

National Rural Health Day TM

Celebrating the Power of Rural!



The Maine CDC Rural Health and Primary Care Program will join the National Organization of State Offices of Rural Health (NOSORH) and other state/national rural stakeholders in commemorating National Rural Health Day on Thursday, November 19, 2020.

National Rural Health Day is an important, once-a-year opportunity to showcase rural America while focusing on the unique healthcare challenges facing an estimated 57 million rural citizens. Events recognizing National Rural Health Day and commemorating the power of rural are being planned throughout the nation.

Hospitals and health centers are often the lifeblood of rural communities. They not only provide access to emergency and preventive medical care, they also are among the biggest employers in the area. Further, their existence often impacts a community's ability to retain and attract residents and employers. We hope you will take some time on November 19th to recognize and commemorate National Rural Health Day as well.

Looking for ideas? Attached is a poster of COVID-safe activities.

Please make every effort to share your activities and/or consider making your facility a supporter of National Rural Health Day by completing our online form:

<http://www.123formbuilder.com/form-5053392/form> or <https://bit.ly/2GFUHFc>

Thank you for your attention and do not hesitate to contact our office at (207) 287-5504 should you have any questions or would like additional information.

Rural Health and Primary Care Program
286 Water Street, 5th Floor
11 State House Station
Augusta, ME 04333-0011
(207) 287-5524
www.mainepublichealth.gov/ruralhealth



WAYS TO Commemorate



National Rural Health Day is November 19, 2020. Here are a few ideas!

Communities

Sign up to become a supporter of National Rural Health Day

<https://bit.ly/2GFUHFc>



Present awards to honor your provider and community heroes



Develop a campaign to encourage flu vaccination in your area



Display National Rural Health Day banners & posters

Use the hashtag **#powerofrural** in all of your social media on 11/19/2020



Show appreciation to your local rural health professionals by providing them with free lunch, discounts or special offers

Link the National Rural Health Day website to your website



“Hello! Happy National Rural Health Day”



Answer the phone with a custom NRHD greeting

Host or promote a Walk with a Doc Power of Rural Walk!

www.powerofrural.org

Host a rural health themed poster or essay contest

Do something healthy -- eat more vegetables or bike to work that day



Rural Health and Primary Care Program
286 Water Street, 5th Floor
11 State House Station
Augusta, ME 04333-0011
(207) 287-5524
www.mainepublichealth.gov/ruralhealth

