



IT STARTS HERE

Your Health Is Our Mission

Did you know [Americans live an average of 35 years longer today](#) than they did when APHA was founded over 150 years ago? This incredible progress is thanks to public health efforts improving the well-being of communities across the nation and around the world.

Public health isn't just for a single person—it's for you, your friends, your family and everyone in your community. Public health affects how we all live, work, and play— it's an invisible force that protects our safety and well-being.

Public health continues to prioritize health at every level, ensuring that everyone has the opportunity to thrive. Recent efforts have led to the [eradication of various diseases in regions across the globe](#), [the expansion of vaccination programs](#) to protect children and older adults, and the [securing of funding for foundational public health services](#) to address urgent needs like reproductive care, behavioral health and climate resilience.

PUBLIC HEALTH STARTS WITH...

YOU

Supporting mental health in your community

[Volunteer for a local mental health organization](#). Attend events, such as walks and fundraisers, that [support the mental health movement](#). If you or someone you know needs mental health services, contact the Substance Abuse and Mental Health Services Administration's [national helpline](#) at 1-800-662-HELP. You can also call, text, or chat 988 to connect with a trained counselor through the [National Suicide Prevention Lifeline](#).

Getting to know your neighbors

Having a strong community is [one of the strongest indicators for health aging](#). Social cohesion means building strong connections with the people around you, which [strengthens your community's well-being](#). Consider offering a helping hand to your neighbors, like running errands for someone without transportation or sharing extra garden produce.

COMMUNITY / NEIGHBORHOOD

Making healthy food accessible to all

Bringing farmers markets, mobile markets and community-supported agriculture programs to underserved areas [increases access to healthy, affordable food](#). These programs [support local farmers and make fresh](#)



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Your Health Is Our Mission Cont'd

[produce more available to low-income communities](#). Hosting farmers markets or mobile markets in local spaces also helps [build community connections while promoting healthier eating](#).

Building accessible parks and community gathering spaces

[Parks and green spaces foster healthy communities](#) by offering safe, inclusive environments for people of all ages and abilities to connect, stay active, and support their mental and physical well-being. [Creating more accessible parks ensures that everyone can enjoy these benefits](#), promoting both individual health and community well-being.

CITY / STATE

Preparing residents for emergencies and crises

There is a need to build stronger emergency preparedness systems to [help communities respond](#) to natural disasters, disease outbreaks, and other crises. This includes providing residents with [essential resources, education and training](#) so they can stay safe and protect their families during emergencies.

Expanding access to reproductive health services

City and state governments can support community well-being by funding clinics that offer family planning, STI testing, counseling, and safe, legal abortion services. [Making these services accessible and affordable ensures that everyone can get the care they need](#).

NATION

Building a stronger, more inclusive public health system

Creating a fair and sustainable public health system requires everyone's participation. This includes public health workers, health care providers, community organizers, faith-based groups, businesses, schools, government and more. By [collaborating with non-traditional partners](#), we can create a more inclusive and effective public health system that benefits everyone.

Investing in the public health workforce

We can strengthen the public health workforce by providing more [training and support for public health professionals](#). This investment ensures that workers have the skills and resources to respond to current and future health challenges.



The American Public Health Association serves as a convener, catalyst and advocate to build capacity in the public health community. We champion optimal, equitable health and well-being for all. We promote best practices and share the latest public health research and information. With our broad-based member community and 150-year perspective, we influence federal policy to improve the public's health. Learn more at [APHA.org](https://www.apha.org).