



## St. Mary's County Health Department

### NEWS RELEASE

[www.smchd.org](http://www.smchd.org)

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**FOR IMMEDIATE RELEASE**

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#### **LAST WEEK FOR PUBLIC HEALTH HERO NOMINATIONS**

Nominations must be submitted or postmarked by Friday, March 10, 2006.

LEONARDTOWN, MD (March 3, 2006) – Do you know someone who is making a world of difference in children's lives by working to promote and protect their good health? If so, the St. Mary's County Health Department would like to hear from you. This year during National Public Health Week, the St. Mary's County Health Department will celebrate by holding its first annual Public Health Heroes Breakfast to honor people who live or work in St. Mary's County and who promote public health in their daily lives.

The health department is inviting you to nominate people or groups who you know professionally or personally who have the best interests of children at heart and are Heroes and Heroines of Public Health. Nominations must be submitted or postmarked by Friday, March 10, 2006.

Children are the focus of this year's theme for National Public Health Week - *Designing Healthy Communities: Raising Healthy Kids*. The theme focuses on children's health and the way it is enhanced or limited by the environment that is built around us. Physical activity, injury prevention, access and equity, and respiratory health are all examples of children's health issues that are affected by the built environment. In a predominantly rural community such as ours, nature has engineered much of the surroundings we live in. But it is still *people* who are building a community that provides policies, practices and programs that promote the health and well being of our children.

The health department is looking for individuals or groups who promote one or more of the many aspects of children's health and well-being, including mental, physical, spiritual and social health. There are many ways that individuals and groups make St. Mary's County a healthier place for our children.

**(more)**

Please honor their work and passion for children by nominating them to be 2006 Public Health Heroes. Request nomination forms by calling 301-475-4318. Nomination Forms may also be picked up at the health department 21580 Peabody St. Leonardtown, MD, local libraries, or may be printed from the website at [www.smchd.org](http://www.smchd.org).

Nomination forms should be returned no later than March 10, 2006. Please drop your nomination off at the health department or mail nomination forms to P.O. Box 316, Leonardtown, MD 20650. You may also FAX nominations to 301-475-4350. All nominators and honorees will be invited to an award ceremony breakfast on Thurs., April 6, 2006, at the James A. Forrest Career and Technology Center in Leonardtown.

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