



## Cerro Gordo County Department of Public Health

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MEDIA RELEASE

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### Health Department Recognizes National Public Health Week

(Mason City) — The Cerro Gordo County Department of Public Health is joining the American Public Health Association's *Generation Public Health* campaign to make the U.S. the Healthiest Nation in One Generation – by 2030.

Every year in the United States, seven out of ten deaths are due to preventable chronic diseases such as diabetes and heart disease.<sup>1</sup> In fact, chronic diseases account for a whopping 86 percent of national healthcare spending, yet only 3 percent of our health care dollars go toward prevention.<sup>2</sup>

Here in Cerro Gordo County, 12 percent of our residents report fair or poor health which shows the burden of disability and chronic disease. But there are steps we can take to help turn these statistics around.

The value of investing in prevention is miniscule when you look at the outcomes. Research shows that investing just \$10 per person each year in proven, community-based public health efforts can save the nation more than \$16 billion within five years. That's a \$5.60 return for every \$1 invested.<sup>3</sup>

"Many small preventive steps can add up to make a big difference in transforming a health care system focused on treatment to one that equally values prevention," said Ron Osterholm, Health Director, Cerro Gordo County Department of Public Health. "Our nation and community simply cannot sustain the current trajectory of health care spending and chronic disease rates. Fortunately, we know that investing in prevention and public health can make an enormous difference."

For example, research shows that each 10 percent increase in local public health spending contributes to a nearly 7 percent decrease in infant deaths, a 3.2 percent decrease in cardiovascular deaths, and a 1.4 percent decrease in diabetes-related deaths.<sup>4</sup>

"We all play a role in moving our next generation toward becoming the Healthiest Nation," stated Osterholm. "We just need to lay the groundwork and give people the tools to do so."

The Cerro Gordo County Department of Public Health has been providing services to county residents for over 25 years. Their mission is to optimize the health of all people in Cerro Gordo County.

For more information about the programs and services offered by the Cerro Gordo County Department of Public Health, please visit our website at [www.cghealth.com](http://www.cghealth.com) or call (641) 421-9300.

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SOURCES:

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