

our

July + August 2014

www.kcourhealthmatters.com

HEALTH

IN TOUCH
WITH YOUR
HEALTH

matters™



What Makes a Community Healthy?

How Environment, Behavior
and Nutrition Play a Role.

Age is No Barrier
If You Want to Be Healthy

**PAY ATTENTION TO SAFETY
DURING THE SUMMER**

Do You Know When to Go to the Emergency Room?

Still feeling chronic pain from your injury or surgery?



Anyone can have chronic pain.

Sometimes surgery, an injury, or an accident can result in chronic nerve pain. Nerve pain is often described as a shooting, burning or stabbing sensation. Some of the incidents that can result in this type of nerve pain include:

- Injuries
- Surgeries
- Accidents
- Falls
- Burns

Our clinic is conducting a clinical research study to examine the safety and effectiveness of an investigational medication in reducing chronic nerve pain when compared with placebo (inactive substance).

To find out more, please contact us at the number below.

Pain
Shooting
Burning
it Hurts!

Kansas City Bone & Joint Clinic

Division of Signature Medical Group of KC, PA
10701 Nall Ave., Suite 200, Overland Park, KS 66211



Phone: (913) 381-5225 ext 351 Study Nurse | ClinicalResearch@kcbj.com



COVER STORY

What Makes a Healthy Community?

By Marlene Nagel and Laura Bogue, Mid-America Regional Council

You may be surprised to learn just how much environment, behavior and nutrition all play a role in helping to create a healthy community.

FEATURES



9 FOOD + FITNESS
Today's Salads Are More Than Rabbit Food
By OHM Staff
Salads have become full-course, nutritious meals.

11 FOOD + FITNESS
Don't Leave Exercise Off the To-Do List
By OHM Staff
You're never too old to work out. Growing numbers of baby boomers and seniors are focusing on staying fit and healthy.

14 **Stay Cool & Safe in the Water**
We've got tips and tools to help you and your family stay cool and safe in and around the water this summer.

20 CAREER SPOTLIGHT
Consider a Career in Urban or Regional Planning
By OHM Staff
Communities are growing and changing — and planners are in the center of the action.



LIKE Us at www.facebook.com/kcourhealthmatters

©2014 OUR HEALTH MATTERS is published bi-monthly (6 issues) by Ramsey & Associates Design, Inc. All rights reserved. Articles in the magazine do not constitute medical advice. Always consult your physician or health care provider before making medical decisions. We do not endorse the views expressed in the articles, advertisements and websites, nor are we responsible for products and services advertised.

DEPARTMENTS

6
COMMUNITY
Healthy Communities Mean Healthy Air
By OHM Staff
Air quality reports are part of the summer weather forecasts. Learn how the ozone affects you and why you should pay special attention on "red" days.

12
HEALTH
Stay Safe All Summer Long
By OHM Staff
Stay cool and keep those bugs at bay, too.

21
COMMUNITY
Clear the Air In Your Home
By OHM Staff
Know the hidden — and not so hidden — dangers that can affect the air quality inside your home.

22
OUR KIDS MATTER
Focus on Children's Eye Health
By OHM Staff
Place your child's eye exam at the top of your back-to-school to-do list.

24
HEALTH
Emergency Room Care
Do you know when to go to the emergency room and what you should expect when you get there?

Becoming a Purpose-Driven Community

Our bi-state region is fortunate to have diverse and dedicated leaders who understand the principles of building healthy places. A built environment that puts people first helps to eliminate barriers to improving public health and increases healthy living. People are more likely to be active in a community designed around their needs.

In August of 2013, the Urban Land Institute (ULI), an organization whose mission is to provide leadership in the responsible use of land and in creating and sustaining thriving communities worldwide convened experts from health care, architecture, planning, development, finance, academia and research. Their goal was to explore issues of urbanization, conservation, regeneration, land use, capital formation and sustainable development to create 10 principles for building healthy communities. Through shared knowledge they tackle the entire spectrum of land use and development with businesses and cities around the globe.

“THE PLACES IN WHICH WE LIVE, WORK AND PLAY CAN AFFECT OUR MENTAL AND PHYSICAL WELL-BEING.”
— URBAN LAND INSTITUTE (ULI)

Our Health Matters champions these efforts and encourages you to become engaged in the quest to gain access to well-designed, clean and safe neighborhoods — that are rightfully yours. Participate in public forums and community planning sessions where budgets are evaluated and citizen recommendations can be recorded. Hold leaders accountable for doing what they say they will do.

Let your voice be heard on such things as funding for crumbling sidewalks that prevent you from taking that “healthy walk” access to healthy, affordable food and resources for our seniors who want to age in place.

Creating a healthy community is everyone’s business. In this edition, the Mid-America Regional Council gives us a birds-eye view into collaborations that are building healthy sustainable communities.

Also in this issue learn how indoor and outdoor air quality impacts your family’s health and the preventive steps you can take.

Summer has arrived, enjoy it while it lasts. Be safe and be healthy!

Ruth Ramsey, Publisher and CEO



LIKE Us at www.facebook.com/kcourhealthmatters



PUBLISHER
Ruth Ramsey
ruthramsey@
kcourhealthmatters.com

**EDITORIAL &
STRATEGIC PLANNING**
Donna Wood
dwood@kcourhealthmatters.com

EDITORIAL ASSISTANT
Jeanene Dunn

EVENT COORDINATOR
Barbara Bartholomew
bebe@kcourhealthmatters.com

**HAVING AN EVENT?
GOT QUESTIONS?**
info@kcourhealthmatters.com

WANT TO ADVERTISE?
www.kcourhealthmatters.com

CONTRIBUTORS
Laura Bogue
Beth Dawson
Bob Dye
Mell Henderson
Lachala Kemp
Edwin Lowndes
Marlene Nagel
Sarah Worthington



1734 E. 63rd Street
Suite 509
Kansas City, MO 64110
816.361.6400
kcourhealthmatters.com

Bill

Quickly working his way up the corporate ladder.

Travels to a different city every other week.

Spends his spare time checking off his to-do list.

On this week's list—stop by Mosaic Life Care during **extended hours** for that physical.

It's just the health care Bill ordered



EXTENDED HOURS

Seven Convenient Northland Clinics:

- Shoal Creek, Kansas City
- Highland Plaza, Kansas City
- Excelsior Springs
- Gladstone
- Kearney
- Parkville Commons
- Smithville

MOSAIC™

LIFE·CARE

Just what the patient ordered

For an appointment call:
800.447.6820

MAYO
CLINIC

CareNetwork
Member

myMosaicLifeCare.org

Healthy Communities Mean Healthy Air

Get the facts about outdoor air quality.

