



**For Immediate Release:**

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## **A Healthier LA County Begins Today! Celebrate Public Health Week with a Free Health Expo**

National Public Health Week is April 2-8

LOS ANGELES – As April approaches, the nation and Los Angeles County inch closer to celebrating National Public Health Week, which begins April 2 and ends April 8. Across the country, festivities will be held to celebrate advancements in public health, assess the nation’s current public health status, and highlight the importance of taking action to further bolster the nation’s health.

As part of the celebration, the Los Angeles County Department of Public Health and the City of Los Angeles will be co-hosting **Health Expo 2012** on **Thursday, April 5, 2012 from 11:00 a.m. to 3:00 p.m.** This event will be held at El Pueblo de Los Angeles Historical Monument, Olvera Street, located at 125 Paseo La Plaza, Los Angeles, CA 90012.

**Health Expo 2012** will feature free health screenings, cooking demonstrations, tips on staying healthy, live entertainment by Mariachi de Mi Tierra de Alfredo Bocanegra and “Drumming for Your Life” musician Steven Angel, a blood drive, music by 97.1 FM AMP Radio, appearances by Chivas USA, giveaways and more.

This year’s theme is “A Healthier LA County begins today!” The event will focus on creating more awareness around the importance of making healthy choices. By doing so, participants can take control of their health, meaning less time spent in a doctor’s office and more free time to spend with family and friends. Visitors will have many opportunities to gather information on important health tips and guides, view demonstrations, and enjoy a day full of live entertainment.

Information will be available on worksite wellness, including ways to incorporate physical activity and healthy eating into the work day. There will also be live demonstrations of simple exercises that can be performed at a desk or as part of a meeting for a quick break. Information will also be available on immunizations, child safety, women’s health, how to create a smoke-free home, protecting pets in an emergency or during a disaster, lead poisoning awareness, and many other health-related topics. Need help in quitting smoking? Participants can get screened for eligibility to receive free nicotine replacement therapy, while supplies last.

Interested in learning more about what we eat, drink, and digest? Plates with samples of healthy portion sizes will be on display, along with information about the amounts of sugar, fat, and salt that are present in many common foods, including fast food. Learn about how much sugar many popular beverages, such as sodas, energy drinks, and sports drinks, contain. Free healthy recipe books and nutrition guides will be available on a first come, first served basis.



At **Health Expo 2012**, visitors will have the opportunity to engage in conversation and discuss their health with experts. Each decision toward a healthier lifestyle, no matter how small, can make a big difference. Choose health by eating better, exercising more, and quitting smoking. Long-term benefits of a healthier lifestyle include a lower risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes; better maintenance of healthy bones, muscles, and joints; reduced symptoms of anxiety and depression and improved overall mood; and losing weight and gaining muscle. These are only a few of the benefits that could be gained from choosing more healthy habits.

The Department of Public Health has many programs committed to protecting and improving the health of Los Angelenos, and it is available to support residents with resources and information. For more information about the Los Angeles County Department of Public Health or Health Expo 2012, dial 2-1-1 or visit [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov).

The Department of Public Health is committed to protecting and improving the health of the nearly 10 million residents of Los Angeles County. Through a variety of programs, community partnerships and services, Public Health oversees environmental health, disease control, and community and family health. Public Health comprises nearly 4,000 employees and has an annual budget exceeding \$750 million. To learn more about Public Health and the work we do please visit <http://www.publichealth.lacounty.gov>, visit our YouTube channel at <http://www.youtube.com/lapublichealth>, find us on Facebook at <http://www.facebook.com/lapublichealth>, or follow us on Twitter: LAPublicHealth.

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