



# Environmental Health & Public Health Action

June is a wonderful time to recognize the important connection between environmental health and public health. Clean water, safe parks, healthy air, food systems, climate resilience, and community sustainability all influence the health of populations and the environments where people live, work, and play.

## How Can You Get Involved This Month?

- ✔ Participate in community clean-up events, park restoration projects, or trail maintenance
- ✔ Volunteer with local food gardens, farms, or sustainability initiatives
- ✔ Support organizations focused on environmental justice and climate resilience
- ✔ Assist with educational outreach related to recycling, waste reduction, or healthy environments

## Why It Matters

Environmental conditions directly impact chronic disease, respiratory health, injury prevention, mental well-being, food access, housing quality, and health equity. Public health professionals play an important role in promoting healthier and more sustainable communities through education, collaboration, and action.

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