

HEALTH

Free Health Screenings in October



By José A. Álvarez, County of San Diego Communications Office

04/27/2017 10:45 AM

they walked for health. And although the walk was short, the event served to kick off the 15th Binational Health Week in San Diego and Pala, California.

The annual event also takes place across the United States and Canada, with the participation of the consular networks of Mexico, Guatemala, Honduras, Colombia, Ecuador, Peru and Bolivia.

Binational Health Week is the largest mobilization effort in the Americas to improve the health and well-being of underserved Latino people in the U.S. and Canada.

Locally, the National Health Week is spearheaded by the Consulate General of Mexico in San Diego and the Health Initiative of the American Out of US Refugee with collaboration from the County Health and Human Services Agency's Office of Refugee Health.

"The National Health Week has become so popular we've extended it through the entire month of October," said Consulate General of Mexico Ramon Gomez Arana, who led the week from the Consulate General of Mexico on Linda Street to the County Administration Center and back. "This year we have 30 organizations providing services in San Diego and Baja California."

Local agencies and community organizations will conduct nearly 60 health promotion events and education activities, including blood pressure and cholesterol screenings, as well as vaccination events and vision, dental and HIV exams. For more information, call 619-491-1111.

"The services offered during National Health Week directly align with the County's Live Well San Diego initiative which aims to improve the health and well-being of local residents," said William Wooten, MD, MPH, County Public Health Officer.

During last year's events, about 7,000 people received information and more than 2,000 were screened for potential health issues.

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