

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Health Department

May 2009

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.

May 14 - Launching Your Childcare Home, \$10.

May 18 - Let's Play Outdoors, \$20.

May 20 - Cooking it Up in the Classroom!, \$20.

May 21 - First Aid, \$20.

May 26 - CPR, \$22.

HEALTH EDUCATION:

May 15 - Helping Families Move Toward a Healthier Lifestyle, \$35. Call (913) 477-8333 to sign up.

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Mental Health Month
Lyme Disease Awareness Month
American Stroke
Clean Air Month
National Neurofibromatosis Month
Hepatitis Awareness
Ultraviolet Awareness
Asthma & Allergy Awareness
Better Sleep Month
High Blood Pressure Education
Melanoma/Skin Cancer Detection & Prevention
Tuberous Sclerosis Awareness
National Physical Fitness and Sports
Healthy Vision
Lupus Awareness
National Arthritis
National Celiac Disease Awareness
National Teen Pregnancy Prevention
Better Hearing & Speech
Amyotrophic Lateral Sclerosis (ALS)
National Bike Month
National Cancer Research
Osteoporosis Awareness & Prevention
Toxic Encephalopathy & Chemical Injury Awareness
Older Americans
Sturge-Weber Awareness

May is Motorcycle Safety Month

Motorcycles are the most dangerous type of motor vehicles to drive, with fatal crash rates of 35 for every 100 million miles of travel compared to 1.7 for cars. As a motorist, here are some steps to drive safely:

- Respect the motorcyclist; they have the same privilege as any vehicle.
- Look out for motorcyclists and their signals.
- Anticipate a motorcyclist's maneuver- with debris, potholes, etc.
- Allow plenty of space.

Quick tips for motorcyclists:

- Be visible: Make sure your headlight works and is on day and night.
- Be aware of blind spots cars and trucks have.
- Wear a quality helmet & eye protection.
- Wear bright clothing & light-colored helmet.
- Wear leather or thick, protective clothing.
- Choose long sleeves & pants, over-the-ankle boots, & gloves.
- Give yourself space.
- Watch for turning vehicles.
- Signal your next move in advance.
- Avoid weaving between lanes.
- Don't ride when you are tired.
- Know and follow the rules of the road, and stick to the speed limit.

Sources: www.msf-usa.org, www.cdc.gov, www.nhtsa.dot.gov/people/injury/pedbimot/motorcycle/

Osteoporosis Awareness and Promotion Month

Osteoporosis affects an estimated 44 million Americans. Bones become fragile and more likely to break from a minor fall or, in serious cases, from a simple action such as a sneeze.

- Get the daily recommended amounts of calcium and Vitamin D.
- Engage in regular weight-bearing and muscle-strengthening exercise.
- Avoid smoking and excessive alcohol.
- Talk to your healthcare provider about bone health.
- Have a bone density test and take medication appropriate.

Some risk factors of osteoporosis include:

- Being female
- Older age
- Family history of osteoporosis or broken bones
- Being small and thin
- Inactive lifestyle
- Smoking
- Diet
- Low calcium intake
- Low vitamin D intake
- Excessive intake of protein, sodium and caffeine

Sources: <http://www.nof.org/osteoporosis/diseasefacts.htm>

Contact Us

Barbara Mitchell

Public Information Officer
(913) 477-8364
barbara.mitchell@jocogov.org

Sarah McMeans

Risk Communicator
(913) 477-8360
sarah.mcmeans@jocogov.org

11875 S. Sunset
Olathe, KS 66061

6000 Lamar
Mission, KS 66202

