

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

April 2008

Encouraging Health

CHILDCARE CLASSES:

All classes 6:30 p.m. - 8:30 p.m. at JCHD - Olathe, unless otherwise noted. Call (913) 477-8382 to sign up for a class.

April 4 - "Public Information Meeting to Apply for a Daycare Home", \$5 for licensed, \$10 for registered.

April 7 - "Emergency Preparedness for Childcare Providers", \$10.

April 8 - "The Role of Meaningful Experience in Supporting Early Language and Literacy", \$15.

April 9 - "Medication Administration", \$25.

April 10 - "Center Regulations", \$15. **9-11 a.m.**

April 14 - "Redirecting Children's Behaviors", \$20.

April 16 - "CPR: by Med-Act", \$22.

April 17 - "Launching Your Childcare Home", \$15.

April 23 - "Setting the Stage... Creative Learning Centers", \$20.

April 29 - "Every Child Ready to Read", \$15.

April is National Donate Life Month

According to www.organdonor.gov, as of March 2008, there are 98,634 people waiting to receive a donor organ. To reduce the risk for needing an organ transplant, take steps to maintain healthy organs and tissue throughout life.

Choosing a healthy lifestyle can help you improve your health and reduce your risk of disease.

Healthy lifestyles include eating a healthy diet, maintaining a healthy weight, exercising regularly, quitting smoking (or not starting), and minimizing stress.

People who are overweight or obese are more likely to develop heart disease, stroke, high blood pressure, diabetes, gallbladder disease and joint pain. To lose weight, you must eat less and move more. Your body needs to burn more calories than you take in. Adults need at least 30 minutes of physical activity most days. 60 minutes a day may be needed to prevent weight gain. Kids need at least 60 minutes of physical activity every day of the week. For more information, contact a JCHD Health Educator.

Source: OrganDonor.gov

What does Public Health Do?

Public Health is concerned with threats to the overall health of a community based on population health analysis. The World Health Organization, the body that sets standards and provides global surveillance of disease, defines health as: "A state of complete physical, mental, and social well being and not merely the absence of disease and infirmity."

The field of public health is an organized effort of society to promote the population's health and well-being and reduce inequalities in health status; prevent disease, injury, disability, and premature death; and protect the public from environmental and other hazards to health. For additional information, contact at JCHD Health Educator.

Source: APHA.org

Contact Us

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Immunizations are Important!

Infants and children should be vaccinated because they are more likely to develop complications or die from vaccine-preventable diseases. Immunization is one of the most important things a parent can do to protect their children's health. Today we can protect children from 14 serious diseases. Failure to vaccinate may mean putting children at risk for these illnesses. Vaccines are very safe and effective. Like any other medicine, they can occasionally cause mild reactions like a sore arm or a slight fever. Serious reactions are very rare. The important thing to remember is that getting the diseases is much more dangerous than getting the vaccine. For more information, contact a JCHD Health Educator.

Source: CDC.gov

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

Counseling Awareness
Irritable Bowl Syndrome Awareness
National Autism Awareness
Women's Eye Health and Safety
National Donate Life
Sports Eye Safety
Alcohol Awareness
Cancer Control
National Sarcoidosis Awareness
STD Awareness

Weekly Awareness

7th - 13th National Public Health
19th - 26th National Infant Immunization
26th - 27th - 2008 March for Babies
26th - May 4th - National SAFE KIDS Week

Days of Recognition

3rd - Sexual Assault Awareness Month
Day of Action
6th - World Tai Chi & Qigong