

## DAY BY DAY HEALTH WEEK SCHEDULE

**MOBILIZATION DAY, Sunday, March 31.**—Health sermons and lectures by ministers, doctors, and other qualified persons. Mass meetings, good speakers, good music. Urge the carrying out of the Health Week program. Give references to sources of health information and urge cooperation with local agencies. Emphasize the necessity of healthful living in the home and community.

**HOME HEALTH DAY, Monday, April 1.**—Home clean-up. Parents' meetings. Personal and home hygiene talks by doctors, visiting nurses, social workers, and other qualified persons. Social hygiene education and venereal disease control should be considered in special meetings. Use health films, slides, and exhibits. Give demonstration on food values and uses. Provide for annual health examinations of children and parents.

**COMMUNITY SANITATION DAY, Tuesday, April 2.**—Consider sanitary needs and improvements. Destroy breeding places of rats, flies, and mosquitoes. Stress importance of malaria control. Explain spread of disease by insects and rats. All homes, markets, bakeries and other food establishments should be

screened against flies. Protect milk and water supply. Provide sanitary toilets. Cooperation with local health department should be urged.

**SPECIAL CAMPAIGN DAY, Wednesday, April 3.**—Survey community for health needs and concentrate on one or more practical objectives. Contact health department; offer cooperation and request help. Churches should receive special attention, as they are often neglected factors in efforts for health achievement.

**ADULTS' HEALTH DAY, Thursday, April 4.**—Provision of facilities for annual health examination. Procure doctors' and nurses' cooperation. Explain that tuberculosis, syphilis, cancer, and organic diseases (heart, kidney, etc.) are the chief causes of disability and death. Emphasize: (1) Fresh air; (2) right diet; (3) good cheer; (4) proper living; (5) regular health examination; (6) early treatment of illness.

**SCHOOL HEALTH AND SAFETY DAY, Friday, April 5.**—Invite parents. Health programs, essays, songs, games, plays, parades, pageants, etc. School buildings and premises should be made sanitary. Conduct health poster contest. Health examinations for pre-

school and school children. Organize health clubs. Emphasize "Health, First," the first aim of education, and "Safety, First." Commemorate birthday of Booker T. Washington.

**GENERAL CLEAN-UP DAY, Saturday, April 6.**—Inspection of community. Complete all cleaning of homes, buildings, and premises. Supervisory committee should orient the community program and stimulate activities for further results. Collect data and take pictures for newspaper stories and National Negro Health Week Committee report. "Before and after" pictures are convincing and inspiring.

**REPORT AND FOLLOW-UP DAY, Sunday, April 7.**—Close campaign with enthusiastic meeting for reports; good talks, good music, experiences. Effect permanent organization and initiate plans for year-round activities. Report sheets for summary of Health Week results may be secured from the National Negro Health Week Committee. Many communities combine data with illustrations (photographs, programs, newspaper clippings, etc.) and submit reports in booklets or bound volumes.

## YOUR COMMUNITY IS WHAT YOU MAKE IT

*THIS IS YOUR COMMUNITY—You live here; your business is here; your children grow up here!*

Before the war you may have been actively interested in improving your community. You may have urged community planning, the removal of bad housing, slum clearance, the building of better homes and neighborhoods, better schools, more parks and playgrounds, and adequate health programs. You and others may have drawn up extensive plans, even begun carrying them out, only to shelve them when the war came.

Or—you may never have thought of the community as part of your responsibility.

But no matter what your activities have been, you have a larger opportunity to serve now, because there are greater community problems than ever before.

### HOUSING—A MAJOR NEED

War has changed American communities. Over 4 million workers, most of them with families, have moved into war production centers.

Overcrowding could not be avoided. New housing had to be limited to meet the most urgent war needs. Countless homes built before the war have deteriorated; in many cases, whole neighborhoods have declined. The normal building of schools and the development of parks have been postponed. Community services, such as street maintenance and gar-

bage collection, have been seriously disrupted. Slum areas have grown worse.

Thousands of new families have been created—servicemen's families, war workers' families. Thousands of families have willingly doubled up in all available dwellings, but have looked forward to the day when they will be able to have their own homes. . . .

