

# Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

March 2009

## Encouraging Health

**Classes 6:30 p.m. - 8:30 p.m. at JCHD - Olathe, unless otherwise noted. Call (913) 477-8382 to sign up.**

4th - Signs & Symptoms of Illness, \$15.

5th - What is Professionalism in the Early Childhood Environment?, \$15.

6th - Public Information Meeting to Apply for a Daycare Home, 9 a.m. - 12 p.m., \$5 for lic., \$10 for reg.

9th - Cooking it Up in the Classroom!, \$TBD.

11th - SIDS: Face Up to Wake Up!, \$15.

12th - STARS for Your Childcare Home, \$15.

17th - CPR, \$22.

19th - Launching Your Childcare Home, \$10.

25th - First Aid, \$20.

30th - Process vs. Product: Creative Art, \$20.

31st - Healthy Sexual Development in Children, \$15.

## What to Eat or What Not to Eat?

By choosing nutrient-rich foods that provide the most nutrients per calorie, we can build healthier diets and start down a path of health and wellness. The nutrient-rich foods way of eating emphasizes choosing foods based on their total nutrient package, including vitamins and minerals, instead of choosing foods based only on what they don't contain—saturated fat, sugar and salt. It offers a positive foundation to help you build overall healthier eating habits and meet personal nutrition needs over a lifetime.

Choosing nutrient-rich foods first is a positive and realistic way to think about eating and focuses on enjoying food instead of avoiding it. Because nutrient-rich foods are familiar, easy to find, and represent the five basic food groups, achieving balance and building a healthier diet is simple and stress-free. Selecting nutrient-rich foods and beverages first is a way to make better choices within your daily eating plan. Choose first among the basic food groups:

- Brightly-colored fruits and 100% fruit juice
- Vibrantly-colored vegetables and potatoes
- Whole, fortified, and fiber-rich grain foods
- Low-fat and fat-free milk, cheese, and yogurt
- Lean meats, poultry, fish, eggs, beans, and nuts

For more information about healthy eating, contact a JCHD Health Educator.

Source: The American Dietetic Association, [www.eatright.org](http://www.eatright.org)

## Poison Prevention Month - Know How to Get Help

If you think someone has been poisoned from a medicine or household chemical, call 1-800-222-1222 for your Poison Control Center. This new national toll-free number works from anyplace in the U.S. 24 hours a day, seven days a week. Keep the number near your phone. It will connect you to a poison control center.

There are currently 64 Regional Poison Control Centers in the United States that maintain information for the doctor or the public on recommended treatment for the ingestion of household products and medicines. They are familiar with the toxicity (how poisonous it is) of most substances found in the home or know how to find this information.

Source: [www.poisonprevention.org](http://www.poisonprevention.org)

## Remembrance for Health Calendar

### Entire Month

Mental Retardation Awareness  
National Brain Injury Awareness  
National Colorectal Cancer Awareness  
National Endometriosis National  
National Kidney  
National Multiple Sclerosis Education & Awareness  
National Nutrition  
Save Your Vision  
Workplace Eye Wellness

### Weekly Awareness

1st - 7th - National Problem Gambling Awareness  
2nd - 6th - National School Breakfast  
8th - 14th - National Patient Safety Awareness  
15th - 21st - National Poison Prevention  
29th - Apr. 4th - Root Canal Awareness

### Days of Recognition

13th - World Kidney Day  
24th - American Diabetes Alert  
24th - World Tuberculosis Day

## Contact Us

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