KENTUCKY
CABINET FOR HEALTH AND FAMILY SERVICES
CHFS FOCUS
April 16, 2007

DPH Coordinates Earth Week Ride Share

In a coordinated effort with other state agencies, the Department for Public Health is working to reduce the consumption of expensive fuel for employees and help the environment. Touting a new "ride pool" campaign specifically designed for Earth Week 2007, DPH staff is encouraging fellow employees to save petroleum by carpooling to work April 16-22.

Those who want to take part in the campaign can visit the Public Health Protection and Safety Division (located in the Health Services Building near the auditorium) where they can survey the newly created "ride map" to help employees link up with others participating in the campaign.

"As gasoline approaches $3 a gallon, employees may consider doing something that will help not only their pocketbook, but also our environment and the air we breathe," said Guy Delius, assistant director of the public health protection and safety division.

"Automobile emissions are a cause of air pollution as well as health problems like asthma and allergies. The more we can reduce driving and emissions, the better it is for our environment and our personal health and well-being."

According to the United States Census Bureau, if 10 percent of state workers in Frankfort shared a ride to and from work, more than 1,000 gallons of fuel could be saved each day. At today's prices, that would amount to a savings of $2,650 each workday.

According to the American Automobile Association, it costs the average driver a little more than 50 cents a mile to drive alone, which can add up to thousands of dollars a year. The transportation sector is one of the biggest contributors of greenhouse gases and other emissions. Simply put, fewer cars on the road means cleaner air, less congested roads, less dependence on foreign oil and a better quality of life for everyone.

"We hope to link many people who commute from Louisville, Lexington and surrounding counties," said Delius. "Please take a moment to visit our map on the first floor east wing and encourage others to share rides with you and vice versa. Save money, our environment and our health."

If employees are interested in sharing rides or car pooling, they need to place a thumbtack on the ride map along with their residence, name and office number.

Galen Benassi of the PHPS office will help coordinate the tacks and paper for names and office numbers. Call him at 564-7398 or e-mail at galen.benassi@ky.gov.

If you live in Frankfort, check out the Frankfort Transit. Lexington, Louisville and Northern Kentucky also have ride share and vanpool programs. You can find more information about these programs at their Web sites: http://www.lfucg.com/Mobility/ride share.asp; http://www.tickettoride.org/; and http://www.oki.org/commuter/ride share.html.

Participants in the CHR building are encouraged to check the board frequently for new postings to help line up with other ride share participants.

If you ride share, walk or bike to work at least one day during April, please e-mail galen.benassi@ky.gov, so you can be recognized for your efforts. Participants in the program will be eligible for a drawing at the end of April for free Earth Week hats, posters and compact fluorescent light bulbs.

March of Dimes has Walk America

Premature birth is the No. 1 cause of newborn death. In Kentucky, preterm and low birth-weight babies are on the rise. The first few weeks and sometimes months are so critical to babies that are born too soon. This increases their chances of developmental delays, chronic respiratory problems and vision or hearing impairment.

Together with the March of Dimes we can play a role in helping reduce the number of babies born early.

The March of Dimes is hosting a Walk America event for state employees on April 20, at the State Capitol Building. Registration begins at 11 a.m. and the walk begins at 11:30 a.m. Walk for a special child in your life – a healthy baby, a premature baby or a sick one. Walk for all babies.

If you are participating in the State Employee Physical Activity Challenge, and participate in the state employee Walk America, you will be able to log approximately 30 minutes of light walking, which equals 73 points. So let's get out there and walk for a wonderful cause.

If you would like to purchase a shoe or bootie as a contribution to March of Dimes, please see Kris Hayslett or Amberlee Nickell. The shoe is $10, and the bootie is $5. Any other donations are welcome as well.

A Letter from Dr. Hacker to DPH Employees

Last April, in honor of Earth Day, the Department for Public Health announced a special initiative to go mercury free by the year 2010. As the first department in Kentucky state government to set this goal, we are now taking steps to make this initiative a reality. As Earth Day 2007 approaches, I wanted to take a moment and remind you of our commitment.

Mercury is a dangerous contaminant that accumulates in our soil and water, and can produce toxic effects on the very young, elderly and expecting mothers. Mercury can be found in emissions from some smokestacks, in some fish species caught in Kentucky waterways or bought here, and even in our medical equipment such as mercury thermometers, blood pressure cuffs and other medical supplies. Exposure can cause permanent damage to the lungs, brain and nervous system.

Our efforts are ongoing and our message is clear. DPH's goal is to be mercury free by 2010.

Please assist me in our efforts to remove mercury from our workplace and environment, and in our educational efforts to help inform Kentuckians about the possible dangers of mercury exposure. This initiative will help make our Commonwealth a safer, better place for our citizens and workforce.

Please consider the following actions in your day-to-day operations:

- Begin phase-out of mercury equipment.
- When replacing old mercury equipment, only replace with non-mercury equipment.
- For safe disposal of mercury, contact the division of public health protection and safety within DPH at (502) 564-7398 or the Environmental and Public Protection Cabinet's division of waste management at (502) 564-6716.

