

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

May 2007

Encouraging Health

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

Childcare offerings:

May 8 - "Signs & Symptoms of
Illness", \$15.

May 9 - "Redirecting Childrens'
Behaviors", \$20.

May 10 - "Asthma Management and
the Environmental Control", \$15.

May 15 - "CPR" by Med-Act, \$20.

May 16 - Launching Your Childcare
Home", \$15.

May 17 - "The Hidden Dangers of
Lead in Your Home", \$15.

May 22 - "First Aid" by Med-Act,
\$20.

Health Education:

May 18 - "Personal & Workplace
Safety", \$29 (for 2.8 CEU hours)
\$10 (for no credit). 1:45 p.m., JCHD
- Mission, 6000 Lamar.

May 31st is the 18th Annual World No Tobacco Day

This May 31st, nations across the world will come together to celebrate the 18th Annual World No Tobacco Day. This year's theme is Smoke-Free Environments, an important component of helping to reduce the burden tobacco places on our community. In the past two years, smoke-free environments have been sweeping across the Kansas City Metro area with Fairway, Leawood, Olathe, Overland Park, and Roeland Park on the Kansas side and Independence and Lee's Summit on the Missouri side passing ordinances. Several other communities in the metro area continue to examine the issue for the health of all workers and the general public.

The dangers of secondhand smoke have been well documented with the recent release of the 2006 Surgeon General Report on Secondhand Smoke. Secondhand smoke exposure includes an increased risk of cancer and heart disease and has also been found to be particularly dangerous for young children and infants. To learn more about the dangers of secondhand smoke, how to protect you and your family, and the progress of smoke-free environments in your community, visit Clean Air Kansas City at www.cleanairkc.com.

May is National High Blood Pressure Education Month

Blood pressure is the force of blood against the walls of arteries. Blood pressure is recorded as two numbers - systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats).

Most doctors will diagnose a person with high blood pressure on the basis of two or more readings, taken on several occasions. A consistent blood pressure reading of 140/90 mmHg or higher is considered high blood pressure (hypertension).

High blood pressure increases your chance of getting heart and/or kidney disease, and for having a stroke. High blood pressure has no warning signs or symptoms. Anyone can develop it, regardless of age, race or gender. It is estimated that one in every four Americans has high blood pressure. Once it develops, it usually lasts a lifetime.

You can prevent and control high blood pressure by maintaining a healthy weight, being physically active, eat fruits, vegetables and lowfat dairy foods, choosing and preparing foods with low sodium, and drinking alcohol in moderation. For more information, contact a JCHD Health Educator.

Contact Us

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Have a Safe, Relaxing Vacation

Each year millions of Americans travel abroad for vacation, business, or to visit friends and family. You can have an enjoyable trip when you follow these tips from the CDC:

- Wash your hands often with soap and water. If they are not available, used alcohol-based hand sanitizer.

- Drink only bottled or boiled water or carbonated beverages. Do not drink tap water, fountain drinks, or eat ice cubes.

- Only eat fully cooked foods. Avoid fruits and vegetables that have not been washed or peeled by you.

- Be sure to protect yourself with insect repellent with DEET.

- Avoid poultry farms, bird markets, and other places where live poultry is raised or kept.

- Do not handle animals, especially monkeys, dogs and cats. They can bite and spread serious diseases, including rabies and plague.

For more information, visit www.cdc.gov/travel.

Remembrance for Health Calendar

(per the National Health
Observances Calendar)

Entire Month

Mental Health Month

Lyme Disease Awareness Month

American Stroke

Clean Air Month

National Neurofibromatosis Month

National Osteoporosis Awareness

Hepatitis Awareness

Ultraviolet Awareness

Asthma & Allergy Awareness

Better Sleep Month

National High Blood Pressure Education

Melanoma/Skin Cancer Awareness

Tuberous Sclerosis Awareness

National Physical Fitness and Sports

National Bike Month

Multiple Chemical Sensitivity Awareness