

CHFS staff promoting wellness at State Fair

By Anya Armes Weber

Staff still has time to visit the CHFS exhibit at the Kentucky State Fair in Louisville. The fair runs through Sunday, Aug. 26, at the Kentucky Fair and Exposition Center.

The Cabinet's highly interactive display, located in the exposition center's South Wing B, features the theme "Everything Counts" and encourages guests to make good lifestyle choices.

Visitors are talking with experts about abuse prevention, diabetes education, cardiovascular health and other programs.

They're also learning more about Get Healthy Kentucky and how to stop smoking, be more active and make healthier food choices.

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

Exhibit buildings at the Kentucky Fair and Exposition Center are open daily from 9 a.m. to 10 p.m.

Tickets are \$7 for adults, \$3 for children and \$3 for seniors 55 and older. Children 2 and younger get in free. Parking is \$5 per vehicle.

Log on to kystatefair.org for more information about the Kentucky State Fair.

Kentucky Health and Family Services 2007 State Fair Schedule

Daily Exhibits

- Abuse and Neglect Prevention
- Body Fat Analysis provided by Kentucky State University staff (10 a.m. to 6 p.m.)
- Cardiovascular Health/Blood Pressure Monitoring
- Diabetes Education
- Nutrition – Fast Food Facts
- Physical Activity and Arthritis
- Tobacco Prevention and Cessation

Featured Programs

Monday, Aug. 20: Family Preparedness

Tuesday, Aug. 21 (Senior Day):

- Aging and Independent Living Information



Governor Ernie Fletcher signs the CHFS banner at the fair.

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- Long-Term Care Ombudsman and Nursing Home Information
- Glucose and cholesterol testing provided by Cardinal Hill Rehabilitation Hospital staff (9 a.m. to 3 p.m.)

Wednesday, Aug. 22: Children with Special Health Care Needs

Thursday, Aug. 23: Prescription Drug Abuse Prevention

Friday, Aug. 24: Women's Health

- Osteoporosis Prevention/Bone Density Screening (For women 18 and older only)
- Kentucky Women's Cancer Screening Program

Saturday, Aug. 25, and Sunday, Aug. 26: Substance Abuse Prevention - "Fatal Vision" Goggles

Summer Shape Up Challenge Winners

Congratulations to all who participated in the CHFS Summer Shape Up Challenge. Maintaining consistent healthy behaviors during the summer months can be a challenge alone, but participants accepted the challenge of tracking points for various healthy behaviors:

8 points	for every 30 minutes of physical activity
2 points	for each serving of fruits and vegetables
1 point	for each 8 ounces of water
4 points	for not using tobacco products (current tobacco users only)
2 points	for being tobacco free for six months or longer
2 points	for forwarding challenge information to a different friend
10 points	bonus for completing the weekly challenge

All of the prize-winning participants achieved the goal of reaching 100 points or more for the six weeks. In addition, their grand total of points for the six weeks ranged from 1,815 points to 1,337 points. Prize winners are as follows (not all winners listed):

- David Smith, Department for Mental Health and Mental Retardation Services, Frankfort
- Karla Korber, Department for Community Based Services Mason County
- Julie Brooks, Disability Determination Services
- Anne Swinford, Lexington
- Patricia McDonald, Disability Determination Services
- Elizabeth Davis, Office of Information Technology, Health Services System Management Branch

The Worksite Wellness Committee would like to thank all of the challenge participants for completing the challenge and survey. We hope you will continue these healthy behaviors and serve as role models, encouraging other employees to adopt healthy lifestyles.

CHFS Hosts Australian Legislators

By Dave Hopkins, Office of Inspector General

On July 3, Inspector General Steve Davis welcomed members of an Australian delegation for a two-day visit to the Cabinet for Health and Family Services. The Victorian Drugs and Crime Prevention Committee is a bipartisan group of legislators from the state of Victoria in Australia.

The visitors were here to learn about the Kentucky All Schedule Prescription Electronic Reporting (KASPER) program, Kentucky's prescription monitoring program housed in the Office of the Inspector General (OIG). In addition, the committee wanted to learn about other innovative programs Kentucky has implemented to address prescription drug abuse and diversion.

After kicking off the meeting with a brief overview of Kentucky's controlled substance monitoring, Davis thanked the delegation for its interest in KASPER and offered to provide on-going information and assistance.

