Let's Make A Difference 'Together'

Our staff works hard every day to make a difference in public health, but changing health in our community has to be a group effort. We all play a role in improving public health.

Each of us plays a role in making healthy choices at home, at work, at school, and at play – choices that impact our health and the health of our community. National Public Health Week, April 6th – 11th, reminds us that by working together, we can protect our community and improve public health. It takes each of us to make a difference for all of us. Public health connects us!

Nutrition and physical activity education in schools helps children lose weight and lower their risk of obesity. Effective wellness at work programs reduce healthcare costs and improve employee productivity. Bike paths, walking trails, and crosswalks provide opportunities for exercise. Food safety regulations lower the risk of foodborne illness. Smoke-free policies reduce second-hand smoke. Public health improves life!

The choices we make each day, even those that seem private, do impact others. Getting immunizations, quitting smoking, walking more – all these decisions play an important role in improving public health in our community.

Research shows a financial benefit to public health, as well. Every dollar spent on immunizations saves $16.50 in future health care costs. Every dollar invested in fluoridated water saves $40 in dental care. Every dollar spent on prevention saves $5.60 in health care spending, and every dollar spent on bike paths and walking trails can return up to $11.80 in benefits to the community. Public health pays!

The Montgomery County Health Department Home Health Agency works every day to protect public health, prevent disease, and promote healthy living. In 2014 the Health Department held more than 4,000 clinics, hosted 1,482 public health office visits and 2,702 home health home visits. Our staff provided 540 medical screenings and issued almost 900 birth and death certificates. We made 759 environmental health contacts and completed more than 1,000 health promotion and education presentations. Public health works!

 We are here for you! Let's make a difference 'together' in changing our health in Montgomery County.

To learn more about how you can take a more active role in improving public health in our community, like us on Facebook, follow us on Twitter, visit our website at www.montgomerycountyhealth.org, or call our office at 573-564-2495. The Montgomery County Health Department loves taking care of your family, and works every day to protect, promote and improve health in our community.