



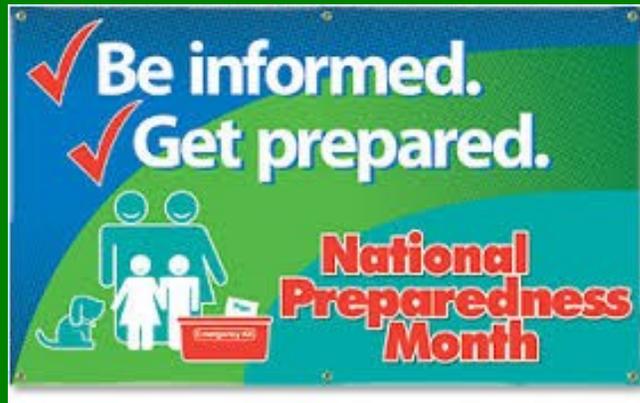
723 PCA Road
Warrensburg, MO 64093
660-747-6121

September is National Preparedness Month

Make a difference for yourself, your community and our nation.

Do One of the following:

- Learn your risks and responses
- Make a family communications plan
- Build an emergency supply kit
- Get involved in preparedness in your community



Learn more at: <http://www.ready.gov/september>

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“Improving Your Quality of Life”

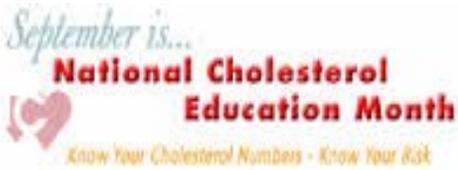
September 26, 2015 is **Family Health and Fitness Day**. The purpose of this day is to promote family involvement in physical activity, which is one of the goals of the U.S. Surgeon General’s Report on Physical Activity and

Health.

Some activities you could participate in are: walking, low-impact exercises, health screenings, games or health information workshops.



National Cholesterol Education Month



Cholesterol is a waxy, fat-like substance that your body needs, if you have too much though, it can build up on the walls of your arteries which can lead to heart disease and stroke. There are no symptoms to high cholesterol, screening is the key to detecting it. The National Cholesterol

Education Program recommends that adults aged 20 years or older have their cholesterol checked every 5 years. Ways to control your high cholesterol include: **eating a low-fat, high-fiber diet; eat a healthy diet low in salt, saturated fat and cholesterol and rich in fresh fruits and vegetables; take at least 1 brisk 10-minute walk, 3 times a day, 5 days a week; maintain a healthy weight and don't smoke (if you do, quit as soon as possible).**



Fruits and Vegetables...More Matters



More than **90 percent** of both adults and children do not eat the recommended amounts of fruits and vegetables! By just remembering two things you can help to change that statistic.

1. **Fill half your plate with fruits and vegetables at every eating occasion** (including snacks).



2. Remember that **all forms** (fresh, frozen, canned, dried and 100 % juice) **count** toward your daily intake.

Add one more, try something new, educate yourself, teach the kids and try a new recipe!!



National Childhood Obesity Awareness Month

One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure and heart disease.

The good news is that childhood obesity can be prevented. In honor of **National Childhood Obesity Awareness Month**, Johnson County Community Health Services encourages your family to make

healthy changes together.

- **Get active outside:** Walk around the neighborhood, go on a bike ride or play basketball at the park.
- **Limit screen time:** Keep screen time (time spent on the computer, watching TV or playing video games) to 2 hours or less a day.
- **Make healthy meals:** Buy and serve more vegetables, fruits and whole grain foods.

SEPTEMBER



CHILDHOOD OBESITY AWARENESS MONTH

Taking small steps as a family can help your child stay a healthy weight!

For more information go to:
<http://www.cdc.gov/healthyouth/obesity/facts.htm>



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"Improving Your Quality of Life"
for over 40 years!



Event Calendar

Food Safety Classes:
9/1: Food Safety @ 10
9/24: Food Safety @ 2

CPR/First Aid:
9/10: CPR/First Aid @ 9

Other Events:
9/7: Office Closed-Labor Day
9/24: Board Of Trustees Meeting @ 10

WIC:
Warrensburg 7:30-6pm M-F
Holden 9-3:30 pm 1st, 2nd & 3rd Wednesdays

Western Missouri Healthcare To Go!!

Western MO Healthcare To Go is a coordinated program to improve the health and wellness of chronically ill patients in Johnson County, MO and surrounding areas.

Johnson County Community Health Services along with **Western Missouri Medical Center** in partnership with **Saint Luke's Health System**, were selected to receive one of eleven **Verizon** grants to measure, monitor and improve adult health in our region.

Using the latest technology, both chronic and acute patients will be able to actively participate in their medical care.

This is a **FREE** program to those who are eligible.

To be eligible, you must:

- *Be 50 years of age or older
- *Have a diagnosis of heart disease, diabetes or chronic obstructive pulmonary disease

And have one of the following:

- *BMI greater than 30
- *Be a smoker
- *Hypertension
- *High Cholesterol

For more information and/or to enroll please contact the Health Education Coordinator at WMMC at **(660) 262-7425** or visit WMMC.com