During the first day, committee members learned about KASPER and participated in a law enforcement round-table discussion that included Commissioner David James and Agent Lynne Thompson, Kentucky Bureau of Investigation; Internal Policy Analyst Michael Pelonero, Kentucky Office of Drug Control Policy; Sergeant Bill Stivers, head of the Louisville Metro Police Department's Prescription Drug Squad; and Executive Director Mike Burlison and Pharmacy Inspections and Investigations Coordinator Jeff Osman, Kentucky Board of Pharmacy.

The focus of the second day was substance abuse prevention and treatment, and included presentations by Donna Hillman, director, Division of Mental Health and Substance Abuse; Karyn Hascal, executive deputy director, Kentucky Office of Drug Control Policy; Dr. Carl Leukefeld, director, Center on Drug and Alcohol Research, University of Kentucky; and Deborah Murray, director, Health Education through Extension Leadership Program, University of Kentucky.

During their visit, the committee members toured WinStar Farm in Versailles and the Capitol building, where they met Governor Ernie Fletcher. In addition to the activities in Kentucky, the committee members met with officials in Washington, D.C., and Sacramento, Calif., before returning to Australia.

"The visit to Kentucky exceeded our highest expectations," said David Morris, acting committee chairman and member of the Victoria Legislative Assembly.

"The meeting with the Australian legislative delegation was as beneficial to Kentucky and our program as it was to the Australians," Davis said. "Because drug diversion is not yet as pervasive in Australia as it is in the United States, it is our hope the visit will be the impetus for the

development of a proactive system in Australia that will address diversion before it becomes a significant public health concern."

Living Well: Healthy at Any Age

By Kris Hayslett

The increased numbers of baby boomers has heightened the awareness of how to age gracefully. As a result, we're now looking at a more active aging population.

In a recent CNN report, boomers were recognized as the new faces of fitness, with 37 percent of health club members being 55 or older. This percentage does not include the rise in fitness facilities in retirement or active adult communities where 20 to 40,000 square foot fitness facilities are being constructed.

In addition, the average age of those utilizing a personal trainer has changed from 36 in 1998 to 42 in 2006. These numbers can be attributed to the increased awareness for this age group who are at a higher risk for diabetes, cardiovascular disease, arthritis, back pain or muscular injuries.

Anyone can age healthfully. Here are some tips for healthier aging:

- Exercise at least 30 minutes at a moderate intensity (enough to elevate your heart rate and increase respiration) every day.
- Incorporate some type of strength training into your workout routine. Start out with light weights or your own body weight and then progress from there.
- Practice your balance by standing on one foot, walking heel-to-toe and standing up without using your arms.
- Yoga is also an excellent way to increase balance and body awareness, but make sure to start off slow and gradually progress to more complex moves.
- Regular stretching allows the muscles to be more flexible and pliable, helping you to move with an increased range of motion. Always be sure to warm up properly before stretching, hold the stretch instead of bouncing and never take a stretch to the point of pain.
- Eat lots of fruits and vegetables (at least 5 to 9 servings a day).
- Create a supportive network of friends and family with whom you can share your common interests or goals.
- Find an activity to become passionate about and pursue it with gusto.
- Focus on things that really matter (things that have a sense of meaning and or purpose in your life).
- Protect your lifestyle as you would a treasured asset. Live wisely and well, enjoying every day.

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Dr. Walter Bortz, author of the books “Dare to be 100” and “Living Longer for Dummies,” is a 77-year-old who has completed a marathon every year for 35 years. Of physical activity, Bortz says, “Fitness for young people is an option. Fitness for old people is an imperative.”

According to the National Institute on Aging, regular activity can help maintain strength and promote independence, increase energy levels and balance and reduce depression, as well as fight off diseases such as heart disease, diabetes and cancer.

The old exercise phrase “use it or lose it” should be replaced with “if you lost it, you can still find it again, no matter how old you are.” Just remember, as we age we have to go about exercise a little smarter than when we were younger. Physical activity should be well planned. That plan should include gradual progression in exercise instead of trying to pick up where we left off back in our 20s or 30s.

Employee Enrichment

By Anya Armes Weber

Here’s a way to keep meetings succinct and productive: Follow the “PAT” approach and ensure you have the following three items for every meeting.

Purpose: You should be able to define why you are meeting in one or two sentences. That way everyone knows their role, what needs to be done and what steps to take to be successful.

Agenda: List the items you are going to review, discuss or inspect. Assign a time limit to each agenda item and identify the person responsible to speak or moderate the discussion.

Timeframe: Set a start and end time for the meeting.