By OHM Staff

During the summer months, air quality reports are part of the daily weather forecasts. On days in which the ozone levels are unhealthy, also known as “red” days, residents are instructed to fuel their cars, mow their lawns or do laundry at sunset. During these days, many public transit agencies offer reduced fares to encourage people to ride city buses. This saves money, but more importantly, reduces the number of cars on the road burning fuel that releases into the environment and contributes to air pollution.

Poor outdoor air quality, specifically high ozone level days, generally affect the

most vulnerable citizens. People who work or exercise outdoors are also affected. According to the Environmental Protection Agency (EPA), children and the elderly are the most at risk on red days. “People with respiratory problems like asthma suffer as poor air quality can affect the ability to breathe,” says Lachala Kemp, ozone coordinator, EPA, Region 7. “We recommend people limit or avoid prolonged outdoor exertion on these days.”

Ozone is good – and bad

Ozone naturally occurs in the stratosphere, but some man-made chemicals, known as ozone-depleting substances, are



depleting the good ozone. The good ozone protects the earth from the sun's harmful ultraviolet (UV) rays. When more of the good ozone is destroyed, more of those UV rays reach the earth and can cause health problems such as cataracts, some skin cancers and impaired immune systems. Bad ozone can also affect vegetation and plants, and impact food supply due to UV rays leaving plants susceptible to pests, diseases and weather extremes.

In 1987, the United States and 180 other countries adopted the Montreal Protocol treaty to phase out the production and use of ozone-deleting substances. Examples of these types of substances are the refrigerants used in car and home air conditioning units.

What's being done?

The EPA has been taking steps over the years to educate the public about ozone-deleting substances and the impact on the environment. Across the country, developers, planners, politicians and citizens are working to make their communities more pedestrian and bicycle-friendly, and are encouraging people to carpool.

Visit EPA.gov to learn more about what the agency is doing to protect the air we breathe.

El Centro^{INC}

El Centro is involved in helping to make you the best you can be!

Preparing Children



Empowering Families



Building Opportunities



Live Life To The Fullest!

Our Services Include:

- Programs that support survivors of Domestic Violence (Si, Se Puede!) •
 - Health Navigation to get you through the healthcare system •
- Promotores de Salud/Advocacy with a strong emphasis on “healthy lifestyles” •

GET THE HELP YOU NEED TO CHART A HAPPIER AND HEALTHIER LIFE.

El Centro^{INC}

Cielo Fernandez, Chief Program Officer
650 Minnesota Ave., Kansas City, KS 66101
913.677.0100 • www.elcentroinc.com

Ad sponsored by:

Health Care  Foundation
OF GREATER KANSAS CITY
www.hcfcgkc.org

take **CARE**
of our **AIR**



CARPOOL • BUS • BIKE • WALK

Don't top off your tank • Reduce idling

Sign up for the SkyCast!
marc.org/airQ



@AirQKC



/AirQKC

Mid-America
Regional Council
Air Quality Program



Wellness is how we roll.

T

M

C

TMC
TRUMAN MEDICAL CENTERS
Better. For Everyone.

Eating fresh fruit and vegetables is critical to a healthy lifestyle.

But if you live in some areas of Kansas City's urban core, a fresh tomato or an ear of corn can be hard to come by. That's why TMC created two ways to offer fresh produce at affordable prices: the **Healthy Harvest Produce Market**, which happens weekly spring through fall at TMC Hospital Hill and Lakewood, and the **Healthy Harvest Mobile Market**, a produce market on wheels, which makes scheduled stops in communities around KC where healthy foods are less accessible. **For more information including locations and schedule, visit trumed.org.**

trumed.org

Pictured below: The Healthy Habits class at the Boys & Girls Clubs of Greater Kansas City, Thornberry Unit, visits the TMC Healthy Harvest Mobile Market.



Today's Salads are More than Rabbit Food

Add a salad to your daily diet. It can pay off with plenty of health benefits.

By OHM Staff

Not long ago, salads were a second-choice meal selection. You were limited to a garden salad, a chef's salad, or the ever-popular Caesar salad. But today's focus on health and wellness has made salads an exciting menu category, particularly in the area of entrée salads.

Salads can double as sandwich fillings

A good salad can also double as a sandwich filling or appetizer. Tuna and egg salad are the obvious choices, but so is salmon or seafood salad. Interesting vegetarian options such as grilled zucchini and eggplant are also good selections. Grain, pasta and bean salads, meanwhile, can do double-duty as side dishes, either à la carte or included in a specialty dish.

For years, researchers have noted a link between eating lots of fruits and vegetables and lower risks of many diseases, particularly cancer. A recent study from the National Cancer Institute suggests that people whose diets are rich in fruits and vegetables may have a lower risk of developing cancers of the head and neck—even those who smoke and drink heavily. Foods found to be particularly protective include beans and peas, string beans, peppers, tomatoes, carrots, apples, nectarines, peaches, plums, pears, and strawberries. When you prepare main-course salads with the same care and creativity used for other entrées, it yields big benefits and also helps to control food costs.

Salads are cool, crunchy and fun to eat

If you are looking for variety, these popular selections will make having a salad a pleasurable event. And you will never be tempted to call any of them “rabbit food.” **EGG SALAD**—A renewed interest in farm-fresh eggs has created a variety of salads topped with warm poached or chopped boiled

eggs, with the added benefit of working as a hearty appetizer as well as a salad.

NIÇOISE—This French classic tuna salad is accessorized with vinaigrette, potatoes, string beans, hard-boiled eggs and olives. It's got all the trendy flavors going for it, such as capers and garlic, and it can be made chic by adding fresh-grilled, sushi-grade tuna or shrimp.

COLD NOODLE SALADS—Instead of just Italian style pasta, try Asian rice noodles or buckwheat soba. The pasta can be chilled down, covered with a flavorful dressing and topped

with proteins like tofu, chicken or seafood, along with bite-size vegetables of all kinds.

Eating salads are a convenient way to work in a couple of servings of vegetables and/or fruit. They are cool, crunchy, and fun to eat. Most people enjoy eating salads—even kids! Try customizing a salad to include the fruits and vegetables that appeal to you the most, or use whatever you have on hand. •



IVANHOE FARMERS' MARKET

3700 Woodland Ave., Kansas City, MO 64109

Open Fridays
June 20th through September 27th.
5:00 p.m. - 7:00 p.m.

