

# Canada Health Day 2010



For over 100 years, public health in Canada has been helping individuals take care of themselves, their families and communities. The major advances in life expectancy, overall health, and quality of life that occurred in the twentieth century were the result of public health initiatives – producing vaccines, clean water, pasteurization and better living conditions.

Public health workers research and track chronic diseases, such as cancers and diabetes, and ensure food and water safety. These initiatives have decreased suffering and illness-related costs. The true measure of a society is a healthy population.

Celebrated annually on May 12, the anniversary of Florence Nightingale's birthday, Canada Health Day provides the opportunity to celebrate the contribution of public health to the everyday lives of Canadians. On this day, health facilities and agencies, community health organizations and public health units will join together to celebrate Canada Health Day.

Join us at:

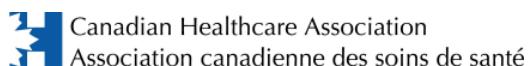
**Event details:**  
**Location:**  
**Time:**

For more information on upcoming Canada Health Day activities, please contact (insert contact information here).

Canada Health Day is sponsored by the Canadian Healthcare Association (CHA) and the Canadian Public Health Association (CPHA). Since the inception of Canada Health Day in 1981, CHA and CPHA have worked in partnership to make this annual event a national celebration of health care in Canada.

To arrange an interview with a CHA or CPHA representative, contact:

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Canadians taking care of their health – Canada Health Day 2010

Journée nationale de la santé 2010 – Les Canadiens prennent soin de leur santé