### WHAT YOU CAN DO NOW

Urge that an official local agency make an inventory of housing conditions and needs.

Facilities, resources, and data of many governmental and local unofficial agencies will be useful in making this study. Such a study should include the needs of low-income families and racial minorities as well as all others. It should clearly distinguish between the need for homes for rent or for owner occupancy.

Here is a procedure which such an official survey might follow:

(1) Study the total community from a housing viewpoint—its natural boundaries, physical characteristics, the best ways to shape its growth to make it a better place in which to live.

(2) Study the economic activity of the community, its present and future prospects in terms of industry and jobs.

(3) Evaluate the existing housing supply in terms of sound housing standards—the number of good houses, those suitable for repair and improvement, and those which should be demolished.

(4) Define the types of areas in the community: "Clearance" areas, which should be cleared, rebuilt, or used for other purposes; "conservation" areas, where rehabilitation could stop the trend toward blight or slum conditions; "stable" areas, which can be depended upon to remain standard with proper care for some time to come.

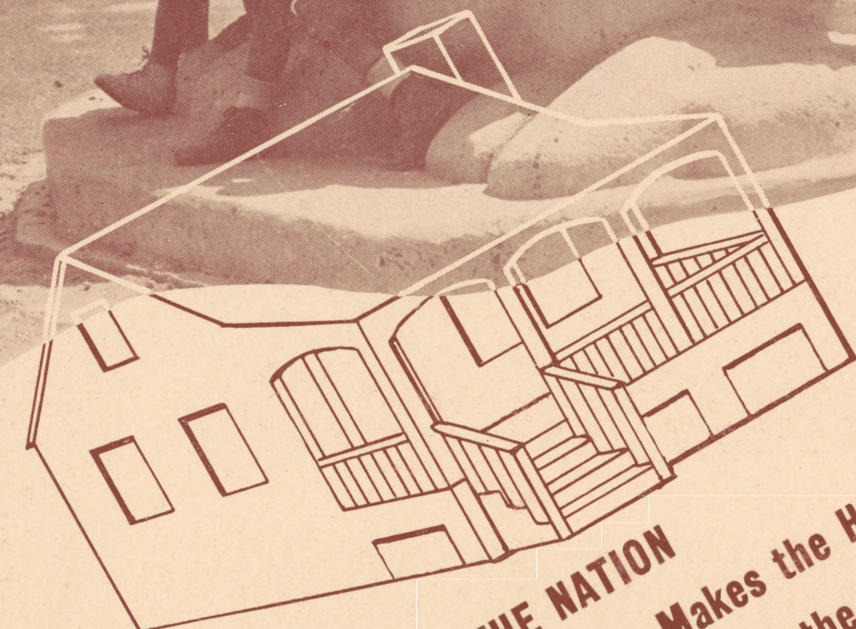
(5) Against the background of what is determined to be the supply of good housing and that which can be made good, estimate the new housing needs of families of all income groups and the future population growth and composition.

### THE CHALLENGE

Housing is a community job. Good homes help make healthy and happy families. Such families are the basic units of our democracy. It is up to the communities to set their housing goals and to see that these goals become realities.

(Abstracts from "Housing: A Community Job," published by the National Housing Agency, June 1945.)

# 32d OBSERVANCE March 31–April 7 1946



**THE PATTERN FOR THE NATION**  
**The Family Makes the Home**  
**The Home Serves the Community**  
**The Community Builds the Nation**

# NATIONAL NEGRO HEALTH WEEK

**Special Objective { A HEALTHY HOME IN A HEALTHY COMMUNITY:  
HEALTH EDUCATION AND HEALTH SERVICES**

For other information, write National Negro Health Week Committee, U. S. Public Health Service, Washington 25, D. C.

For sale by Superintendent of Documents, Washington 25, D. C., \$2.25 per 100 copies.





(Courtesy of Pan-Hellenic Council, Washington, D. C.)  
Teamwork for community welfare: Review the past. Plan the future.



