

KECC Fact: A donation of \$6 per paycheck provides two weeks of before and after school care for one child.

Submit Your KECC Story

We are interested in hearing your KECC stories. If you have a story about how KECC made a difference in your life or that of someone you know, please contact Janis Stewart in the Communications Office. We'd like to share these stories with your coworkers in weekly editions of the Focus.

Cabinet Staff to Offer Information at State Fair

By Anya Armes Weber

Cabinet staff is busy preparing for the Kentucky State Fair, which starts this week at Louisville's Kentucky Fair and Exposition Center.

About 60,000 people are expected to visit the Cabinet exhibit in the South Wing's Health Horizons area. Guests can get information to help their families' health and well-being through free screenings and educational activities.

The fair is one of CHFS' best outreach opportunities, enabling staff to personally connect with Kentuckians from all walks of life.

The fair runs Thursday, Aug. 14, through Sunday, Aug. 24, and visitors can learn something new every day.

Many state programs offer support to people trying to stop smoking, be more active and make healthier food choices that are the root of preventing chronic diseases like diabetes, cardiovascular disease and cancer.

Expert staff will offer free daily blood pressure screenings, and body fat analyses will be offered for most days of the fair. Featured, free screenings on specific dates include bone density scanning, glucose monitoring and cholesterol testing. Age and other restrictions apply for some tests.

The exhibit also will feature information on recognizing and preventing abuse, finding quality child care and preventing prescription drug abuse. Other programs spotlighted are diabetes education, childhood lead poisoning prevention and the Special Needs Adoption Program.

Elder Kentuckians will be in the spotlight on Tuesday, Aug. 19, when staff from the Department for Aging and Independent Living, the Long-Term Care Ombudsman's Office and Adult Protective Services will answer questions. Cardinal Hill Rehabilitation Hospital staff will offer glucose and cholesterol testing from 9 a.m. to 3 p.m.

Also in the South Wing, the Cabinet's Nutritional Services Branch staff will show visitors to the Rock and Relax room, sponsored by Louisville Metro Public Health and Wellness and Baptist East Hospital. Parents can stop by to privately and comfortably nurse, feed or change their infants and learn about breastfeeding and baby safety.

Jefferson County's Department for Community Based Services staff will help manage the South Wing's Wednesday's Child booth to recruit adoptive families.

Listed below is a calendar of program areas featured daily and rotating display elements.

Kentucky Health and Family Services 2008 State Fair Schedule

Daily Programs

August 11, 2008

Blood Pressure Monitoring
General Health Information
Abuse Prevention and Reporting
Body Fat Analysis by Kentucky State University
staff (10 a.m. to 6 p.m. daily except for Aug. 14,
15 and 18)

Featured Programs

Thursday, Aug. 14
Environmental Lead and Childhood Lead
Poisoning Prevention
Friday, Aug. 15
Family Preparedness Information
Comprehensive Cancer
Saturday, Aug. 16
Free Bone Density Screenings/Osteoporosis
Women's Health
Sunday, Aug. 17
Free Bone Density Screenings/Osteoporosis
Monday, Aug. 18
Heart Disease and Stroke Prevention
Nutrition
Commission for Children with Special Health
Care Needs Information
Tuesday, Aug. 19 (Senior Day)
Physical Activity
Nutrition
Department for Aging and Independent Living
Long-Term Care Ombudsman Information
Free Blood Sugar/Cholesterol/Blood Pressure
Screenings – Cardinal Hill Rehabilitation
Hospital staff
Wednesday, Aug. 20
Environmental Lead and Childhood Lead
Poisoning Prevention
Physical Activity
Special Needs Adoption Program
Thursday, Aug. 21
Prescription Drug Abuse Prevention
Asthma, Chronic Obstructive Pulmonary Disease
Quality Child Care Information -- STARS for
KIDS NOW
Friday, Aug. 22
Diabetes
Tobacco Cessation

Quality Child Care Information -- STARS for
KIDS NOW

Saturday, Aug. 23

Substance Abuse Prevention - "Fatal Vision"
Goggles

Quality Child Care Information -- STARS for
KIDS NOW

Sunday, Aug. 24

Substance Abuse Prevention - "Fatal Vision"
Goggles

How to Beat the Heat

*Department for Public Health Issues Safety
Guidelines for Warm Temperatures*

Issues like overexertion, heat stroke and
dehydration have become important public
health concerns during recent weeks when
temperatures have topped out near 100 degrees.

"When temperatures rise to the 90s or even
higher, there are some real risks of heat-related
illness or ailments," said William Hacker, M.D.,
Kentucky Department for Public Health (DPH)
commissioner. "Following some simple
precautions can help keep you safe in the heat."