- Safe, Beautiful Playground for Children
- Free Lemonade
- Entertainment and Music
- Locally Grown Organic Produce
- Artisan Crafts
- Friendly Vendors

We gladly accept EBT/SNAP

The GROWN IN IVANHOE Project is generously supported by the Health Care Foundation of Greater Kansas City and assisted by Greater Kansas City LISC.

Ad sponsored by:

Health Care Foundation
OF GREATER KANSAS CITY
www.hcfc.org

www.growninivanhoe.org

GROWN IN
IVANHOE

— fresh neighborhood grown —

Located in the parking lot of
Nutter Ivanhoe Neighborhood Center

(on really hot days, shop inside
where's it's nice and cool!)

Take Control of Your Chronic Condition with a Self-Management Workshop!



At our self-management workshops, people with on-going health conditions come together to learn and practice new skills to manage their condition(s). For 6 weeks participants meet once a week for 2.5 hours to talk and problem solve. Our workshops include:

- **Chronic Disease Self-Management (CDSMP)**
- **Diabetes Self-Management (DSMP)**
- **Tomando Control de su Salud (Spanish CDSMP)**



Benefits Many Participants Have Experienced:

- Increased physical activity
- Improvement in symptom management
- Improved communication with physicians
- Improved general health
- Decreased health distress
- Decreased fatigue, disability and social activity limitations

Matt Ross Community Center
Mondays from 1:30pm to 4:00pm
For more information: 913/642-6410

Participants will learn how to manage the emotional, physical and social challenges of having a chronic condition. Family members and friends of participants are encouraged to attend the workshop to increase their understanding of the challenges of living with a chronic condition.

For more information and to find a workshop near you,
visit www.kdheks.gov/arthritis/kohp.htm
or contact Shari Tedford at 913/477-8337.

Don't Leave Exercise Off the To-Do List

Find a program that works for you.

By OHM Staff

Baby boomers are not letting advancing age keep them out of the gym or off of the golf course. Others are into yoga, tai chi, cardio and weight training, or just plain walking.

If you are exploring an exercise regimen, it is important to consider your current level of ability and fitness. Are you a newbie or a novice? If you have a preexisting health issue or concerns about how to get started, talk to your doctor who can recommend an exercise program that meets your needs.

Exercise has many benefits, especially for middle-aged and senior adults. Exercise helps to maintain a healthy weight and blood pressure levels, as well as help keep aging bones strong and healthy. Yoga and tai chi help to keep the body flexible, and helps you maintain balance. Cardio and weight exercises get the heart pumping and increase endurance.

Not only does exercise help improve strength and mobility, balance and coordination; it helps your brain health, too. Maintaining an active lifestyle helps stave off cognitive decline, memory loss and dementia. When you exercise, the brain releases endorphins that help you feel better and more self-confident.

Not sure where to go? If you are a Medicare beneficiary, chances are you are already a Silver Sneakers member at no extra cost. Silver Sneakers is a customized fitness program designed for seniors. The YMCA and community and fitness centers across the Kansas City are participants. Visit silversneakers.com to learn more about the program.

If you do not qualify for Silver Sneakers, check out the local community or recreation centers. If you belong to a church, synagogue or mosque, ask if they have a fitness program. Many area churches and neighbor-



hood groups have very active exercise and/or walking groups. Exercising with others is always a good motivator.

The key to getting started can be as easy as taking a walk. Whatever fitness program

you select, be patient with your progress. Start slowly and build up. You will be more likely to maintain your regimen if you start slowly. In the end, your body and your brain will thank you. •

first call
Alcohol/Drug Prevention & Recovery

Tuesday, September 16, 2014
at "The College Basketball Experience"
SPRINT CENTER, KANSAS CITY, MISSOURI

Join Us
For a Night of
Courage & Recovery
with Chris Herren*

Sponsors Party & Reception: 5:00 pm
Hors d'oeuvres: 6:00 pm
Keynote Speaker: 7:00 pm

Individual Tickets: \$125

Funds raised will
support First Call programs
for individuals and families
impacted by addiction.

Registration and
sponsorship information at
www.firstcallkc.org/messageinabottle



*Chris Herren, a basketball legend from Fall River, Massachusetts, realized his dreams by playing for the Celtics in the NBA, only to lose it all to addiction. Drug-free and alcohol-free since 2008, Chris has refocused his life to put sobriety and family above all else. Off the court, Chris continues to share his story with audiences in the hope of reaching just one person and making a difference in their life.

For more information contact:
816.800.8045
whitmore@firstcallkc.org

www.firstcallkc.org/messageinabottle

Or, mail your check to:
First Call – Celebration 2014
9091 State Line Road
Kansas City, Missouri 64114

Ad sponsored by:

Health Care  Foundation
OF GREATER KANSAS CITY
www.hcfcgkc.org

Stay Safe All Summer Long

Be aware and alert to some simple, but life-saving activities to protect your family.

By OHM Staff

Summer is here, which means lots of fun in the sun! Nevertheless, the season can go quickly from fun to dangerous, even life-threatening. You can prevent illness and injuries while enjoying the summer months by following some simple, yet important health and safety tips.

Prevent heat illness

Extreme heat can lead to life-threatening emergencies. Here's how to stay cool, hydrated and informed.

- > NEVER leave children, pets or adults in a closed, parked vehicle.
- > Go to a cool place such as an air-conditioned mall, library, community center; or a friend or relative's air-conditioned home.
- > Stay in the shade: Direct sunlight can speed up the effect the heat has on your body. Do outdoor activities in the morning or evening hours, avoid being in the afternoon heat.
- > Stay hydrated: Drink plenty of water, even if you're not thirsty. Avoid drinks with caffeine or alcohol.
- > Take showers: A cool shower or bath is a great way to stay cool
- > Limit physical activity: Take breaks during the day. Take a break if you are:
 - Feeling dizzy
 - Your heart is pounding
 - Breathing becomes difficult
- > Wear loose-fitting, lightweight clothing:

If you are outside, don't forget to wear a hat or carry an umbrella to protect your head and neck.
- > Wear sunscreen: Protect your skin and reduce the risk of sunburn. Sunburn affects your body's ability to cool itself.
- > Get help: Sudden onset of dizziness, rapid heartbeat, nausea, headache, chest pain, mental changes or breathing problems are

all warning signs that you should seek immediate attention. Call your doctor or 911.

Keep pesky bugs away

Stings and bites from insects are common. Reduce your risk by taking steps to prevent bug bites.

