.m. Wednesday, April 6 at the Joslyn Senior Center in Escondido. Deputy District Attorney Paul Greenwood will discuss fraud protection. Health screenings, and information on adult protective services, prevention and home safety, and trip and fall prevention will be available.

Planning presentation at the Lemon Grove Senior Center from 9:15 a.m. to 11:15 a.m. Thursday, April 7. Senior volunteers will make a presentation. Information on retirement planning, civic involvement, depression, alcohol screenings, and continuing education will be available.

The Public Health Champion Awards Ceremony will be held at the County Administration Center from 1 p.m. to 2:30 p.m. Friday, April 8. The event recognizes extraordinary achievements, by individuals and organizations, in areas of public health services that protect and promote the health of all County residents.

###

HEALTH AND HUMAN SERVICES AGENCY
1700 PACIFIC HIGHWAY, ROOM 203 • SAN DIEGO, CA 92101-2472