

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

August 2007

Encouraging Health

All classes 6:30 -8:30 p.m.
at the Johnson County
Health Department Olathe
office, unless otherwise
noted.

August 14 - "Launching
Your Childcare Home", \$15.

August 21 - "Redirecting
Your Children's Behavior",
\$20.

August 22 - "Asthma
Management and the
Environmental Control",
\$15.

August 28 - "Social-
Emotional Development,
Part II, Fostering
Emotional Development:
The Caregiver's Role", \$15.

Contact Us

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August Is National Immunization Awareness Month

August is National Immunization Awareness Month (NIAM). The goal of NIAM is to increase awareness about immunizations across the lifespan from infants to the elderly. According to the CDC, immunization is one of the most significant public health achievements of the 20th century - but despite these efforts, tens of thousands of people in the U.S. still die from these and other vaccine-preventable diseases.

Recommended vaccines begin soon after birth and continue throughout life. Being aware of the vaccines that are recommended for infants, children, adolescents, adults of all ages and senior, and making sure that we receive these immunizations, are critical to protecting ourselves and our communities from disease.

Vaccines against certain diseases that may be encountered when traveling outside the U.S. are also recommended for travelers to specific regions of the world. For more information on immunization schedules and vaccine resources, visit <http://www.cdc.gov/vaccines>, www.cdc.gov, or contact a JCHD Health Educator.

Breakfast Basics 101

It can be difficult to make a healthy breakfast happen when you're rushing to get yourself and the kids ready in the morning. It is not only important that kids have breakfast every day, but what they eat is crucial too. Try choosing foods that are rich in whole grains, fiber, and protein while low in added sugar. This will help boost kids' attention span, concentration, and memory-which they need to learn in school. Some tips to get your day off to a good start: stock your kitchen with healthy breakfast options, prepare as much as you can the night before, get everyone up 10 minutes earlier, let kids help plan and prepare breakfast, and have grab-and-go alternatives (fresh fruit, individual boxes of cereal, yogurt or smoothies) on days when there is little or not time to eat.

Research has shown that kids who eat breakfast get fiber, calcium, and other important nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and few absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

If kids aren't hungry first thing in the morning, be sure to pack a breakfast that they can eat a little later on the bus or between classes. Fresh fruit, cereal, nuts, or half a peanut butter and banana sandwich are nutritious, easy to make, and easy for kids to take along. Foods like toaster pastries and even some breakfast bars might be easy and portable but offer no more nutritional value than a candy bar and are high in sugar and calories. Here are some ideas for healthy breakfasts to try:

Whole grain cereal topped with fruit and yogurt
Whole grain waffles with peanut butter or fruit
Whole grain pita with sliced hard cooked eggs
Peanut butter on a bagel, fresh fruit and low-fat milk

Breakfast smoothie (milk, fruit and a teaspoon of bran)

For more on children's health go to:

www.kidshealth.org or call a JCHD Health Educator.

Rememberance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

Children's Eye Health and Safety
Cataract Awareness
National Immunization Awareness
Psoriasis Awareness
Spinal Muscular Atrophy Awareness

Weekly Awareness

1st-7th World Breastfeeding Week

Days of Recognition

1st - Nat'l Minority Donor Awareness