- > Use bug repellent containing DEET to keep mosquitos, insects and ticks away (do we need a disclaimer here?)
- > Do not use an all-in-one bug repellent and sunscreen, it's best to use two separate products
- > Do not apply repellent to skin that is under clothing.
- > Do not apply repellent to cuts, wounds or irritated skin.
- > Do not spray aerosol or pump products in enclosed areas.
- > Do not apply aerosol or pump products directly to the face. Spray your hands and then rub them carefully over the face, avoiding eyes and mouth.
- > For children, apply repellent on your own hands and then rub them on the child, avoiding child's hands, mouth and eyes.
- > Remove ticks using a tweezer, grasping the tick as close to the skin as possible and pulling straight up to remove the tick. Do not squeeze, crush or puncture the body of the tick.
- > After returning indoors, wash treated skin with soap and water and wash treated clothes before wearing them again.
- > Don't forget to check your pets for ticks, too.

Make summer safe for everyone

Summer is a great time to relax, unwind and have fun. Make this year's summer break memorable by helping yourself and others stay safe and healthy. ●



A close-up photograph of a baby with light hair and blue eyes sitting in a red car seat. The baby is looking directly at the camera. A white warning label is visible on the right side of the car seat. The car seat has black buckles and straps.

**A MESSAGE
FROM**

our
HEALTH
IN TOUCH
WITH YOUR
HEALTH **matters™**

**NEVER LEAVE A CHILD
UNATTENDED IN A CAR.
NEVER! IT'S THE LAW!**

**Missouri State Law
Revised Statutes
Chapter 568
Offenses Against the Family
Section 568.052**

- Never leave children alone in or around cars; not even for a minute.
- Put something you'll need like your cell phone, handbag, employee ID or brief case, etc., on the floor board in the back seat.
- Keep a large stuffed animal in the child's car seat when it's not occupied. When the child is placed in the seat, put the stuffed animal in the front passenger seat. It's a visual reminder that anytime the stuffed animal is up front you know the child is in the back seat in a child safety seat.

Source: KidsAndCars.org



STAY COOL & SAFE IN THE WATER

FOR MANY FAMILIES, SUMMERTIME MEANS TIME ON OR IN THE WATER. Swimming, boating and water sports are popular activities. Before you hit the water, remember these safety tips.

Make water safety a priority

- > Learn how to swim. Ensure that everyone in the family learns to swim well. Enroll in age-appropriate swim courses.
- > Swim in designated areas supervised by lifeguards.
- > Use the buddy system. Do not allow anyone to swim alone. Even at a public pool or a beach with a lifeguard present.
- > Never leave a young child unattended near water. Teach children to always ask permission to go near water.
- > Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water.
- > Do not let anyone play around drains and suction fittings.
- > Adults: Avoid alcohol use. It impairs judgment, balance and coordination.
- > Alcohol also affects swimming and diving skills; and reduces the body's ability to stay warm.

If you or someone you know has a private pool:

- > Install and use safety covers and pool alarms.
- > Ensure that pool barriers enclose the entire pool area, are at least 4-feet high with gates that are self-closing, self-latching and open outward, and away from the pool. The latch should be high

- enough to be out of a small child's reach.
- > Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, decorative walls and playground equipment.
- > Keep toys that are not in use away from the pool and out of sight. Toys can attract young children to the pool.

Keep a watchful eye

- > Actively supervise kids around the water — even if lifeguards are present. Do not just drop your kids off at the public pool or leave them at the beach — designate a responsible adult to supervise.
- > Always stay within arm's reach of young children and avoid distractions when supervising children around water.

In case of emergency

- > If a child is missing, check the water first. Seconds count.
- > Know when to call 911 or the local emergency number.
- > Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.

Learn CPR

The American Red Cross offers classes in CPR and first aid safety. Get information and enroll at <http://www.redcross.org/lp/take-a-class>.

You can also contact your local recreation or community center to enroll in water safety and first aid courses, as well as how to prevent and respond to emergencies. ●



What Makes a Healthy Community?

Find out how environment,
healthy behavior and nutrition
play a big role.

PERHAPS YOU NEVER GIVE MUCH THOUGHT TO WHY YOUR NEIGHBORHOOD IS DESIGNED THE WAY IT IS. Fifty years ago urban life was simpler. There were block after block of residential homes, children went to neighborhood schools, neighborhood grocery stores were plentiful and streets could accommodate cars and buses transporting people to work and local shopping. Much has changed since then. Now cities are more focused on creating healthier indoor and outdoor environments, and helping people sustain a healthier life where they live, work and play.

Times change — so must the environment

Neighborhoods built before 1940, were designed with less reliance on the private automobile — with short blocks, through streets, continuous sidewalks and neighborhood shops at key intersections.

Today, we are learning that how neighborhoods are built can dramatically affect the health of residents. Sedentary jobs and car commutes can lead to less exercise and poor health. Studies show that people who live near parks



and walkable areas are twice as healthy than people who live in areas without these options.

Streets that make sense

Kansas City-area communities are changing community design standards and the way they build transportation systems. Some have adopted what is referred to as “Complete Streets” policies which mean streets are designed with all users in mind. It incorporates bike lanes, sidewalks, safe crosswalks, curb cuts to accommodate wheelchairs and strollers, and easy access to public transit.

The Centers for Disease Control and Prevention (CDC) has named the adoption of Complete Streets policies as a recommended strategy to help prevent obesity. Walkable streets are not only better for our health, they also reduce traffic congestion, bring more foot traffic to businesses and help keep older and disabled residents engaged in the community. “Complete Streets brings many aspects of health to a community — physical, economic and social,” said Mell Henderson, director of transportation at Mid-America Regional Council. “It’s a win-win-win situation for any city.”

In the Kansas City area, the Mid-America Regional Council (MARC), the metropolitan planning organization

for the bi-state Kansas City region has developed a Complete Streets Handbook to help area cities that wish to adopt a local policy.

A healthy, inclusive community matters

Many older citizens want to remain in their home but find they have limited access to their community. And a growing interest in biking for health and pleasure, is driving support for more bike lanes across the region.

Through the “KC Communities for All Ages” program, MARC offers resources to cities working to become more age-friendly. Making Your Community Work for All Ages— A Toolkit for Cities provides strategies in seven areas, including hous-

“**COMPLETE STREETS BRING MANY ASPECTS OF HEALTH TO A COMMUNITY — PHYSICAL, ECONOMIC AND SOCIAL.**”
- MELL HENDERSON,
DIRECTOR OF TRANSPORTATION,
MID-AMERICA REGIONAL COUNCIL

ing, transportation and healthy living, to make neighborhoods more user friendly for a rapidly growing aging population, families with young children, and residents with disabilities. Four area suburbs — Gladstone, Raytown, Prairie Village and Mission— are currently testing an assessment tool to identify steps that will make communities more age-friendly.

