

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Health Department

September 2009

Encouraging Health

**All classes 6:30 - 8:30 p.m.
at JCHD - Olathe, unless
otherwise noted.**

Sept. 9 - STARS for Your
Childcare Home, \$15.

Sept. 10 - Signs and
Symptoms of Illness, \$15.

Sept. 15 - First Aid, \$20.

Sept. 16 - Launching Your
Childcare Home, \$10.

Sept. 21 - Redirecting
Children's Behavior, \$20.

Sept. 23 - Cooking it Up in the
Classroom, \$20.

Sept. 24 - CPR, \$22.

Sept. 24 - Every Child Ready
to Read, \$15. (at Antioch
Library)

Contact Us

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Handwashing or Alcohol-based Sanitizers?

By now everyone has heard of the best way to prevent the H1N1 influenza virus from spreading and to stay healthy is to wash your hands or use an alcohol-based hand sanitizer. However, which one is better for you?

Researchers tested twenty health care workers whose hands were contaminated by the influenza virus. Then, these people were either asked to wash their hands or use an alcohol-based hand sanitizer.

Soap and water proved to be the best way to get rid of the influenza virus, but the alcohol-based rubs were close behind. Researchers concluded that hand sanitation in general plays a vital role in preventing the spread of the influenza virus. Either soap and water or an alcohol based rub is effective, but the best method to use is soap and water if available.

For more information, contact a JCHD Health Educator.

Source: <http://www.ama-assn.org/amednews/2009/02/02/hlsb0202.htm>

The Truth About Blueberries

By now, everyone has heard all the hype that blueberries are one of the best fruits out there that one can eat. From their amazing anti-aging properties to their cancer preventing powers, can a single berry improve our overall health?

Blueberries are known for being an excellent source of antioxidants and Vitamin C, which are known for slowing down the aging process and boosting our immune systems. The action does not stop there. Antioxidants found in these berries are known to boost brain functioning, improve eyesight, aid the body in preventing cancer and improve your overall mood. Blueberries are also known to be high in fiber, which can improve your overall digestion. Lastly, blueberries are known to help prevent heart disease and LDL build up in your arteries, thus improving the overall health of your heart.

For more information, contact a JCHD Health Educator.

Source: <http://www.organicfacts.net/health-benefits/fruit/health-benefits-of-blueberries.html>

Remembrance for Health Calendar

Entire Month

America On The Move's "September"
Childhood Cancer
Craniofacial Acceptance
Fruit and Veggies - More Matters
Healthy Aging Month
Leukemia & Lymphoma Awareness
National Alcohol and Drug Addiction
Recovery
National Cholesterol Education
National Infant Mortality Awareness
National Pain Awareness
National Head Lice Prevention
National Sickle Cell
National Yoga Awareness
Ovarian Cancer Awareness
Prostate Cancer Awareness
Reye's Syndrome Awareness
Sports & Home Eye Safety
Whole Grains Month

Weekly Awareness

National Suicide Prevention
National Farm Safety & Health
America on the Move
Days of Recognition
National Celiac Awareness
Get Ready Day
World Alzheimer's
National Mesothelioma Awareness
World Rabies Day
World Heart Day