

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

April 2009

Encouraging Health

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 1 - Introduction to Child Development, \$20.

April 8 - Redirecting Childrens' Behaviors, \$20.

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

April 9 - Emergency Mgmt. & Community Preparedness for Childcare Providers, \$10.

April 14 - Public Information Meeting to Apply for a Daycare Home, 9-11 a.m., \$5 for licensed and \$10 for registered.

April 14 - First Aid, \$20.

April 15 - Launching Your Childcare Home, \$10.

April 16 - Asthma Management & the Environmental Control, \$15.

April 16 - How Children Learn Through Block Play, \$20.

April 22 - CPR, \$22.

April 23 - Every Child Ready to Read, \$15.

April 27 - The Nuts & Bolts of Playground Safety, \$15.

April 28 - Medication Administration, \$25.

Contact Us

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April is National STD Awareness Month

- One in two Americans will contract an STD at some point in their lifetime.
- An estimated 65 million Americans are living with a viral STD.
- STDs are spreading at a rate of 15 million new cases each year.
- One in four teens contract an STD each year.
- Less than half of adults ages 18-44 have been tested for an STD other than HIV.

Most STDS have little to no symptoms, and it's common for people to wait until they appear before they get concerned. The only way to know if you have an STD is to get tested. Once treated, it is always possible to re-contract the disease. STDs are mostly preventable and curable or at least can be controlled.

- Avoid an STD by abstaining from sex or engaging in a long-term, mutually monogamous relationship with an uninfected partner.
- Latex condoms, when used consistently and correctly, are highly effective in preventing HIV/AIDS.
- There are vaccines available to prevent hepatitis A or hepatitis B infections.

For more information contact a JCHD Health Educator.

Sources: www.health.state.mn.us/divs/idepc/dtopics/stds/stdmonth/stdmonthfacts.pdf

www.cdc.gov

www.ashastd.org

Benefits to Quitting Smoking - Today

People who stop smoking before age 50 cut their risk of dying in the next 15 years in half compared with those who keep smoking.

When smokers quit—what are the benefits over time?

20 minutes after quitting: Your heart rate and blood pressure drops.

12 hours after: Carbon monoxide levels in your blood drops to normal.

Two weeks to three months: Circulation improves and your lung function increases.

One to nine months: Coughing and shortness of breath decrease.

One year: The excess risk of coronary heart disease is half that of a smoker's.

Five years: Stroke risk is reduced to that of a non-smoker five to 15 years after quitting.

10 years: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease as well.

15 years: The risk of coronary heart disease is the same as a non-smoker's.

For more information, contact a JCHD Health Educator.

Sources: http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp US Surgeon General's Report

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

Alcohol Awareness
Cesarean Awareness
Counseling Awareness
Foot Health Awareness
Irritable Bowel Syndrome Awareness
National Autism Awareness
National Cancer Control
National Child Abuse Prevention
National Donate Life
National Minority Health Awareness
National Youth Sports Safety
Occupational Therapy
Sports Eye Safety
STD Awareness
Women's Eye Health & Safety

Weekly Awareness

6th - 12th - National Public Health
25th - May 2nd - Natl. Infant Immunization
26th - 27th - 2008 March for Babies
26th - May 3rd - National SAFE KIDS Week

Days of Recognition

7th - World Health
8th - Natl. Sexual Assault Month
Day of Action
9th - National Alcohol Screening
18th - National Healthy Kids
25th - World Meningitis Day