



# County of Yolo

## HEALTH DEPARTMENT

**Bette G. Hinton, M.D., M.P.H.**  
**Director – Health Officer**

137 N. Cottonwood Street, Suite 2100, Woodland, CA  
95695

PHONE - (530) 666-8645 FAX - (530) 666-7337

### **For Immediate Release**

**Contact:** Cheryl Boney  
**Phone:** (530) 666-8645

## **Yolo County To Go Green for Good Health**

**Woodland, CA** – On April 7-13, 2008, Yolo County will come together to commit to five steps for a healthier community and a healthier climate.

Leading public health experts now say that climate change is one of the most serious public health threats facing our nation. As part of a nationwide commemoration of National Public Health Week (April 7–13), the Yolo County Health Department will have displays on how we can all contribute to a healthier climate as well as learn about how the health department is doing its part for the environment. Most importantly, Yolo County residents can come in to sign the Healthy Climate Pledge, committing to small changes in their own lives that can have a big impact.

Steps to a Healthier Climate include:

- **Be Prepared**  
Prepare for climate change-related emergencies by creating “Climate Kits,” and becoming informed about the health impacts of climate change and regional climate change issues facing our community.
- **Travel Differently**  
Leave the car at home — use public transportation, carpool, walk, bike, or telecommute.
- **Eat Differently**  
Eat less meat and buy local produce from our community farmers markets.
- **Green Your Work**  
Use recycled paper, print less, use energy saving computer settings and green our office.
- **Green Your Home**  
Seal and insulate our homes; reduce, reuse, recycle; and use water efficiently.

On Thursday, April 10<sup>th</sup>, from 9 am to 1 pm, the Yolo County Health Department will sponsor a “Green Fair” which includes a FREE mini farmers market to encourage buying locally grown produce. Partner agencies participating in the fair include Project Compost and the Institute of Transportation Studies at UC Davis. The Yolo County Health Department would like to encourage everyone to attend this event to learn more about how we can all work towards a healthier climate.

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Partner agencies with displays throughout the week include:

- Waste Management – will demonstrate how to recycle and provide a plastic bag recycling station
- Sacramento–Yolo Mosquito Vector Control District – will demonstrate how to protect yourself during the extended mosquito season
- Yolo-Solano Air Quality – will present information about healthy and unhealthy air days
- Project Compost – will feature a composting demonstration

“We hope the public will take the opportunity to come and learn how small changes in our lifestyles can make a big difference in the future health of our communities,” states Dr. Bette Hinton, Yolo County Health Officer and Health Department Director. “If every person changed one thing, our future health would be improved.”

All events will take place at the Yolo County Health Department at 137 North Cottonwood Street in Woodland. The Health Department can be reached via Yolobus on routes 210, 211, 242, and 245. For more information about the fair, call the Health Department at (530) 666-8645.

To take the pledge and for more ideas on helping create a healthier climate, visit the National Public Health Week Web site at [www.nphw.org](http://www.nphw.org).

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