

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Health Department

June 2008

Encouraging Health

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

Childcare Education Classes:

June 6 - "Public Information Meeting to Apply for Daycare Home", \$5 for licensed, \$10 for registered. 9:00 a.m. - 11:00 a.m.

June 16 - "Setting the Stage...Creative Learning Centers", \$20.

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

June 18 - "Let's Play Outdoors", \$20. 1:00 p.m. - 3:00 p.m.

June 18 - "CPR: by Med-Act", \$22.

June 23 - "Redirecting Childrens' Behaviors", \$20.

Safe Kids Car Seat Checkups:

June 7 - St. Luke's South, 10:00 a.m. - 1:30 p.m. No appointment required.

June 18 - Children's Mercy South parking lot, 3:00 p.m. - 6:30 p.m., Appointment required: (816) 234-1607

Health Education:

June 6 - School Nurse Workshop, Mid-America Nazarene University, 8:00 a.m. - 12:00 p.m.

Make Home a Safe Haven For Your Kids

If you could make one place a safe haven for your children, where would it be? For many parents, the answer is their homes. Yet research shows more than 4.5 million children are injured in the home every year.

Taking simple prevention measures and closely supervising your children can help protect them from common household hazards, such as fires, burns, drowning, suffocation, choking, firearm injury, poisoning, and falls. A few easy, relatively inexpensive steps – locking household cleaning materials in a cabinet out of reach, installing carbon monoxide detectors and smoke alarms, blocking stairways with baby gates – can greatly reduce your child's risk of injury in the home. For more information, contact JCHD's Safe Kids Johnson County.

Source: *Safe Kids Worldwide*

Be Aware of Ozone Levels This Summer Season

Ozone is a gas, but unlike other air pollutants, it is not released directly into the air. Ozone is formed when certain chemicals in gasoline, oil-based paints, solvents, inks, and other materials react with heat and sunlight. Ground-level ozone irritates lungs, causes scar tissue in lungs, impairs breathing, damages vegetation, and decays rubber (tires, hoses, etc.) Those at most risk are people with emphysema, heart conditions, children, the elderly, and healthy adults engaged in vigorous work or exercise outdoors.

Some ways to prevent ozone include: Taking the bus, walking or riding a bike, carpooling to work, driving at off-peak hours to reduce traffic congestion, keeping your car engine tuned, and avoiding spills to reduce gas fumes. Don't "top off" the tank, be sure to tighten your gas cap, wait until evening to fill your car with gas, use a charcoal chimney instead of charcoal lighter fluid, and consider purchasing an electric mower, or push mower if your lawn is small. If you use a gas mower, keep it tuned and wait until evening to mow your lawn.

Source: *MARC*

Men - Don't Ignore Your Health!

Men's Health Week (June 9-15th) is designed to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost six years earlier than women (CDC). The top three causes of death rates for men include heart disease, cancer, and stroke.

Preventing health problems before they begin is the best way to live a longer, healthier life. For more information, contact a JCHD Health Educator.

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

Fireworks Safety Month (thru 7/4)
National Scleroderma Awareness
National Aphasia Awareness
Vision Research Month
Myasthenia Gravis Awareness
Home Safety Month

Weekly Awareness

1st - 7th Natn'l Headache Awareness
8th - 14th Sun Safety Week
9th-15th National Men's Health
22nd - 28th Helen Keller Deaf-Blind Awareness Week

Days of Recognition

1st - National Cancer Survivor's Day
20th - National ASK Day

Contact Us

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