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WHITMAN COUNTY PUBLIC HEALTH'S COMMUNITY IMPACT REPORT

AVAILABLE NOW | READ THE QUICK SUMMARY BELOW

▶ Disconnect to Reconnect

▶ Thrive Locally

▶ 1Whitman, Preventing Drug Use & Overdose

DISCONNECT TO RECONNECT

Our Disconnect to Reconnect initiative gives youth and their families tools to talk about social media, put down their phones, and find ways to engage face-to-face. The campaign responds to the negative effects of social media on youth mental health. We held an art contest in rural schools together with the Whitman County Library District to see students' ideas on this topic.

THRIVE
Locally

We're Supporting
Our Community To...

Go Back to the Basics.

Eating right and moving your body are essential for overall health and well-being. We offer education on low-cost ways to eat healthy and exercise so you can thrive. Our goal is to empower you with simple, sustainable habits that promote long-term wellness. By focusing on practical solutions, we aim to make healthy living accessible and achievable for everyone.

1 WHITMAN

A WCPH INITIATIVE

Our 1Whitman initiative prevents youth drug use, and prevents drug overdoses.

To prevent youth drug use, we made and distributed a card game, called Big Talk, to spark family conversations on boundaries, emotions, and risks of drug use.

To prevent overdoses in adult users, we equipped the general community and users' support systems by distributing Narcan and medicine lockboxes.

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Whitman County
Public Health



SCAN TO VIEW
FULL IMPACT REPORT
WhitmanCountyPublicHealth.org