(Courtesy of Urban League, Lincoln, Nebr.)  
Community pride: Clean up and keep clean.



(Courtesy of Xavier University, New Orleans, La.)  
Good education: Healthy, happy, useful citizens.

## HEALTH—A NATIONAL PROBLEM

Health is the problem of the whole people. It cannot be solved by the rank and file alone; nor by the professional groups alone; nor by public agencies or private agencies alone. All must work together side by side. Among the first steps to be taken is for the people themselves to study their public health problems and determine their needs. In the past year, thoughtful citizens in various walks of life have become actively interested in learning about their community health problems. The Public Health Service has been requested to assist several large organizations in conducting workshops where their representatives can meet with persons having the essential information on health problems. . . . These workshops represent an important step forward toward better national health, for in this way the people are learning to help themselves. Progress in a democracy is dependent upon the understanding and the will of the people to improve conditions in their own communities; it does not come from decisions made by higher authority.

*Equal Health for All.*—If Negroes and whites together attack with determination the major diseases which afflict our population, the Nation as a whole will win a final victory, without which the victory of our military forces would ultimately be meaningless. For the benefits of peace cannot be enjoyed by a Nation half sick.

In the years immediately ahead, the American people should sight the goals they need to reach for equal health opportunity, and they should move forward united toward those goals with firm determination. The purpose of these objectives is to assure every American, whatever his race and economic status, a full opportunity for life and health.

(From "Public Health—The Base of Progress," by Thomas Parran, M. D., Opportunity, Fall Issue, 1945.)



(Courtesy of City Health Department, Houston, Tex.)  
The community mobilizes for better health.



(Courtesy of Health Week Committee, Topeka, Kans.)  
Health Week exhibit: The community on review.

## FACTS ABOUT RURAL HEALTH

Farm people all over are beginning to realize that all is not perfect with rural health.

There have been a lot of mistaken notions about what a healthy place the country is to live in. Maybe 50 or 100 years ago the rural areas were "God's country" compared with the congested and filth-ridden cities. But things have changed. While great improvements in health have been enjoyed in the cities through sanitation, better housing, and the benefits of medical science, progress in the country has been relatively slow.

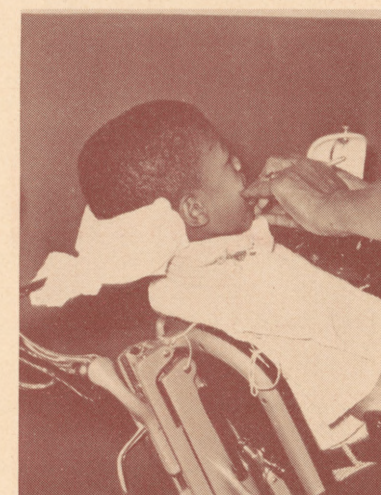
*Better Health for Rural America.*—Great opportunities for the achievement of better health for rural America lie before us in the years following the war. Health insurance for all rural people—removing the cash barrier to medical service—is within reach. Hospitals and health centers can be built in a great construction program. Thousands of doctors and dentists will be demobilized and can be attracted to settle in rural sections. Public health agencies can be strengthened everywhere. Twentieth-century medical science can be brought within the reach of every farmhouse and every village.

All these things are possibilities, but it remains for rural people themselves to make them into realities. They must get at the facts, study them, and plan wisely. They must organize their communities to tackle their health problems. Working with other communities—both rural and urban—they must move steadily toward the solution of every problem they face. When these things are done we can be sure that rural people everywhere will attain the parity of health services that they deserve.

(From "Better Health for Rural America: Plans of Action for Farm Communities," U. S. Department of Agriculture, October 1945.)



(Photo by U. S. Public Health Service)  
Cadet Nurses: Learned and alert—serving humanity.



(Courtesy of Central Harlem Health Center, New York, N.Y.)



(Courtesy of Arlington, Va., Health Department)

Periodic check-up: Are you O.K.? Let the doctor decide.



(Photo by U. S. Public Health Service)  
Infant welfare—a good index of community health.



# This Year's Health Week Objective: A Healthy Home in a Healthy Community