Communities across the metro area, including Shawnee, Kansas City and Lee’s Summit, have earned designations as Bicycle-Friendly Communities. Bike-WalkKC, a nonprofit advocacy organization, works to make the region a safe place to walk and bicycle, encouraging cities to build sidewalks, trails and bike lanes, and teaching residents how to walk and bike safely. Kansas City B-cycle, a bike-sharing program, is a partnership between Bike-WalkKC and Blue Cross and Blue Shield of Kansas City.



Reducing food “deserts”

Not all communities have convenient access to healthy food. Some residents eat fast food or convenience foods because they can't access or afford healthier options. Fortunately, there is a movement toward making healthy, affordable foods available in these neighborhoods.

Farmers markets, community gardens and “healthy corner stores” are springing up in underserved areas. MARC is working with three local health departments, the University of Missouri Extension and the University of Kansas Medical Center on a Healthy Corner Store program in Jackson County, with eight corner stores involved in the program so far. “It’s vital to get healthier food options into all areas of the region, so that everyone has access to good nutrition,” said Sarah Worthington, public health policy specialist with the Kansas City Health Department.

Some previously underserved areas in Kansas City have attracted new, full-service grocery stores, and more are being planned. Recent additions include an Aldi at 39th and Prospect, and a Sun Fresh store on 18th Street Expressway in Kansas City, Kansas.

Changing the way we use our community

Have you noticed more community gardens and farmers markets, bike routes and an increased focus on air quality? All of these changes work together to promote healthy outcomes in our community. Kansas City Community Gardens saw a jump in the number of garden partnerships on both sides of the state line, from 125 to 230, between 2010 and 2013. There is also a robust urban farm community, which has expanded from 74 to 125 between 2008 and 2013. There are at least 25 farmers markets in the Kansas City area, with more opening every year.

Schoolyard gardens are also popular, with programs like Organic Teaching Gardens in Kansas City, Kansas, an initiative of the University of Kansas School of Medicine. School gardens can teach children how to plant and harvest vegetables, as well as the importance



of fresh produce to good nutrition. Another program promoting health for children is Children’s Mercy Hospital’s 1-2-3-4-5 Fit-Tastic!, which offers five easy steps to encourage healthy eating and physical activity.

Healthier behaviors

A healthier built environment and healthier food options go a long way toward creating a healthier population, but there are also unhealthy behaviors that should be avoided. Smoking is still prevalent enough to be a major health risk.

Many communities have laws prohibiting smoking in indoor and outdoor venues like parks and beaches. Now, some landlords are making their private rental properties smoke-free. Public housing sites in Kansas City, Mo. go smoke-free in July 2014. According to the Housing Authority of Kansas City Missouri, all public housing apartment complexes and scattered housing sites (single-family homes and duplexes) will be smoke-free. “The new policy will greatly reduce the health and safety risks associated with exposure to secondhand smoke,” said Edwin Lowndes, executive director, Kansas City Missouri Housing Authority.

Building a Healthier Jackson County is working with Kansas City, Independence and Jackson County Parks and Recreation departments to post “Healthy Lungs at Work” signs

in areas around playgrounds, sports fields and pools to discourage smoking.

A little closer to the goal

Healthy communities don’t happen by accident — it takes foresight, public education and good planning to make the healthy choice the easy, desirable choice for all residents. In the Kansas City region, we’re getting a little closer to that goal every day. •

Kansas City Area Jurisdictions That Have Adopted Complete Streets Policies:

Kansas

- > Leawood
- > Overland Park
- > Roeland Park
- > Johnson County
- > Unified Government of Wyandotte County/Kansas City, Kansas

Missouri

- > Belton
- > Blue Springs
- > Grandview
- > Independence
- > Kansas City
- > Lee’s Summit
- > Jackson County

Consider a Career in Urban or Regional Planning

The push for healthier, sustainable communities drives growth.

By OHM Staff

If you have ever attended a neighborhood association meeting or a public hearing about a new school, road, or other project, urban and regional planners are in the mix. Chances are, it was a planner who presented key information about the project in great detail.

Urban and regional planners develop plans and programs for the use of land in cities and towns. Their plans guide development based on population growth and other factors, like transportation needs. Developers, elected officials and neighborhood groups use the information provided by planners to create more livable communities.

According to Beth Dawson, senior land use planner for the Mid-America Regional Council, planners need to look at the past, present and future for an area or region. “It is important to understand and respect the past, while shepherding for the present and the future,” she said.

What planners do

Sixty-five percent of planners are employed in local government. Other industries that employ planners are architectural and engineering firms, state governments, and management, scientific and technical consulting services.

Planners have to work well with others and be excellent communicators. They have to be able to present high-level technical information to a variety of stakeholders in a way that all of these groups can comprehend. Strong analytical skills are also required. The job can be rewarding and stressful due to deadlines and competing interests.

Education

As of 2013, there are 72 universities that offer an accredited master’s degree in planning, and are generally part of the public administration degree program.

Urban and regional planners usually need a master’s degree from an accredited program in order to qualify for a position. Many aspiring planners hold undergraduate degrees in public administration, architecture or landscape architecture. However, the field has also attracted master’s candidates with a background in political science, economics geography or environmental design.

While students are required to take a core curriculum, the academic experience is very hands-on. Students spend time in labs and seminars learning to analyze and solve problems, and some are required to complete a one-year internship in the field. Entry-level planners are expected to have about two years of experience, so students can also complete an internship after graduation.

In most states, planners are not required to take a licensure exam. In 2012, New Jersey started requiring that planners be



“IT IS IMPORTANT TO UNDERSTAND AND RESPECT THE PAST, WHILE SHEPHERDING FOR THE PRESENT AND THE FUTURE.”

— Beth Dawson, Senior Land Use Planner
Mid-America Regional Council



licensed, and Michigan required registration to use the title “community planner”.

Earnings and working conditions

The median annual salary for an urban or regional planner is \$65,230. The field is expected to grow as communities turn their focus to sustainable and environmentally conscious development. However, the economic downturn decimated jobs in certain industries like architecture, engineering and construction.

As the economy slowly rebounds, and projects pick up, communities will need the services of planners. Prospective planners willing to relocate should look at growing communities. As the economy expands in these areas, demand for additional housing and services will require the work of planners. ●

Source: U.S. Bureau of Labor Statistics

Clear the Air in Your Home

Poor indoor air quality can affect your health.

