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.
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

- Present awards to honor your provider and community heroes

- Develop a campaign to encourage flu vaccination in your area

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

- Display National Rural Health Day banners & posters

- 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!

- 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