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Kentuckian to Serve as President of National Association

A staff member from the Green River District Health Department has been elected to serve as president of the American Association of Diabetes Educators (AADE).

Deborah Fillman, who has worked in diabetes care for over 20 years and is a registered dietitian and certified diabetes educator, works for the Kentucky Diabetes Prevention and Control Program (KDPCP). She was elected president of the AADE recently through a national election. She is the first Kentuckian to serve as president of AADE.

“Through my work in public health, I have been very fortunate to spend a portion of my career as a regional coordinator with the Kentucky Diabetes Prevention and Control Program,” said Fillman. “It was the KDPCP that early on introduced me to the importance of being involved in professional organizations such as AADE.”

AADE is an association of more than 11,000 multidisciplinary health care professionals dedicated to promoting the expertise of diabetes educators, ensuring the delivery of quality diabetes self-management training to the patient and contributing to the future direction of the profession.

Kentucky has four AADE chapters: Tri State Association of Diabetes Educators, Greater Louisville Association of Diabetes Educators, Kentucky Association of Diabetes Educators, and Diabetes Educators of the Cincinnati Area.

GHK, Sports Flash Name ‘No Spit’ Player of the Year

The Cabinet’s Get Healthy Kentucky program and the Sports Flash Radio Network have named

this year’s Kentucky baseball “No Spit” Player of the Year.

St. Xavier High School baseball player Damon McCormick was given the honor for displaying excellence on the field and choosing to lead a tobacco-free lifestyle.

During high school baseball season, Sports Flash and GHK collaborated on the “No Spit MVP” campaign to reduce tobacco use in the commonwealth. The campaign chose a different all-star each week who exemplified stellar athletic ability on the field and a commitment to a tobacco-free lifestyle.

This unique health promotion honored players who took the pledge to not use smokeless tobacco products, such as “spit” or “chew” tobacco.

Nominations for the all-stars were gathered from high school baseball coaches and fans from across Kentucky, who then had the opportunity to vote for the weekly winner at www.TheSportsFlash.com. Each weekly winner received a T-shirt as a “No Spit” All-Star and was eligible to win the “No Spit” All-Star of the Year.

Mileage Reimbursement Change

The state controller has announced that the mileage reimbursement rate for official travel will be 44 cents per mile for the period July 1 to Sept. 30.

The controller’s Web site has been updated to reflect this rate change. Please refer to the controller’s Web page for all related travel information at <http://finance.ky.gov/internal/travel/>.

Living Well: Knowledge and Practices

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A recent article featured on cnn.com acknowledged that most Americans knew some nutritional guidelines, but were choosing not to put them into practice. In addition, most people did not know how many calories they should consume to maintain a healthy weight.

A majority of the population surveyed agreed that breakfast is the most important meal of the day. However, the survey revealed that only 49 percent of those people surveyed actually managed to eat breakfast every day. On a more positive note, the survey did reveal that more people were thinking about their calorie consumption and guessing what their caloric intake should be.

In the survey, 84 percent of the participants said they were physically active at least one day a week for the health benefits. However, only 44 percent said they “balanced diet and physical activity” for managing their weight. These results show that the concept of “calories in, calories out” has not quite been the focus for most people.

These two major findings from the International Food Council Foundation’s second annual Food & Health Survey revealed that we have several “diet disconnects” – the difference between what we intend to do and our actual habits.

We know from past studies that consumers are interested in their health and want to lead healthy lifestyles, but they are having some difficulty putting all the pieces together to make a workable combination. Survey leaders recommend people stick with good sources of information like the federal government’s mypyramid.gov, the American Dietetic Association, and the American Heart Association. It’s possible that our busy schedules are the main cause of this “disconnect” between intentions and actions.

Take the extra time to do a little research and find usable resources that will work with your individual schedule and needs.

CHFS Focus Health Tip: Practice Summer Safety

Summer may make you feel like you haven’t a care in the world, but take caution. While all of us are at risk for certain types of injuries during this period of the year, men are more so than women when it comes to certain activities. Read on.

Bug Bites

To lower your risk for West Nile Virus, avoid mosquito bites when you spend time outside working or playing. The risk of severe illness and death is highest for people older than 50, although people of all ages can become ill.

Tips:

Use mosquito repellent.
Install or repair window and door screens.
Eliminate mosquito breeding sites.

Fireworks

Men represent 72 percent of all injuries from fireworks. About 45 percent of people injured from fireworks are children 14 years and younger. Injuries are most commonly associated with fire-crackers, rockets and sparklers.

Tips:

Leave firework displays to trained professionals.
Never allow children to play with or ignite fireworks.
If using fireworks, have a fire extinguisher nearby in case of a fire.
Be sure other people are out of range before lighting fireworks.

Water safety

In 2004, men accounted for 78 percent of fatal unintentional drownings in the United States. Alcohol use is involved in about 25 percent to 50

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percent of adolescent and adult deaths associated with water recreation.

Tips:

- Learn how to swim. Never swim alone.
 - Wear your life jacket while boating.
 - Avoid alcoholic beverages while boating.
 - Watch children in and around water.
 - If you have a swimming pool at your home, install a four-sided isolation pool fence.
- Information from the Centers for Disease Control and Prevention.*

Employee Enrichment

By Anya Armes Weber

One key to success, according to author Debra Pestrak, is persistence. In her book, “Playing with the Big Boys and Girls in Real Estate,” Pestrak writes that every mogul she interviewed pointed to these common themes for their success: hard work, consistent action every day and never giving up.

Pestrak suggests avoiding these persistence pitfalls that can block your success:

- Poorly defined goals
- Procrastination
- Indecision
- Blaming others
- Fear of criticism or failure

Pestrak advises asking a co-worker or mentor to help you look out for these signals of failure. With support, you can continue smoothly on the path of persistence.