By OHM Staff

Did you know that the air quality inside your home could affect your health? Pests, mold, chemicals and other pollutants in your home can cause serious health problems for you and your family. According to the American Lung Association, common indoor pollutants include:

- > **BIOLOGICAL POLLUTANTS** – molds, bacteria, viruses, animal dander and dust mites
- > **SECONDHAND TOBACCO SMOKE** – a major indoor air pollutant that contains some 200 known poisons and other harmful chemicals
- > **COMBUSTION POLLUTANTS** – fuel-burning stoves, fireplaces, furnaces and water heaters
- > **ASBESTOS** – can be found in insulation, ceiling and flooring materials, walls, pipes and heating equipment
- > **FORMALDEHYDE** – common household chemical found in carpeting, upholstery, particle board and plywood paneling

Radon and mold are serious threats

“Radon is a very dangerous indoor pollutant,” says Bob Dye, environmental scientist, indoor air quality, EPA, Region 7. “Radon is the second leading cause of lung cancer and a leading cause of lung cancer in nonsmokers,” he continued. It is important that homeowners schedule an inspection to determine if radon is present in the home. Some states offer free testing or provide do-it-yourself testing kits.

Mold is another pollutant that can sicken people. Mold grows on damp surfaces and according to the EPA, can trigger asthma attacks in people who are allergic. Mold can also cause irritation of the eyes, nose, throat and lungs in people who are not allergic.

In addition to potentially causing cancer, indoor pollutants can cause eye and skin irritation, dizziness, nausea, headaches and asthma flare-ups, particularly in the very young or

elderly. Take steps to eliminate or reduce the sources of poor indoor air quality in your home

Ways to improve indoor air quality

One step you can take to improve the air quality in your home is change the filter in your heating and air conditioning system regularly. Heating and air conditioning manufacturers provide recommendations on how frequently filters must be changed. These filters catch dust and dirt particles, so it is important to keep clean filters in the system. Keep a log so that you know when to change the filters. Keeping the filters changed also keeps your heating and air conditioning system working efficiently.

Other steps you can take to improve

indoor air quality is to not smoke indoors, keep pets off of bedding and furniture, dust, clean and mop frequently to remove pollen and dust mites, and inspect your home for moisture that could promote mold growth.

Get more information

The EPA and the American Lung Association provide a wealth of information about how to improve indoor air quality. Visit EPA.gov/iaq and lung.org to learn more.

Do you have questions about radon testing? If you live in Kansas, call The Radon Testing Program at 1-800-693-5343. Missouri residents can call the Missouri Department of Health and Senior Services at 1-866-628-9891. •

**Need to fix your bike?
FOR FREE?**

Rosedale Development Association is offering weekly opportunities to stop in, use a collection of tools, and learn how to make repairs!

The Community Bike Workstation is open every Thursday from 4-6pm at 1403 Southwest Boulevard, Kansas City, KS 66103.

Brakes not working? Need a tire patched or aired up? Have a broken chain and places to be? We have tools, small parts and friendly mechanics to help get you back on the road.

For more information contact:
913-677-5097
info@rosedale.org


DEVELOPMENT ASSOCIATION

Ad sponsored by:

www.hcfcgkc.org



FOCUS on Children's Eye Health

Don't miss eye exams in back-to-school screenings.

By OHM Staff

August marks the start of school and is also Children's Eye Health and Safety Month. Make eye exams part of your child's back-to-school health screenings, and educate yourself about eye safety. Your pediatrician should examine your child's eyes as part of the routine visit. Use the time to talk to the doctor about concerns you may have about your child's vision, or if you notice these signs.

- > Lazy eyes
- > Crossed eyes
- > Squinting
- > Trouble seeing up close or far away
- > Drooping of the eyelid(s)

The doctor can recommend next steps, if necessary that could include a visit to an ophthalmologist or optometrist for a comprehensive eye exam.

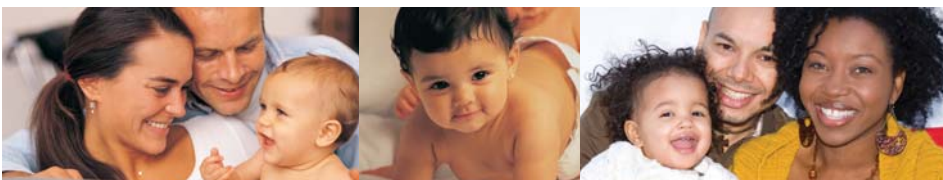
Does your child play sports?

Protective eyewear may be required for kids who participate in football, basketball, baseball and others. Talk to your child's coach to determine if eye protection is needed. Experts estimate that around 42,000 kids suffer sports-related eye injuries each year. These injuries are preventable.

Other ways to prevent eye injury:

- > Keep chemicals and sprays out of the reach of young children
- > Purchase age-appropriate toys
- > Avoid projectile toys like darts and arrows
- > Teach safe use of common items like pencils, paper clips, scissors and wire hangers
- > Wear protective eyewear yourself when performing dangerous yard work or household projects

The good news is that most children do have healthy eyes. The best way to help your children have good vision throughout their life is to set a good health example. Learn more and get a wealth of information about children's eye health and safety at the Prevent Blindness America website, preventblindness.org.



TEL-LINK

Get connected to better health.

TEL-LINK is a toll-free information and referral line for maternal and child health services. Making sure you and your family members are healthy is a huge responsibility. It's also one of the most important things you can do.

Call 1-800-TEL-LINK (1-800-835-5465)

The call is free and confidential.

TEL-LINK can provide information on:

- Healthy births and babies
- WIC (Women, Infants and Children) services
- Immunizations
- Mental health services including alcohol and drug abuse
- Child care resources and referrals
- Social services including child support enforcement
- Special health care needs resources

Missouri Department of Health and Senior Services

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER Services provided on a nondiscriminatory basis. Hearing- and speech-impaired citizens can dial 711.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to:

U.S. Department of Agriculture Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call 866-632-9992 (voice) or 202-260-1026 (local).

USDA is an equal opportunity provider and employer.

With the region's only Level IV NICU, dedicated to the most advanced neonatal treatment, babies in serious condition go from critical care to critical decision of picking the perfect prom dress. See how we're transforming lives every day at [childrensmercy.org/stories](https://www.childrensmercy.org/stories).



Preemie → Prom Queen

Emergency Room Care

It is Important to Make the Right Choice.

If you're sick or hurt and want help quickly, it may seem like a good idea to go to the emergency room (ER) for care. You may think of the ER as a source of the most immediate medical attention, but if your situation is not a real emergency, this may not be true. When you go to the ER, you can't take a number and get help according to when you arrived.

Instead of getting quick service, you may find yourself sitting for hours in a crowded waiting room while more urgent cases are seen first. ERs also may be crowded because of staff shortages or because ill patients are waiting for hospital beds to become available. Time isn't the only thing you will be spending during an ER visit. You likely will have a larger co-pay than you would for a doctor visit, or your ER visit for a nonemergency might not be covered at all.

