An active lifestyle: that's how public health touches our lives every day.

Public health has made us all aware of the importance of daily physical activity. By promoting walking to school, daily physical education, and worksite wellness, public health helps to reduce obesity and related costs.

The annual medical costs for obesity in New Hampshire are estimated at $302 million or $232 per person. The cost of a pair of walking shoes is about $50.

By promoting laws, providing education, promoting healthy lifestyles, and researching disease prevention, public health helps to improve health and reduce costs for all.

the face of NH public health

NH Public Health

IMPROVING HEALTH,
PREVENTING DISEASE,
REDUCING COSTS FOR ALL

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