

How Public Health Touches YOUR LIFE EVERY DAY

Sedgwick County citizens can live longer and healthier, thanks to the efforts of federal, state and local public health agencies. Locally, the *Sedgwick County Health Department* is a leader in improving the health and well-being of our community. Through the effective, efficient use of resources, we engage, educate and investigate to promote health and prevent disease.

6:00 a.m.

The alarm clock buzzes. You wake your children and they stumble out of bed to *brush their teeth*. Your children know the importance of oral health because they watched presentations in their classrooms from public health educators. The *Sedgwick County health educators and hygienists from the Health Department's Children's Dental Clinic* recently taught students the importance of brushing and flossing. The pictures of decayed teeth really struck a chord!

6:30 a.m.

After waking your children, you go to the kitchen. Mornings are rushed, but you learned from a *WIC dietician* when your children were infants the importance of a *healthy breakfast*. You set out milk, fresh fruit and whole grain cereal.

7:30 a.m.

Pulling on coats and gathering bags, your family heads for the car. *Fastening seatbelts* is an automatic habit. Public health helped pass Kansas seat belt and child car seat laws and promotes their use. Also, Safe Kids Coalition, a partner of the *Sedgwick County Health Department*, helps promote injury prevention and child safety. Recently, you took your car and car seat to a car seat check sponsored by Safe Kids. As a result, you have confidence your kids are as safe as they can be while riding in the car.

7:50 a.m.

After leaving your children at school, your drive to work. As you enter the door, you notice that a *"Smoke-free Building"* sign has been posted, thanks in part to the work of *tobacco health educators* from the Sedgwick County Health Department and their technical assistance to community coalitions. For years, public health has been educating people about the deadly health effects of tobacco, secondhand smoke and most recently third-hand smoke.

10:45 a.m.

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 Kansas gets a newborn hearing screening and tests for endocrine, metabolic and blood disorders, which if untreated can lead to developmental disability, illness or even death. Also, because of your sister's involvement in the *Healthy Babies program*, she knows how to correctly feed and hold her baby; additionally she has a support group to help her with concerns as a new parent.

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12:00 p.m.

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.

1:15 p.m.

You listen to the radio at work and hear a news story on local public health disease investigators who are tracking a *Whooping Cough* 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 p.m.

Another day ends. You start your car and the radio comes on. You hear a commercial telling parents to make sure their two year olds have all their shots. *Public health* promotes *early childhood immunizations* to protect children from serious, some crippling and even fatal childhood diseases.

5:15 p.m.

You pick up your children and head home. Your child shows you a sheet she received that provides tips for *hand washing*. *Health educators* provide educational presentations and materials in schools and in the community to promote healthy lifestyles and prevent risky behaviors.

6:30 p.m.

A friend whose husband was just laid off calls you. She has many worries, including *affordable health care* for her family. You refer her to the *Sedgwick County Health Department website*, which has an up-to-date list of community health clinics, including hours of operation and locations. Your friend feels relieved that she can maintain her family's medical needs.

10:00 p.m.

The local news reports an *accidental chemical spill* that could have potentially sickened visitors at a large Wichita 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. Individuals living and staying in the effected area have been evacuated to a short-term shelter and public health professionals are providing care for the displaced individuals.

10:30 p.m.

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 safe and sound.



*Sedgwick County...
working for you*

Sedgwick County Health Department
316-660-7300 - www.sedgwickcounty.org