



Public Health
Prevent. Promote. Protect.

A Day in Your Life with Public Health*

Peorians are able to live longer and healthier, thanks to the efforts of federal, state and local public health agencies. Locally, the Peoria City/County Health Department is a leader in improving the health and well-being of our community and through the effective, efficient use of resources, we engage, educate and regulate to promote health, prevent disease, and provide for a safe environment.

6:00 AM: The alarm clock buzzes. Stumbling out of bed, you head for the shower and brush your teeth. The water coming out of the faucet is clean and safe to use, thanks to public health. It is also good to know that the water is fluoridated. Water fluoridation is one of the public health achievements of the 20th century. The decline in the prevalence and severity of dental caries (tooth decay) has been attributed largely to the increased use of fluoride.



6:30 AM: After waking your children, you go to the kitchen. Mornings are rushed, but you have heard public health messages about the importance of a healthy breakfast. You set out milk, fresh fruit, and whole grain cereal.



7:30 AM: Pulling on coats and gathering bags, your family heads for the car. Fastening seatbelts is an automatic habit. Public health helped pass Illinois' seat belt and child car seat laws and promotes their use.



7:50 AM: After leaving your children at school, you drive to work. As you enter the door, you notice that a "Smoke-free Building" sign has been posted, thanks to the new "Smoke-free Illinois Law." For years, public health has been educating people about the deadly health effects of tobacco and secondhand smoke.

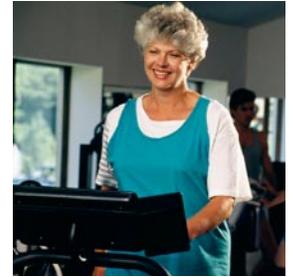


Your Day with Public Health Continues...

10:45 AM: Your sister calls. She and her newborn baby have just been released from the hospital. Public health promotes early prenatal care for all pregnant women. It also ensures that every baby born in Illinois gets a newborn hearing screening and tests that screen for thirty-eight endocrine, metabolic, and blood disorders, which, if untreated, can lead to developmental disability, illness or even death.



12:00 PM: You change into your exercise clothes and head to the gym for a workout. Public health studies have shown that people who exercise regularly live longer and have healthier lives with less chronic illness.



12:30 PM: For lunch you stop by the deli and grab a salad. You naturally assume the food is safe to eat because public health oversees the inspection and licensing of restaurants.



1:15 PM: You listen to the radio at work and hear a news story on local public health nurses investigating a Shigella outbreak. Public health surveillance systems are in place to monitor local outbreaks regarding communicable disease. Public health investigators respond quickly to protect the public's health.



5:00 PM: Another day ends. You start your car and the radio comes on. You hear a public service announcement advising parents to make sure their two year olds have all their shots. Public health promotes early childhood immunizations to protect toddlers from serious, some crippling and even fatal childhood diseases.



5:15 PM: You pick up your children and head home. Your child shows you a sheet she got from a health educator who came to her class to talk about hygiene. Health educators provide educational presentations in schools and in the community to promote healthy lifestyles and prevent risky behaviors. As you get home, the kids want to ride their bikes. You remind them to wear their helmets. Public health is part of the Safe Kids Coalition that helps promote injury prevention and child safety.



Your Day with Public Health Continues...

6:30 PM: You call your family to dinner and tell them to be sure to wash their hands before eating. Public health teaches that proper hand washing is a primary protection against disease and prevents the spread of infections.



10:00 PM: The local news reports an accidental chemical spill that sickens visitors at a large Peoria convention. Thankfully, the situation is under control. Public health authorities say improvements and better coordination with other organizations – all made under the emergency preparedness program – helped them handle the incident quickly.



10:30 PM: Time for bed and you drift off to sleep. Public health has touched the lives of your family in countless ways today, working behind the scenes to keep you all safe and sound.

