

PUBLIC HEALTH

What's in it for you?



Public Health
Santé publique
SUDBURY & DISTRICTS

Single parent scenario

You are a single parent with two young children who attend a local child care centre. Which of the following are ways Public Health supports you as a parent?

- a. The child care centre provides valuable parenting information.
- b. During the play group, your children learn fundamental movement skills.
- c. The food that your children consume is safe, appropriate, and nutritious.
- d. The outdoor setting is appropriate for play, sheltered from the sun and free from tobacco smoke.
- e. The child care setting supports a Baby Friendly Initiative.
- 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 and develops campaigns on safe sex, alcohol use, healthy eating, and physical activity. We identify, warn of, and work to minimize environmental health hazards, and provide or promote a variety disease screening programs we also 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!

Community members, partnering organizations, elected officials, and other members of the health system play an important role in the work of Public Health. They participate in local programs and services, work together on ongoing activities, champion initiatives that promote and protect the health of our communities, and provide governance to Public Health Sudbury & Districts. 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. Learn more about public health in your community and about how it acts as a helpful resource to create change by visiting www.phsd.ca.

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