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CITY OF MANCHESTER

Health Department

PRESS RELEASE

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The City of Manchester Health Department Celebrates its 180th Anniversary

Manchester, NH – On October 26, 1839, the City of Manchester Board of Health was established, along with a system of police, to take measures for protection against fire. An excerpt is below from:

Manchester. A brief record of its past and a picture of its present, Clarke, Maurice D., comp., Clarke, John B. (John Badger), 1820-1891.¹

To celebrate the Department's history and present role as the City's chief health strategist and neighborhood catalyst, we are pleased to announce the release of two documents – the *Ten Commandments of Health* from 1922 with a newly created version for 2019; and the *Greater Manchester Community Health Needs Assessment*.

The **Ten Commandments of Health** serve as a reminder of how the definition of health has changed over nearly 100 years since the first version was created. The 2019 version provides a greater emphasis on aspects of health that are not only physical, such as disease or illness, but behavioral health as well, such as the importance of getting exercise and eating healthy. One notable similarity is the recommendation for an annual vacation as a measure of wellbeing and mental health. The full stylized version can be found at: www.manchesternh.gov/health

Board of Health - 1922	Board of Health - 2019
<ol style="list-style-type: none">1. Thou shalt have no unvaccinated persons in thy family.2. Thou shalt not make unto thee any hot biscuit nor any mince pie nor any likeness thereto, for thy stomach is a jealous stomach, visiting pain and discomfort upon them that abuseth it.3. Thou shalt not take any patent or advertised medicine for thy ills, for thy stomach will not hold him guiltless that taketh unknown mixtures.4. Remember that Sabbath Day to take a great bath. Six days shall though wash and keep	<ol style="list-style-type: none">1. Thou shalt show concern to one's neighbors and be invested in the wellbeing of one's community. The health of one's community impacts one's personal health.2. Thou shalt partner with your healthcare provider to get regular check-ups, annual screenings, and immunizations.3. Thou shalt seek to increase one's knowledge by fostering learning throughout your lifetime.4. Thou shalt learn stress management skills and vacation annually to maintain good mental health.

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<p>thyself clean, but on the seventh day though shall take a great bath, though and thy manservant, and thy maidservant, and the stranger that is within thy gates, for in six days man sweats and collects bacteria enough for disease, wherefore the Lord hath blessed the bathtub and hallowed it.</p> <ol style="list-style-type: none"> 5. Honor thy health that thy days may be long and happy upon the land which has been given thee. 6. Thou shalt kill the fly and mosquito. 7. Thou shalt not commit or harbor a nuisance. 8. Thou shalt steal away on a vacation annually. 9. Thou shalt not bear communicable disease to thy neighbor. 10. Thou shalt not keep late hours with thy neighbor's wife; thou shalt not keep late hours with thy neighbor's daughter, nor with his manservant, not with his maidservant, nor with anything that is thy neighbors. 	<ol style="list-style-type: none"> 5. Thou shalt practice proper sleep hygiene. 6. Thou shalt be tobacco free, reduce alcohol use, and avoid drug use. 7. Thou shalt protect thyself from injury and illness by using proper protective equipment and following safety guidelines. 8. Thou shalt maintain healthy teeth and gums by daily flossing and brushing in addition to having regular dental exams. 9. Thou shalt commit to regular exercise and partake of a properly proportioned nutritious diet. 10. Thou shalt practice proper hand hygiene to decrease the spread of disease.
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The latest assessment entitled '**Greater Manchester Community Health Needs Assessment: Assessing Manchester Urban Advantage**' provides an overview of the current state of health and health-related factors among Manchester residents. This comprehensive report was developed in partnership with Catholic Medical Center and the Elliot Health System to serve as a tool that guides community level action to ensure optimal health for all Manchester residents.

The assessment identified the following community priorities for action:

- Improve educational outcomes by addressing root factors, such as chronic absenteeism, literacy, and on-time graduation rates;
- Address and prevent substance misuse, including excessive drinking and teen vaping;
- Improve access to care by increasing prevention, such as universal home visiting for pregnant women and systems changes to prevent suicide;
- Increase access to quality, affordable housing to prevent homelessness and exposure to indoor health hazards such as lead; and
- Address and prevent trauma among residents from child abuse and neglect, extreme poverty, and/or mental health distress.

To access the full report, please visit: www.mymanchesternh.com/Strategy.

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¹EXCERPT: "During the summer of 1839 the number of people and houses had largely increased on account of the Amoskeag Company's first sale, and prices at the second, which occurred October 8, 1839, were much higher. The land sold was included between Elm, Hanover, Union and Merrimack streets. After this second sale the village assumed such proportions that it soon became patent that the old regulations were ill adapted to existing needs, and at a special meeting, October 26, 1839, it was voted to establish a system of police and a board of health, and to take measures for protection against fire. The "new village," as the settlement upon the Company's land was now called, was allowed to nominate the fire-wards. The latter organized and bought a fire-engine called "Merrimack No. 1," and the first engine-house was built on Vine street. There was already in town an engine which was owned by the Stark Mills, and, as early as 1818, one had been bought by Piscataquog village, then a part of Bedford. In 1839 was established by John Caldwell "The Representative," the first newspaper published in Manchester. It was a Democratic paper and its first number was issued October 18, and it appeared on subsequent Fridays till 1842, when it was sold and merged with "The Manchester Democrat." In this year the first police officers were appointed, four in number."