

PUBLIC HEALTH

What's in it for you?



Public Health
Santé publique
SUDBURY & DISTRICTS

Adult on a fixed income scenario

You are an older adult living with a fixed income. Which of the following ways does Public Health support you in your everyday life?

- a. You meet people and take part in a free exercise program.
- b. You stay active by volunteering in a community gardening group.
- c. You take part in a program to learn new recipes that fit your budget.
- d. You can access programs and services regardless of where you live, your income, and your physical abilities.
- e. You are able to live in housing that is safe, affordable, and designed for you.
- f. All of the above.

The answer to this question is **all of the above**.

Public Health Sudbury & Districts enforces laws that ensure safe food and water, develops campaigns on safe sex, alcohol use, healthy eating, and physical activity. We identify, warn of, and work to minimize environmental health hazards, provide or promote a variety disease screening programs, and advocate to improve the social and economic determinants of health such as education, social inclusion, and freedom from violence, discrimination and poverty. We do this and so much more!

Municipalities and those who govern municipalities play an important role in the work of Public Health. They actively participate in the governance of Public Health Sudbury & Districts, provide money for public health and partner in ongoing activities. All of these efforts support us in meeting our vision of a healthier community for all.

Public Health Sudbury & Districts is committed to improving health and reducing social inequities in the communities we serve. During this municipal election, get informed about public health matters in your community, get involved during the election process, and **vote on October 22, make your vote count!**

More information on Public health services is available at phsd.ca or 705.522.9200
(Toll-free: 1.866.522.9200).