

# National Public Health Week 2022 Student Preview Webinar

**Tuesday, Nov. 30, 2021**

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# NPHW Overview + Keep It Moving Challenge



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KEEP IT MOVING  
CHALLENGE



NATIONAL  
**PUBLIC  
HEALTH  
WEEK**

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

NATIONAL PUBLIC HEALTH WEEK 2022

**APRIL 4-10, 2022**

**THEME: PUBLIC HEALTH IS WHERE YOU ARE**

- Visit the [NPHW Website \(www.nphw.org\)](http://www.nphw.org) for tools & tips to get an idea of how to get involved
  - Host an event
  - Attend an event
- Social media shareables & fact sheets for daily themes coming soon!
- Sample proclamation for state and local advocacy
- Student Day on April 5
- Twitter Chat on April 6



NPHW 2022 – APRIL 4-10

# PUBLIC HEALTH IS WHERE YOU ARE

DATE		DAILY THEME	EVENT
04/04	Monday	Racism: A Public Health Crisis	Kickoff Forum
04/05	Tuesday	Public Health Workforce: Essential to our Future	Student Day
04/06	Wednesday	Community: Collaboration & Resilience	Twitter Chat; HCCC
04/07	Thursday	World Health Day: Health is a Human Right	WHD Celebration
04/08	Friday	Accessibility: Closing the Health Equity Gap	
04/09	Saturday	Climate Change: Taking Action for Equity	
04/10	Sunday	Mental Wellness: Redefining the Meaning of Health	



**NPHW**

AN INITIATIVE OF THE  
AMERICAN PUBLIC HEALTH ASSOCIATION

GET INVOLVED

# KEEP IT MOVING CHALLENGE

Promote Physical Activity where you are!

January 1 – April 10, 2022

- New app will be released
- QR code step booster
- 3 inclusive step levels
- Join one of 10 teams
- Challenge Leader Board
- Log other fitness activities for equivalent step credit

Keep It Moving Challenge Dates: January 1 - April 14, 2022

The Challenge encourages attendees to participate in some friendly competition with your peers as you get moving, keep moving, and climb the Challenge Leaderboard

The APHA Keep It Moving Challenge officially kicks off on New Year's Day **Saturday, January 1 at 12:01 am ET** and ends **on Sunday, April 10 at 11:59 pm ET**. Attendees may use their own Fitbit, Apple Watch, Garmin, or the movement trackers integrated on their iPhone/Android smartphone via Apple Health or Google Fit.\*

#### TO JOIN

1) Download and launch the APHA Keep It Moving app:



#### 2) Set up your Challenge account

- Complete the in-app registration process
- Pair your step tracker now!
  - Anyone can track their steps using their smartphone\* by pairing with Apple Health on iOS or Google Fit on Android (make sure Apple Health or Google Fit is installed on your phone before pairing)
  - Heka Well also imports step data from Fitbit, Garmin, Apple Watch
  - *Note: Your steps will only be credited in the Challenge after you first pair your tracker*

#### 3) Start stepping!

- To sync your step data from your tracker to the Challenge app, select "Tap to sync steps" at the top of the Summary screen
- Sync your step data frequently, at least once daily. Some step trackers do not transfer step data that is over 24 hours old

KEEP IT MOVING  
CHALLENGE



# Student Toolkit



## Student Toolkit

Leah Goldberg

Fall Term Affiliate Affairs Intern

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# Campus

- Plan a training on how to use Narcan or give CPR!
- Plan an on-campus exercise class or try one of our favorites!



# Online

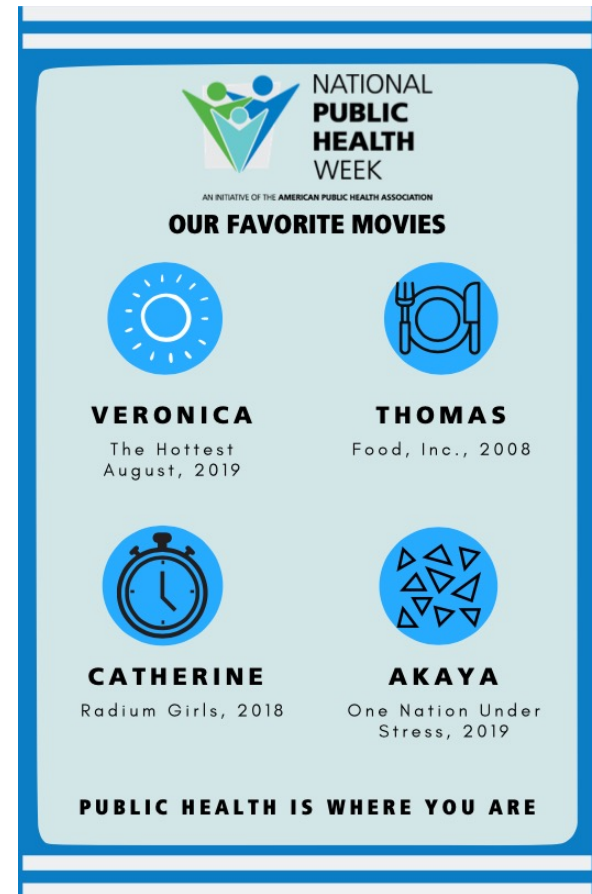
- Participate in and promote NPHW Student Day on Tuesday, April 5!
- Host a virtual fundraiser to support NPHW, try this Instagram bingo board.
- Send an [APHA](#) action alert to your federal policymakers to show your support for health issues important to you.





# Home

Read and watch to learn more about public health!



## Work

- Join our LinkedIn page
- Find an internship using the APHA Public Health CareerMart



# All these ideas and more can be found on our website!



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**PUBLIC HEALTH IS WHERE YOU ARE**

[Daily Themes](#)[Get Involved](#)[Tools & Tips](#)[Events](#)[About NPHW](#)

[Toolkit](#)[Shareables](#)[Books & Resources](#)

National Public Health Week 2022



**Wear an NPHW Mask**

**Sign up for updates**

## Student Day – Tuesday, April 5, 2022



Holly Plackemeier  
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# Student Day events – April 5, 2022

- **Young professionals career panel**
  - Intended for current students, recent graduates, people interested in pursuing a graduate degree/career in a health-related field
- **Mentoring webinar**
  - Intended for mid to late career professionals interested in learning how to best support and mentor students

Events in collaboration with APHA Student Assembly.

Visit <http://nphw.org/Events/Student-Day> for more information and to watch recordings of previous events.

# Q & A

## About APHA

The American Public Health Association champions the health of all people and all communities. We strengthen the public health profession, promote best practices and share the latest public health research and information. We are the only organization that combines a 150-year perspective, a broad-based member community and the ability to influence policy to improve the public's health. Learn more at [www.apha.org](http://www.apha.org).



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