Join Walking Group at CHR Building

A walking group has formed at the CHR building. Join the "pacesetters" in a daily morning walk. Walking leaders will show you where to walk and get you more physically active during breaks. You also can log your activity toward the Cabinet's points for the employee physical activity challenge.

All walks will start at the front of the building. Walks will be Monday through Friday. Participants should meet at 10 a.m. at the security desk on the first floor of the CHR building. If there is inclement weather (rain or the temperature is below 55 degrees) participants will meet at the security desk and then walk in the basement. Each participant is eligible to receive a free Unbridled Spirit bag. To get your bag, visit the Office of Health Policy 3C-B and tell Wellness Coordinator Kris Hayslett the name of your pacesetter leader for the day. For more information, contact Hayslett at kris.hayslett@ky.gov.

Exit Interview Reports Initiate Positive Change

The 2006 Exit Interview Reports are now available on the Intranet.

The Cabinet distributes exit interview surveys to all employees who resign, retire or transfer from the Cabinet. Information from these reports provides insight to managers and supervisors as to why employees leave.

Some of the statements employees are asked to rate are:

- I was satisfied with my employment at CHFS.
- I had the opportunity to use my best skills at work.
- My supervisor worked with staff to resolve problems and to seek positive change.

Employees are also asked to indicate their reasons for leaving the Cabinet.

Rather than rely on outside sources to compile these reports, the Office of Human Resource Management now generates these reports from a database developed by OHRM employee Maranda Cummins. Without having to rely on other departments for the reports, OHRM is now able to produce these in a timely fashion.

To read the reports, visit the OHRM Web site. These reports may help you gain insight into retention concerns in your department.

If you have any questions about the Exit Interview Survey, contact Jean Kendell at (502) 564-7770 ext.4104 or via e-mail at Jean.Kendell@ky.gov.

DPH Employee Nominated for Impact Award for Volunteerism

Clyde Bolton, director for the public health protection and safety branch, recently received a certificate of recognition from Governor Ernie Fletcher for his service to the state.

Bolton joined the Department for Public Health after retiring from the United States Air force. At the Cabinet, he is responsible for the inspection of a wide array of entities such as restaurants, grocery stores, hotels and motels, swimming pools, schools, youth camps, x-ray machines and radioactive waste, dairy farms and milk production, onsite sewage systems, tattoo and body piercing studios and many other regulatory issues. Bolton helps ensure that a large percentage of Kentucky's economy is regulated properly. In addition, he oversees a state staff of approximately 80 employees and helps provide insight and direction to some 300 environmental health workers at Kentucky's 120 county and district health departments.

Bolton also was instrumental in Kentucky's relief efforts to the Gulf Coast during hurricanes Katrina and Rita, focusing efforts on Mississippi. Kentucky provided Environmental Strike Teams to help rebuild the infrastructure necessary for survival of the area.

Bolton not only helped organize the Kentucky Public Health deployment, but went to Mississippi himself, as an administrative strike team leader where he led a crew of seven members to assist an environmental strike team of Kentucky public health workers.

In November 2006, Bolton again volunteered his time and efforts to join his church to go to the Mississippi Gulf Coast to help rebuild housing destroyed by the hurricanes.

Ten-Ure Conference Set

The 2007 Ten-Ure Conference will be May 17-18, at the Holiday Inn Hurstbourne Hotel in Louisville. For more information, visit the group's Web site at http://www.Ten-Ure.org. This organization is open to all state employees with 10 years of service or more.

GHK 5Ks Set for May

Join the Governor's Office of Wellness and Physical Activity (GOWPA) for the Inaugural Get Healthy Kentucky 5K Run/Walk on May 12. A partnership with GOWPA and the YMCA, this event will take place at six locations across the state. This is an exciting collaboration that will help continue to promote health and wellness across the Commonwealth. For more information and to download the brochure, please visit www.gethealthy.ky.gov.

GHK 5K Participating YMCAs

Frankfort YMCA
Race Location: Kentucky State Capitol, 9 a.m.
Mail race forms to:
402 W. Broadway
Frankfort, KY 40601
Online registration:
http://www.frankfortymca.org

YMCA of Central Kentucky
In conjunction with the Arthritis Foundation
Race Location: Keeneland, 10:30 a.m.
Mail race forms to any Lexington YMCA or:
3251 Beaumont Centre Circle
Lexington, KY 40513
Online registration:
http://www.ymcaofcentralky.org or
www.active.com

YMCA of Greater Louisville
Race Location: Iroquois Park, New Cut Drive, 9 a.m.
Mail race forms to any Louisville YMCA or:
545 South 2nd Street
Louisville, KY 40202
Online registration:
http://www.ymcalouisville.org

Wilderness Trace Family YMCA
Race Location: Mackville YMCA, 9 a.m.
Mail race forms to:
P.O. Box 68
10651 Main St.
Mackville, Ky 40040

