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**Better Health Care for all Floridians**

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SECRETARY

**FOR IMMEDIATE RELEASE**

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**DOH and AHCA Encourage Floridians to Think About Health During National Public Health Week**

**Tallahassee, Fla.** - The Florida Department of Health (DOH) and the Agency for Health Care Administration (AHCA) welcome National Public Health Week (NPHW) as an opportunity for Floridians to adopt healthy behaviors that make for better health. This year's NPHW theme, *Public Health is ROI: Save Lives, Save Money*, recognizes the lives saved and costs avoided because of disease and injury prevention through robust public health systems.

"Making healthy choices consistently is an investment for life," said State Surgeon General and Secretary of Health Dr. John Armstrong. "By working together for health in our communities, we can make Florida the healthiest state in the nation."

"Attaining good health is everyone's responsibility, and the Agency proudly celebrates National Public Health Week in recognition of the continual efforts to promote healthy individuals, families and communities," said AHCA Secretary Liz Dudek.

Working for better health in the present can help to eliminate costly charges for individuals, families, and the community in the future. For instance, raising birth weight by half a pound can reduce medical costs for an infant by \$28,000. For every dollar invested in water fluoridation, \$38 can be saved in dental treatment costs. A reduction in the number of smokers in Florida since 2007 has helped the state save more than \$4.2 billion in personal health care costs. Lowering Floridians' body mass index (BMI) by just five percent could save over \$12 billion by 2020.

From newborn screening to senior falls prevention, public health has an impact for every Floridian at every stage of life. Seemingly small steps, such as getting the seasonal flu shot, having an annual check-up, and engaging in regular physical activity, will help Floridians to enjoy more birthdays and live healthier.

During NPHW, April 1 through 7, join in advocating for good health and celebrate the public health system that helps to make Florida the healthier place to live, work, and play. For more information on how prevention pays, read DOH's [Online Newsroom 'By the Numbers'](#) and [Prevention Pays report](#).

*The Agency for Health Care Administration is committed to better health care for all Floridians. The Agency administers Florida's Medicaid program, licenses and regulates more than 45,000 health care facilities and 37 health maintenance organizations, and publishes health care data and statistics at [www.FloridaHealthFinder.gov](http://www.FloridaHealthFinder.gov).*

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