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News Release

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Immediate Release

Public Health: Save Lives, Save Money

Kingsford, Michigan – April 1, 2013. The Dickinson-Iron District Health Department recognizes National Public Health Week 2013. This year's theme, "Public Health: Save Lives, Save Money."

"Every year in the United States, seven out of 10 deaths are due to preventable chronic diseases such as diabetes and heart disease. In fact, chronic diseases account for a whopping 75 percent of national health care spending, yet only 3 percent of our health care dollars go toward prevention," stated Steve Markham, Director/Health Officer. 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.

We all have a role to play in making our communities healthier places and the Dickinson-Iron District Health Department is excited to help lead the way. 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.

"Our nation and community simply cannot sustain the current trajectory of health care spending and chronic disease rates," said Markham. "Fortunately, we know that investing in prevention and public health can make an enormous difference."

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Markham emphasized that supporting public health approaches to better health does reap life-saving returns. 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. Public health and prevention are critical pieces in creating a healthier nation.

“National Public Health Week helps educate and engage Americans in the movement to create a healthier America for ourselves and the generations to come. We all have a role to play in making America the healthiest nation in one generation. And it starts with each of us taking the simple prevention steps that lead to better health,” stated Markham.

For more information about National Public Health Week, visit www.nphw.org.

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