

# Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

March 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.

March 7 - "Public Information Meeting to Apply for Daycare Home", \$5 for licensed, \$10 for registered.

March 10 - "Redirecting Childrens' Behaviors", \$20.

March 11 - "Asthma Management & the Environmental Control", \$15.

March 12 - "Signs & Symptoms of Illness", \$15.

March 18 - "Launching Your Childcare Home", \$15.

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

March 25 - "STARS for Your Childcare Home", \$15.

March 26 - "Process vs. Product: Creative Art Ideas", \$20.

### HEALTH EDUCATION WORKSHOP:

March 21 - "Nutrition & the Limited Income Family", 2:00 - 5:00 p.m., Sunset Drive Office Building, Room 1070-75

### Contact Us

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## Don't Forget to Eat Your Breakfast!

Eat your breakfast - it's the most important meal of the day! How many times have you heard that? After a long night of sleeping, you need to refuel your body. Kids who don't eat breakfast are less able to learn at school, get less iron in their diets, and are more likely to have a higher body mass index, a sign that they may be overweight. On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall.

Research shows that students who eat breakfast at school have increased standardized achievement test scores, improved attendance and reduced tardiness. Other research shows that students who eat breakfast have improved academic, behavioral, and emotional functioning.

Some breakfast ideas include:

- Eggs
- French toast, waffles, or pancakes (try wheat or whole-grain varieties)
- Cold cereal and milk
- Hot cereal, such as oatmeal or cream of wheat (try some dried fruit or nuts on top)
- Whole-grain toast, bagel, or English muffin with cheese or cream cheese
- Yogurt with fruit or nuts
- Fruit smoothie

## Prevent Poisoning in Your Home

More than two million poisonings are reported each year to the 61 Poison Control Centers (PCCs) across the country. More than 90 percent of these poisonings occur in the home. The majority of non-fatal poisonings occur in children younger than six years old; and poisonings are one of the leading causes of death among adults. Be aware that childproof caps are not really child proof. They are only child-resistant and if a child is given enough time they will open the container.

Poisons come in four forms:

**Solid Poisons** - medicine, plants, powders, granular pesticides, and fertilizers.

**Liquid Poisons** - lotion, liquid laundry soap, furniture polish, lighter fluid, and syrup medicines.

**Sprays** - insecticides, spray paint, and some cleaning products.

**Invisible Poisons** - gases or vapors. Carbon monoxide from hot water heaters and furnaces, exhaust fumes from automobiles, fumes from gas or oil burning stoves, and industrial pollution in the air.

For more information, call your local Poison Control Center.

## Remembrance for Health Calendar

### Entire Month

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

### Weekly Awareness

2nd-8th Patient Safety Awareness  
3rd - 9th National Sleep Awareness  
3rd-7th National School Breakfast  
9th-16th National Problem Gambling Awareness  
10th-17th Multiple Sclerosis Awareness  
10th-16th Brain Awareness  
16th-22nd National Inhalants and Poisons Awareness  
16th -22nd National Poison Prevention  
30th - 4/5 - Root Canal Awareness

### Days of Recognition

13th - World Kidney Day  
25th - American Diabetes Alert Day