Campbell County YMCA
Race Location: AJ Jolly Park, 9 a.m.
Mail race forms to:
1437 S. Ft. Thomas Ave.
Ft. Thomas, KY 41075

Owensboro Family YMCA
In conjunction with the International Barbecue
Festival Committee
Race Location: 1208 Tamarack Road, 7:30 a.m. CST
Mail race forms to:
900 Kentucky Pkwy.
Owensboro, KY 42301
Online registration:
http://www.owensboroymca.org/

Living Well: Fitness Myths

By Kris Hayslett, Wellness Coordinator

Today we are bombarded with health and fitness information from numerous sources. This information tends to leave us a little puzzled and confused on what is true and what is not. The American Council on Exercise polled more than 1,500 ACE-certified professionals to list the top fitness myths they heard from clients. Here are the top six responses:

- Women who lift weights get bulky muscles
- Spot reduction is possible
- No pain, no gain
- Exercise requires a hefty time commitment
- If you exercise, you can eat whatever you want
- There is a quick fix or magic bullet out there somewhere

Let's debunk these myths with what we know to be true.

First, weight-lifting is actually an excellent addition to cardiovascular exercise because it:

- Increases capacity to perform work
- Increases bone mass or density
- Increases motor performance
- Increases strength of connective tissues (muscle, tendons and ligaments)
- Increases muscle mass
- Increases metabolism
- Improves posture
- Improves body awareness and body image
- Decreases injuries

Resistance or weight training should be incorporated into your fitness routine at least two times a week. The benefits of weight training are applicable to men and women. If you are a woman and you do not do resistance training because you are afraid you'll bulk up, review the above benefits. Build muscle endurance by decreasing the weight you lift and increasing the repetitions. Consistent training will increase your strength and will not cause you to bulk up.

Spot reduction is often popular due to television ads that are aired during our favorite shows. A few products that fall into the category are the ab roller, ab chair and the thigh master. The claim is that if you use a product for 10 to 15 minutes a day you will get the results you desire. The truth is, cardiovascular activity is the main component to burning off excess weight in desired areas. All of us would love to have a washboard stomach, or defined abs. Through abdominal exercises you can shape and develop that washboard, but until you do the cardiovascular exercise the load of "laundry" will still be on that washboard. The same theory is true for all spot reduction. The muscles can be defined and developed but they won't be seen until you start incorporating some type of consistent cardiovascular activity.

The old saying "no pain, no gain" is exactly that – an old saying. The goal of health and fitness is not to inflict pain on yourself, but to make you feel better. All beginners should start out at a light to moderate pace. If a routine is consistently followed, the intensity and duration can be gradually increased. Take your time and enjoy how being more active makes you feel.

Many people use time as a major excuse when it comes to exercise. However, we only need to devote 30 minutes a day to some type of cardiovascular activity. That activity does not have to be done in one session. If you get a morning and afternoon break those are two great opportunities to get out and walk. Also, parking further from your office or a store will help you fit more activity into your daily life. The steps are another great tool to increase your fitness. Everyday household work can be counted towards physical activity, too. The next time you have a list of housework, put a little more effort into each task and you may feel as if you just completed an exercise session. As a result you

get two things accomplished: your house gets clean and you are getting healthier by increasing your activity. The same goes for yard work.

Regular exercise is not the answer to being able to consume any type or quantity of food. Consistent exercise will help you maintain your current weight if you don't watch what you eat. Nutrition and exercise is about creating a balance between calories taken in and those burned off through physical activity. Also, the quantity and quality of food play a significant role in how our body responds. Exercise alone cannot aid in weight loss but it does play a major role in maintaining weight loss. Moreover, planning ahead is helpful so if you know you are going to be attending an event or party that will be serving things that you can't pass up participate in some type of exercise before the event, eat a small snack before you go, and drink water instead of soda or alcohol.

The last myth is more of a wish than a myth. I think everyone wishes there was a magic pill or "quick fix" that would lead us into health and fitness. I think deep down we all know what the answer is. There is nothing else that works other than eating nutritious foods in the recommended portions and servings and engaging in regular physical activity. Behavior change does not happen overnight, so don't push yourself by taking on too much too soon. Implement small changes that will help you feel better and successful. Over time, those small changes will become a staple in your every day routine and lifestyle.

CHFS Focus Health Tip

Protect Yourself from the Sun

Remember in sunny weather to wear sunscreen and a visor or hat to keep the sun off your face and head. In addition, expect to move slower in hot humid weather, and take more breaks from activity as needed. During the summer, it is the perfect time to start off your day with a morning run or walk as the weather is cooler and less humid.

Employee Enrichment

By Anya Armes Weber

Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.

When you think your problem is getting the best of you, don't succumb to the quick fix. Any easy and cheap solution only remedies the symptom of your problem, leaving the root cause untouched and making things worse overall. Don't divert energy and resources from the true problem. Take the time to plan a long-term solution -- it's worth the investment.