

FOR IMMEDIATE RELEASE

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Join Us to Change Our Future Together

Healthiest Nation 2030: Changing Our Future Together

Eau Claire, WI, April 5, 2018 – Each year in the first week in April we celebrate National Public Health Week. This year's theme is *Healthiest Nation 2030: Changing Our Future Together*. This week is a time for all to recognize the role that public health and prevention plays in our lives.

Our Health Department recently achieved national accreditation through the Public Health Accreditation Board. The accreditation process helps to ensure that the programs and services we provide are as responsive the needs of our community. With accreditation, we are demonstrating increased accountability and credibility to the public, funders, elected officials and partner organizations with which we work. Our department has a devoted staff (60+) that provides public health services for the city and county of Eau Claire. Our staff includes: nurses, dietitians, health educators, chemist, microbiologists, environmental health specialists, office associates and others. We also have many community partners and volunteers who support our work and helped us achieve accreditation.



“By collaborating with other agencies and communities to make improvements around identified health priorities like mental health, alcohol and substance use and chronic disease, we can make steps toward our goal of creating the healthiest nation in one generation,” says Lieske Giese, Director/Health Officer.

Mental Health is an example of one area where our health department is collaborating with many partners to make a difference. The Health Department received funding to lead a collaborative project with Chippewa and Eau Claire counties called *Mental Health Matters*. The health department is also a key partner in a local coalition, Eau Claire Healthy Communities, which has an action team working to improve mental health in our community.

- Eau Claire Healthy Communities Mental Health Action Team is working to decrease the number of suicides and hospitalizations due to self-inflicted injury through increased awareness and education. As of 2018, they've helped to train over 540 adults and over 570 adolescents in Question, Persuade, Refer (QPR) suicide prevention training. They are also working increase awareness about how to access community resources. To get involved in Eau Claire Communities, visit: www.ehealthychommunities.org.
- *Mental Health Matters* aims to improve mental well-being for middle and high school youth through education and awareness and mindfulness. They are partnering with schools to learn, practice, and integrate mindfulness strategies. They also are partnering with youth-serving professionals to raise awareness of the relationship between stressful life events and negative health outcomes. To learn more about *Mental Health Matters*, visit: <https://cvmentalhealthmatters.org/>.

To learn more about Health Department programs and services, visit: ehealthdepartment.org or view our [annual report](#). Join us so we may change our future together.

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