

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Health Department

July 2009

Encouraging Health

All classes 6:30 -8:30 p.m. at the JCHD - Olathe office, unless otherwise noted.

July 8 - Signs and Symptoms of Illness, \$15.

July 9 - Redirecting Childrens' Behaviors, \$20.

July 10 - Public Information Meeting to Apply for a Daycare Home, 9:00 a.m. - 12:00 p.m., \$5 for licensed and \$10 for registered.

July 13 - Cooking it Up in the Classroom, \$20.

July 14 - Launching Your Childcare Home, \$10.

July 15 - First Aid, \$20.

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

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

July 22 - CPR, \$22.

July 27 - Emergency Management & Community Preparedness for Childcare Providers, \$10.

July 28 - Abusive Head Trauma, \$15.

July 30 - Center Regulations, \$15.

Did You Know Kids Can Have Arthritis?

Juvenile arthritis is one of the most common childhood diseases. It can result in chronic pain and physical impairment if left untreated.

The following are some facts to help you learn more about this disease.

- Affects 294,000 children nationwide.
- Occurs in Children less than 16 years old.
- The most common form is juvenile rheumatoid arthritis.
- More common in girls than boys.
- The cause is unknown, but it is not contagious.
- Common symptoms include pain, swelling and stiffness of the joints.
- Treatment plans include: medications, physical activity, physical therapy and education.

For more information, contact a JCHD Health Educator

Source: <http://www.cdc.gov/arthritis/arthritis/childhood.htm> and <http://www.arthritis.org/ja-fact-sheet.php>

Join the Forty-Two Million Kids Celebrating National Youth Sports Week!

In 2007, Congress dedicated the second week of July as National Youth Sports Week to raise awareness of the physical and emotional benefits of youth sports.

Studies have shown that children who participate in youth sports perform better in school, develop superb interpersonal skills, and are less likely to suffer from childhood and adult obesity.

The following are some of the ways to prevent youth sports injuries:

- Enroll in organized sports with a coach who is well trained with the equipment, proper techniques and CPR.
- Make sure that proper gear is used/worn when necessary.
- Make warm-ups and cool downs routine practice before and after sports participation.
- Make sure water or sports drinks are available during activity.

For more information, contact a JCHD Health Educator

Source: http://www.niams.nih.gov/Health_Info/Sports_Injuries/child_sports_injuries.asp

Contact Us

Barbara Mitchell

Public Information Officer

(913) 477-8364

barbara.mitchell@jocogov.org

Sarah McMeans

Risk Communicator

(913) 477-8360

sarah.mcmeans@jocogov.org



11875 S. Sunset
Olathe, KS 66061

6000 Lamar
Mission, KS 66202

dedicated to the prevention of disease and promotion of wellness for our community

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

Intl. Group B Strep Awareness
UV Safety
Hemochromatosis Awareness
Juvenile Arthritis Awareness

Weekly Awareness

20th - 24th - National Youth Sports Week
27th - 2nd - Phelan-McDermid Syndrome