

# 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!

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](http://www.phsd.ca).

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