

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

February 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.

Feb. 12 - "Launching Your
Childcare Home", \$15.

Feb. 19 - "CPR by Med-Act", \$22.

Feb. 20 - "Redirecting Childrens'
Behavior", \$20.

HEALTH EDUCATION:

Feb. 22 - Workshop:
"Obesity: Can Public Health Stop
the Trend?", 2:00 p.m. - 5:00 p.m.,
Sunset Drive Office Building,
Room 1070-75. To register, call
(913) 477-8333.



Contact Us

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dedicated to the prevention of disease and
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Just Say No to Tooth Decay!

Tooth decay remains one of the most common diseases of childhood – five times as common as asthma and seven times as common as hay fever.

Usually, a child's first teeth will begin coming in between three and 16 months, and they will continue to get new teeth until all twenty of their primary teeth when they are about three years old. Permanent teeth begin erupting at six to seven years of age and will continue until they get the third molars (wisdom teeth) at 17 to 22 years old.

Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums. Some prevention tips include:

- Put water in your baby's bottle at bedtime or naptime. Prolonged exposure to sugary drinks while baby sleeps – when saliva flow is reduced – increases the risk of tooth decay.
- Take your child for an oral health assessment between the ages of one and two, and every six months thereafter.
- Protect your child's teeth with fluoride. Use a fluoridated toothpaste. If your drinking water is not fluoridated, talk to a dentist or physician about the best way to protect your child's teeth.
- Encourage your children to eat regular nutritious meals and to avoid frequent between-meal snacking.

Information from the American Dental Association

Winter Season Sports Safety

More than a quarter million children each year are injured while participating in winter sports in the United States. Safe Kids USA offers a few simple precautions: kids need to be dressed appropriately, take lessons, be actively supervised and stick to safe terrain. Ski helmets could prevent or reduce the effects of 53 % of the head injuries suffered by children under 15 while skiing or snowboarding.

Each year, children ages 0-14 years sustain nearly 52,000 injuries involving snowmobiles, sleds, snow skis or snowboards. Kids should wear a helmet while sledding. Also, don't go down a hill headfirst — sit up and face forward. Inspect sleds regularly for worn, damaged or loose parts that could break or snag at high speed.

Children under six should not ride a snowmobile and nobody under 16 should drive one. All snowmobile drivers and passengers should be wearing helmets designed for high-speed motor sports. Helmets are also a must for ice hockey, along with mouth guards, knee pads and elbow, shoulder and shin protection.

Basic health and comfort precautions can go a long way in preventing injury - dress in layers, wear sunscreen and stay hydrated. For more information, contact a JCHD Health Educator.

Information from Safe Kids Worldwide

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

American Heart Month
AMD/Low Vision Awareness
National Children's Dental Health
National Wise Health Consumer
Prenatal Infection Prevention

Weekly Awareness

3rd - 9th National Burn Awareness
7th -14th Congenital Heart Awareness
10th - 16th Children of Alcoholics
11th - 15th National Condom Week
24th - 3/1 National Eating Disorders

Days of Recognition

1st - Give Kids a Smile Day
3rd - National Wear Red Day
14th - National Donor Day