

Creating the Healthiest Nation Starts with Me!

National Public Health Week

April 6-12, 2015



- I want to live a long, healthy life free from injury and diseases like diabetes, obesity, cancer and heart disease that are reaching epidemic levels in the U.S.
- Creating a healthy me: I promise to eat well, exercise and get regular checkups. I will make healthy choices that improve my health and set an example for my family and friends.
- Creating a healthy we: I want my friends, family and neighbors to have the ability to make the same healthy choices. I support efforts to make the healthy choice the easy choice for everyone in my community.
- Change will happen when we come together. Today I join thousands of people who will create the healthiest nation in one generation.

Signature _____ Date _____



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.