

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

March 2007

Encouraging Health

March 6 - "Signs and Symptoms of Illness", \$15, 6:30 p.m. - 8:30 p.m., JCHD - Olathe

March 7 - "Process vs. Product: Creative Art Ideas", \$20, 1:00 p.m. - 3:00 p.m., JCHD - Olathe

March 14 - "Launching Your Childcare Home", \$15, 6:30 p.m. - 8:30 p.m., JCHD - Olathe

March 15 - "Asthma Management in Indoor Environments", \$15, 6:30 p.m. - 8:30 p.m., JCHD - Olathe

March 22 - "CPR by Med-Act", \$20, 6:30 p.m. - 8:30 p.m., JCHD - Olathe

March 29 - "First Aid by Med-Act", \$20, 6:30 p.m. - 8:30 p.m., JCHD - Olathe



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

March Is Brain Injury Awareness Month

Injuries are the leading cause of death in the United States for people ages one to 34. Injuries to the brain are most likely to result in death or permanent disability. Each year more than 50,000 people die as a result of a brain injury and as many as 90,000 others are left with a long-term disability.

Statistics show that males are two times more likely than females to sustain a brain injury. The highest rates of brain injury typically occur in males ages 15-24.

About 50 percent of all traumatic brain injuries are caused by motor vehicle crashes. Falls account for 21 percent and are the leading causes of traumatic brain injury in the elderly. Assaults and violence account for 12 percent, and sports and recreation 10 percent.

Most of these brain injuries are preventable. Bike helmets, when worn correctly, are 85 percent effective in preventing brain injuries. Car seat and seat belt use when riding in a motor vehicle dramatically reduce your chances of sustaining a brain injury.

Do You Know How To Read Food Labels?

You can use the nutrition facts label listed on all food products to take control of the amount of calories you eat and to make healthier food choices.

The information in the top section of the label can vary with each food product; it contains product-specific information (serving size, calories, and nutrient information). The bottom section contains a footnote with Daily Values (DVs) for 2,000 and 2,500 calorie diets. This footnote provides recommended dietary information for important nutrients. The footnote is found only on larger packages and does not change from product to product.

Pay attention to the serving size, especially how many servings there are within the food package.

The number of servings you consume determines the number of calories you actually eat (your portion amount). Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

Did You Know....

The goal of taking 10,000 steps a day is a rough equivalent to the Surgeon General's recommendation to accumulate 30 minutes of activity most days of the week?

To get going, talk, or better yet, walk with someone you know who walks a lot. Find out what they do, and how they do it. Once your walking routine is set, add variety to your activity and take different walks each day instead of always following the same route. Grab a friend for a walk, join a walking club, or take part in a community walk event. You'll enjoy the company while getting a workout. Even small lifestyle changes - such as parking in the farthest space at the mall or taking the stairs instead of an elevator, can significantly improve fitness level and blood pressure.

These changes are simple to do and they add up to an important health benefit.

Rememberance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

National Colorectal Cancer Awareness
National Nutrition
Workplace Eye Health and Safety
Save Your Vision
National Brain Injury Awareness
National Multiple Sclerosis Education and Awareness

Weekly Awareness

4th-10th National Patient Safety Awareness
5th-9th National School Breakfast
5th-11th Multiple Sclerosis Awareness
5th-11th National Problem Gambling Awareness
12th-18th Brain Awareness
18th-24th National Inhalants and Poisons Awareness

Days of Recognition

24th - World Tuberculosis Day
27th - American Diabetes Alert Day