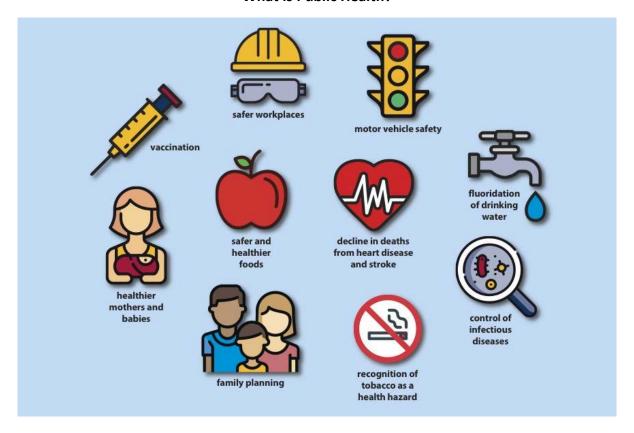**April 4-10, 2022, is National Public Health Week**

What is Public Health?

Public health describes those actions that keep people healthy by preventing illness, protecting health, and promoting well-being. These actions tend to be a combination of programs, services, policies, and legislation that keep us healthy and prevent illness, injury, and premature death.

1. **Disease prevention**, including immunization against common infectious diseases, controlling infectious disease outbreaks, screening for the early detection of cancers, and encouraging healthy behaviors.

2. **Health protection,** including legislation that ensures that our water, air, food, and drugs are safe.

3. **Health promotion** that makes our communities more supportive of health initiatives.

4. **Epidemiology** that provides the science and evidence that underpin public health action by describing the health status of populations, identifying causes of disease, and evaluating the effectiveness of public health interventions.