Be a wise health consumer

Why do so many people use the ER if they don't really need to? It's simply because it's difficult to know what certain symptoms mean, whether it's a throbbing headache, an injured ankle, or a child with a fever. For instance, abdominal pain may be a symptom of many different conditions, ranging from indigestion to appendicitis.

In addition to feeling confused about symptoms, it's natural to feel nervous when illness or injury occurs, making it more difficult to decide what to do.

Your health care provider is a great source of help for choosing what's right for your situation. Call and describe your symptoms, ask questions, and get information that can help you decide whether you should go to the ER. You may just need to make an appointment to see your provider or use self-care measures at home. Making informed choices will result in better care, and ultimately, save you time and money.

What to expect

If you do go to the ER, be aware that patients are treated in order by the severity



of their injury or illness. According to the American College of Emergency Physicians (ACEP), if you arrive by ambulance or are unconscious, you will be taken to a bed immediately for treatment. If someone drives you to the ER, you will stay in the waiting room until the staff determines your condition. A nurse will take your temperature, heart rate, and blood pressure, check your symptoms, and find out your medical history. Also, a doctor will examine you and may order tests. If you are seriously ill, you may be admitted to the hospital. If you are sent home, the ER doctor will discuss your diagnosis and treatment plan.

When you need more care

When you don't recognize or understand symptoms, it's possible to choose too little care. Sometimes, people downplay a valid health issue instead of getting information and treatment for their illness or injury. A person may think that a stomachache will go away, for instance, when it may be a serious condition that should be treated. Any time you have a health concern; don't delay contacting your health care provider.

Here are warning signs of a medical emergency, according to the ACEP:

- > Chest pain or upper abdominal pain that lasts at least 2 minutes
- > Uncontrolled bleeding
- > Sudden or severe pain
- > Coughing or vomiting blood
- > Difficulty breathing, shortness of breath
- > Sudden dizziness or weakness
- > Severe or persistent vomiting or diarrhea
- > Change in mental status such as confusion
- > Difficulty speaking
- > Unusual abdominal pain
- > Changes in vision

In case of chronic conditions

Chronic conditions such as asthma or migraines sometimes flare up and require emergency care. A severe asthma attack, for instance, may be life-threatening if you can't breathe properly. If you have a chronic condition, work with your health care provider to prevent aggravating a condition. Doing so when you feel well can pay off in the long run. If you do need to go to the ER for your chronic condition, be sure to let your health care provider know. ●

Source: University of Rochester Health Encyclopedia

FEET ARE IMPORTANT TOO

Each step you take involves a complex network of bones, muscles, tendons, and ligaments.

By National Institute on Aging

PRACTICE GOOD FOOT CARE. Take a look at your feet often; use a mirror to look at the bottoms of your feet. Look for cuts, blisters, and ingrown toenails. Ask a member of your family for help if you need it. If you have diabetes, be sure to check your feet every day.

QUICK FOOT TIPS:

Practice putting your feet up when you are sitting down. This helps the circulation in your feet. So can stretching, walking, or having a gentle foot massage.

A warm foot bath is also helpful. Make sure your feet are dry before you put on your shoes. Wear shoes when you're outside.

If you are sitting for a long time, stand up and move around every now and then. If you cross your legs, reverse or uncross them often.

Your foot health can be a clue to your overall health. For example, joint stiffness could mean arthritis. Tingling or numbness could be a sign of diabetes. Swelling might indicate kidney disease, heart disease, or high blood pressure.

Good foot care and regular foot checks are an important part of your health care. If you have a problem with your feet, your family doctor can help, or you can make an appointment with a doctor who treats feet—called a podiatrist. •



KEEP TEETH AND GUMS HEALTHY

DID YOU KNOW YOU SHOULD GET REGULAR DENTAL EXAMS AND CLEANINGS AT LEAST **TWICE A YEAR?**

Regular dental visits help keep your teeth and gums healthy. It's during these exams your dentist can check for plaque, tartar build up, cavities (dental decay) or gum disease that may need to be addressed.

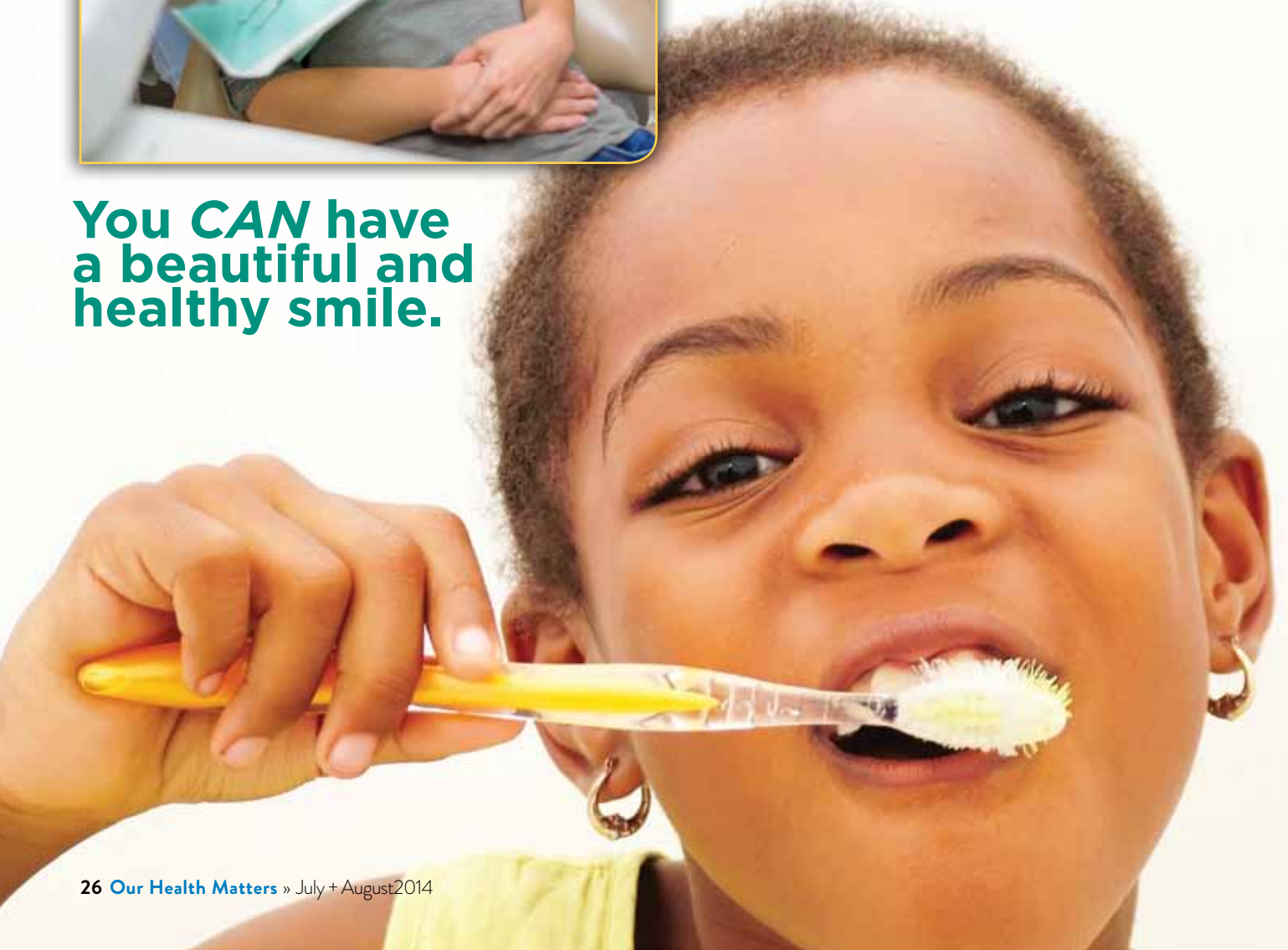
Cavities left untreated can lead to loss of teeth. Your check-up should also include your tongue, throat, face, head, and neck to look for any signs of trouble, swelling, or cancer.

