



Pillars of Public Health

To Your Health

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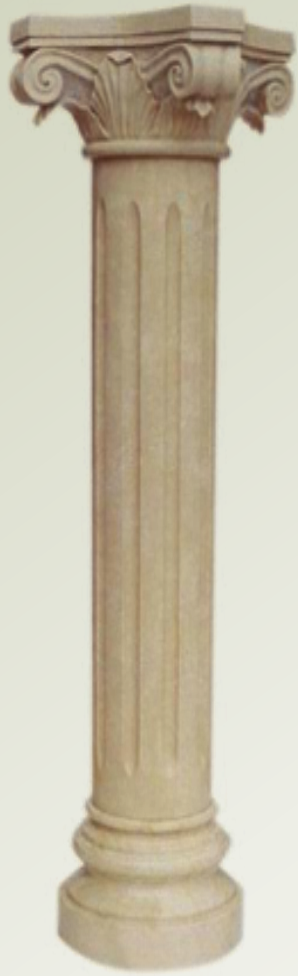
Department of Public Health



Health:

Health is determined, to a large extent, by our access to social and economic opportunities; the resources and support available in our homes, neighborhoods, and communities; the quality of our schooling; the safety of our neighborhoods and workplaces; the cleanliness of our water, food, and air; and the nature of our social interactions and relationships.





Eight Pillars Goal:

While each of us is ultimately responsible for our health and wellness, our goal as a community, must be the creation of social and physical environments that promote good health for all.

Eight Pillars of a Healthy Fresno County



The structure, a Healthy Fresno County, can only be built and maintained with each pillar sharing the weight of that structure.

Eight Pillars



Individuals



Families



Employers



Retailers



Educators



Health Care Providers



Community and
Spiritual Leaders
and Media Partners



Public Officials

Individuals



Individuals must learn about, and adopt, regular physical activity, healthy eating habits, regular preventive care visits to health care providers, stress reduction, tobacco and drug avoidance behaviors, and alcohol moderation behaviors.

Families

Families must ensure the safe, loving, and supportive environment that fosters personal growth and individual self-sufficiency.



Employers



Employers must emphasize safety and adopt a culture of wellness and environmental stewardship in the workplace.

Retailers



Retailers must assure our community has ready and affordable access to healthful products and services, and limit marketing of unhealthy products and services.

Health Care Providers



Health Care Providers must offer their patients every preventive intervention available and make access to care as convenient as possible.

Educators



Educators must assure that each student understands the **full** meaning and value of health.

Community and Spiritual Leaders and Media Partners



Community and Spiritual Leaders and Media Partners must enhance partnerships to empower the members of their community to assess their health needs and implement actions to address those needs that are proven to be effective.

Public Officials

Public Officials must assure that every decision and policy they make reflects a careful consideration of its public health impact.



The image shows the interior of a stone structure, possibly a tunnel or a series of arches. The walls are made of rough, light-colored stone with some reddish-brown patches. The floor is also made of stone, with several horizontal steps or ledges. The lighting is dramatic, with strong shadows cast across the walls and floor, creating a sense of depth and texture. The quote is centered in the upper half of the image.

“Let us put our minds together and see what life we can make for our children.”

- Lakota Sioux Indian Chief Sitting Bull