According to DPH, following these precautions
can make the difference between just being hot
or being seriously ill:

- **Stay cool indoors.** The most efficient way to
beat the heat is to stay in an air-conditioned area.
If you do not have an air conditioner, consider
visiting a mall or public library.
- **Schedule outdoor activities carefully.** If you
must be out in the heat, try to plan your activities
so that you are outdoors either before noon or in
the evening. Rest periodically so your body's
thermostat will have a chance to recover.
- **Drink plenty of fluid.** Increase your normal
fluid intake regardless of your activity level. You
will need to drink more fluids than your thirst
level indicates. This is especially true for people
age 65 or older who often have a decreased
ability to respond to external temperature

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changes. In addition, avoid drinking beverages containing alcohol because they will actually cause you to lose more fluid.

– **Wear appropriate clothing and sunscreen.**

Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, wear a wide-brimmed hat that will provide shade and keep the head cool. Sunscreen should be SPF 15 or greater and applied 30 minutes before going out into the sun.

– **Use a buddy system.** When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness.

– **Monitor those at high risk.** Those at greatest risk of heat-related illness include infants and children up to 4 years of age; people 65 or older; people who are overweight; people who overexert during work or exercise; and people who are ill or on certain medications for blood pressure or diuretics.

“We also cannot stress enough the dangers of extremely hot cars and not to leave children or pets in vehicles during these heat waves,” said Hacker. “Also, don’t forget to give your pet plenty of water, shade and a place to stay cool.”

Annual Tournament Benefits KECC

The second annual CHFS Cornhole Tournament will be Sept. 22-26. Register by Sept. 15 to play. Entry fee is \$30 per team. A bracket will be created and posted in the CHR Building lobby after the registration deadline. The tournament will begin at 1:30 p.m. Sept. 22. The tournament will follow all American Cornhole Association rules, except there will be no canceling out for points. The first team to score 21 advances to the next round.

If you would like to play, please fill out the form and turn it in along with the fee to Christina Taylor, mail stop HS2GWA, ext. 4424.

Living Well: Fewer Scoops

If you haven’t noticed a difference in the size of ice cream cartons lately, consider yourself tricked!

For some people, consuming ice cream is seasonal. The combination of the sweet taste, small candy treats and the creamy texture melting in your mouth on a hot summer day is what this season is all about. For others, like my husband, it is a year-round activity.

So when he came to me recently and asked me to hold the ice cream container, I knew something was definitely wrong. My immediate thought was I had bought the wrong flavor, brand or a package that was somehow defective. He was horrified - though I was somewhat relieved - to have realized that the ice cream carton in his hand was 1.5 quarts instead of the traditional half-gallon. In his mind, he was being cheated of scoops of summer delight.

But, according to the manufacturers, they are trying to control costs. Manufacturers are producing smaller cartons of ice cream to combat rising costs to produce and deliver their creamy treats. So by using the smaller packages, they haven’t had to raise their prices. The result is, we are paying the same amount for less of the “good stuff,” as my husband would say. So if you want more for your money, do your homework by reading the carton before your next purchase.

In addition to the new package size, the simple fact that our waistlines are growing has also driven producers to make changes and offer healthier options that resemble their original products. Ice cream has been a cool treat for years, so manufacturers have to make sure that less calories and fat do not result in the loss of flavor. Try to find ice cream treats that fall under these nutritional guidelines. Keep in mind that a single serving is a half-cup.

- 4 grams or less of fat per serving

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- 120 calories
- 3 grams or less of saturated fat
- 10 milligrams cholesterol or less per serving
- 15 grams or less of sugar per serving

The summer heat leaves all of us looking for ways to stay cool, and ice cream is a delicious treat to do exactly that. However, maintain your awareness of quantity and quality both when buying ice cream and consuming it.

CHFS Health Tip of the Week

Wide Waists Boost Risk of Death

If you carry excess weight, you're more likely to have health problems. But even if your weight is in the normal range, your risk of death is still higher if your waist is wide, according to a new study.

Excess belly fat has been tied to medical troubles before. But it hadn't been entirely clear if extra weight, rather than waist size, was the main culprit.

To take a closer look, National Institutes of Health researchers looked at weight, height and waist measurements of almost 155,000 men and over 90,000 women who were 51–72 years old at the beginning of the study.

During the nine-year study, the scientists found that people with the largest waist measurements had a significantly greater risk of dying than those with smaller waists. This was true whether the people were smokers or had a long-term illness, and regardless of their ethnic or racial groups.

The researchers were also able to separate the effects of weight versus waist size. When they looked at people who had normal weights for their heights, those with large waist

measurements — 40 inches or more for men; 35 inches or more for women — had about a 20 percent greater risk of dying than those whose waists were in the normal-size range.

“People not only should look at their weight but also consider their waist,” said lead researcher Dr. Annemarie Koster of NIH's National Institute on Aging. If you have a large waist, health experts recommend that you talk to your doctor about losing weight and increasing your physical activity.

Employee Enrichment

By Anya Armes Weber

The five-step model for problem-solving can help you next time you're stumped:

- Define the problem.
- Assess the problem.
- Find the solution.
- Plan the solution.
- Implementation and evaluation.