After visiting your dentist, continue caring for your teeth by flossing after each meal and regular brushing.

Look for a dentist you can depend on to meet your dental needs. Make dental care a priority for your entire family.



You CAN have a beautiful and healthy smile.





I take care of her
— BUT WHO —
takes care of me?



Only those who care for others know what it's really like to care for others. That's why AARP created a community with experts and other caregivers to help us better care for ourselves and for the ones we love.

aarp.org/caregiving or call 1-877-333-5885



WHAT DOES THE FUTURE HOLD FOR JOBS?

Certain Industries are Set for Big Growth.

IF YOU WORK IN THE HEALTH CARE INDUSTRY OR ARE CONSIDERING A CAREER IN THE FIELD, YOU ARE ON THE RIGHT TRACK. According to the Bureau of Labor Statistics (BLS) of the U.S. Department of Labor, the health care sector is expected to add 5 million jobs in the next 8 years. The oldest baby boomers are now senior citizens, with more reaching this milestone every day. The aging population in the U.S. is driving the demand for jobs in the industry.

Health care and social sector jobs are expected to grow 2.6 percent in the next 8 years. That's one-third of the total increase in jobs. These jobs include doctors, nurses, pharmacists, pharmacy technicians, home health aides and more.

Also in response to the aging population and the needs of the community, jobs in community and social services are growing. In the last 10 years, between 2004 and 2014, the sector added 483,000 jobs. Other factors driving job growth are the need for services to veterans, disabled children and adults, families in crisis, and those need treatment for substance abuse.

The education requirements for most of these jobs vary. Many will require

a college degree, and other positions require short-term training that will award certification in a job-specific area. Most all of the positions require continuing education to keep skills current and

The BLS reports

occupations and industries related to health care are projected to **add the most new jobs between 2012 and 2022.**

Total employment is projected to increase 10.8 percent, or 15.6 million, during the decade.

stay abreast of changes and trends in the industry.

Education and training professionals, as well as policymakers use BLS data to respond to employment trends. State and federal workforce agencies and schools match workforce training with the needs of a given industry. For the next 10 years, and beyond, the demand for jobs will be in health care and related industries. •

CELEBRATE YOUR HEALTH ALL YEAR LONG

Our Health Matters is committed to helping you meet the future with greater knowledge and opportunity to improve your health status and quality of life. There are numerous health observances of which to take notice. For more on these health observances, visit the website of the specific health organization.

JULY, AUGUST & SEPTEMBER HEALTH OBSERVANCES

JULY 1 - 31

Cord Blood Awareness Month

Parent's Guide to Cord Blood Foundation

www.parentsguidecordblood.org

Juvenile Arthritis Awareness Month

Arthritis Foundation

www.arthritis.org

International Group B Strep Awareness Month

Group B Strep International

www.groupbstrepinternational.org

National Cleft & Craniofacial Awareness & Prevention Month

AmeriFace

www.nccapm.org

JULY 28

World Hepatitis Day

World Hepatitis Alliance

www.worldhepatitisday.info

AUGUST

Children's Eye Health and Safety Month

Prevent Blindness

www.preventblindness.org

National Breastfeeding Month

The United States Breastfeeding Committee

www.usbreastfeeding.org

National Immunization Awareness Month

www.cdc.gov/vaccines

Psoriasis Awareness Month

www.psoriasis.org

SEPTEMBER

Childhood Cancer Awareness Month

www.curesearch.org

National Food Safety Education Month

www.fightbac.org

National Yoga Awareness Month

www.yogahealthfoundation.org/yoga_month

Prostate Cancer Awareness Month

www.zerocancer.org

World Alzheimer's Month

www.alz.org

National Sickle Cell Month

www.sicklecelldisease.org



COMING IN THE SEPTEMBER + OCTOBER EDITION HOME AND VEHICLE CONVERSIONS FOR ELDERLY AND DISABLED

Many seniors and disabled people want to remain in their homes and continue to drive. We look at how homes and vehicles can be adapted to their needs.

ALZHEIMER'S DISEASE

Alzheimer's disease is one of our society's great health challenges. The number of people affected by the disease is expected to increase as the population ages. We will explore treatment updates and share resources for caregivers.

LIVING WITH CELIAC DISEASE

Do you or someone you know suffer with celiac disease? Learn the symptoms of celiac disease and why eating gluten-free foods are not just a passing fad for these patients — it's a way of life.

our
HEALTH
matters™

For information on advertising
call 816-361-6400 or place your request
online at www.kcourhealthmatters.com

We Target Your Market

our
HEALTH
matters™



For more than eight years, **Our Health Matters** has been the leading source of timely, insightful and credible information on health topics for the metropolitan Kansas City area. Your ad in **Our Health Matters**, reaches more than 30,000 readers with each edition.

Let **Our Health Matters** put your business on the map with an ad campaign that targets the region's influential readers and prospects.

2013 Reader Survey, SJ Insights.

To put **Our Health Matters** on Your 2014 Media Plan visit www.kcourhealthmatters.com