



**Public Health**  
Prevent. Promote. Protect.

**Sargent County District Health**



**BUILDING HEALTHY COMMUNITIES**  
NORTH DAKOTA LOCAL PUBLIC HEALTH

**FOR IMMEDIATE RELEASE**

04.01.2026

View this release online at: <https://sargentcountyhealth.com/>

## **Local North Dakota Health Units to Recognize National Public Health Week with Statewide Walking Event**

***On Wednesday, April 8, all 28 local public health units will participate in “Stroll N Roll North Dakota”***

**FORMAN, NORTH DAKOTA** – In recognition of [National Public Health Week](#), all 28 local public health units across North Dakota will participate in “Stroll N Roll North Dakota,” a statewide walking event designed to promote physical activity and social connection. As part of this first-of-its-kind initiative, local public health units are inviting community members to lace up their walking shoes and move together. “Stroll N Roll North Dakota” will take place throughout the day on Wednesday, April 8. Individuals of all ages and abilities are encouraged to participate at a time that works best for them. Walking, biking, rollerblading and the use of wheelchairs, strollers or other mobility devices are all welcome. While there is no minimum time requirement, adults are encouraged to aim for 30 minutes of activity, consistent with recommendations from the American Heart Association. This statewide event is sponsored by the [North Dakota State Association of City and County Health Officials](#), a group that helps coordinate local public health efforts across the state.

Each year, National Public Health Week takes time to celebrate the impact of public health and highlight priority issues that can improve the nation’s well-being. The theme for 2026 is “Ready. Set. Action!” and will focus on how the work of public health improves the lives of residents, provides safeguards for families and strengthens communities. “Stroll N Roll North Dakota” compliments this message by promoting physical activity, which supports heart health, mental health, chronic disease prevention and social connection.

Visit Sargent County District Health Unit’s Facebook event for more details:

<https://www.facebook.com/share/18Uo4Tnvjm/>

Quick facts: “Stroll N Roll North Dakota”

- Wednesday, April 8; any time of day.
- All ages and abilities are encouraged to participate.
- Join by walking, biking, rollerblading, pushing a stroller, walking a pet, accompanying a friend in a wheelchair.
- Families, seniors, youth groups, workplaces and community organizations are invited to participate.

- There is no formal registration or fee to participate.
- Participants are encouraged to share photos and use the hashtag #StrollNRollND on social media.

- ### -

**MEDIA CONTACT:**

**Brenda Wyckoff, SCDHU Administrator**

701.724.3725

[bwyckoff@nd.gov](mailto:bwyckoff@nd.gov)