

## Cleveland Chiropractic College Celebrates Public Health Week

Students, faculty and staff at [Cleveland Chiropractic College](#) (CCC) joined together April 4-10 to celebrate National Public Health Week. The theme for the week, "Safety Is No Accident: Live Injury-Free," sought to educate Americans about the ways to avoid accidents in their daily lives. The goal was better health through better choices.

Literature about safety solutions was offered at several locations around the CCC campus. Other efforts used a dual approach, focusing on promoting health and safety while supporting the Master of Science in Health Promotion (MSHP) program at the college. Special attention was given to safety issues when running and biking. This included a guest speaker from a fitness shop who stressed the importance of proper equipment when exercising.

Dr. Karen Doyle, director of the MSHP degree program at CCC, coordinated activities for the week. She believes Public Health Week is important because of the impact it has recognizing the basic needs of others.

"National Public Health Week promotes the health and well-being of our students, employees and community," she said. "The health of our community ultimately affects the health of our nation and our economy. In addition to investing in our community, Cleveland chose to expand this opportunity to include global awareness as well."

A shoe drive on campus collected well-worn athletic footwear for the ["Nike Grind" program](#). The iconic shoe and apparel company utilizes shoes collected by consumers, and then grinds them up to be repurposed as soft surfaces for playgrounds and other sports venues. In addition, lightly used shoes were collected throughout the week for Toms shoes, which then distributed them to those in need.

Dr. Doyle said more than more than 25 individuals served as volunteers during the week, 80 people participated and more than 135 pairs of shoes were collected. CCC student Jessica Tallman took part and said it was a great way to maintain the focus on health that is such a core part of the chiropractic curriculum.

"As chiropractors and chiropractic students, it is our duty to be involved in public health," she said. "To reach health is our goal, and it should be encouraged both inside and outside of our offices, schools, and homes. Public Health Week gives us the opportunity to draw attention to those things which help us better reach that optimal level of health."

Tallman went on to say that the shoe drive was the most important part of the week, calling it a "unique way to get students involved with helping others and our environment." She noted the value of the athletic surfaces created and the benefits for those who receive donated shoes, as each contributes to good health but in a different way.

Overall, [Public Health Week](#) allowed those at CCC to make an impact on others by promoting good health and safety. But some with bare feet will realize the very best from the week, as they will receive shoes from the efforts of these strangers. And it was made possible by Clevelanders with heart, helping those who need soles.

*Source:* Cleveland Chiropractic College