

PUBLIC HEALTH

What's in it for you?



Public Health
Santé publique
SUDBURY & DISTRICTS

New baby scenario

You and your partner are expecting a baby. Which of the following ways does Public Health support you to make informed choices?

- a. You attend prenatal classes to learn about pregnancy and infant care topics.
- b. You are informed on how to properly install a child car seat.
- c. You are provided supports on pregnancy and child development.
- d. You are made aware of the impact alcohol and drug use while pregnant.
- e. You understand how to feed your newborn, including the importance of breastfeeding.
- 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!

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).