

## **Celebrate Environmental Health Staff This Week**

Gov. Steve Beshear has proclaimed March 22-26 Environmental Health Professionals Week in honor of the numerous registered sanitarians working across the state to ensure the health, safety and welfare of their fellow Kentuckians.

Throughout the week the Kentucky Department for Public Health, local health departments and industry professionals will devote extra time to acknowledging the work of environmental professionals as well as educating the public about their role in public health.

“Environmental health professionals, or registered sanitarians, work very hard so that we do not have outbreaks of illness associated with foods, water, milk, swimming or other public health dangers,” said William Hacker, M.D., DPH commissioner. “This important workforce does such a good job preventing illness, injury and outbreaks that we rarely stop to thank them for the excellent job they do. This observance gives us a chance to do that.”

Environmental health professionals help ensure the safety of restaurants, grocery stores, supermarkets, food production facilities, schools, hotels, motels, mobile home parks, public swimming pools and tattoo studios through routine health inspections. They also provide support for other health programs such as lead-based paint, septic systems, radon, milk, water, quality assurance, animal rabies and many more.

“We’re everywhere,” said Guy Delius, director of the division of public health protection and safety in DPH. “When Kentuckians eat out at our food establishments or buy our groceries, we have already been there to ensure you receive only the safest foods and dairy products. When you swim in a public swimming pool, stay in a hotel, get a tattoo, install a septic system, receive an X-ray, investigate for radon gas or lead-based paint, chances are we have already been there to make sure it met the required health requirements.”

Several recognition events are planned at local health departments for recognition of environmental health staff. Other public events include:

- In Frankfort, DPH will have an informational and awareness day on March 24 in the Cabinet for Health and Family Services lobby.
- Fayette County Health Department is planning to offer media an opportunity to “ride along with an environmentalist.”
- WEDCO District (Harrison County) Health Department will host at Health Fair on April 8 in Cynthiana.

Call your local health department to inquire about educational events planned for environmental health professionals week. Visit the Kentucky Registered Sanitarians Web site for information and employment opportunities at <http://chfs.ky.gov/dph/sanitarians.htm>.

### **Staff Shows Team Spirit on March Madness Walks**

*By Anya Armes Weber*

The Wellness Committee thanks all staff who participated in last Friday's March Madness Walk.

"We appreciate the participation from staff across the state who joined the Cabinet's Journey to Wellness by taking a walk together or on their own," said CHFS Wellness Committee Chairwoman Julie Brooks. "It was a great way to celebrate basketball season while we stepped up our exercise."

The walk also allowed staff to show their school spirit by wearing colors or gear that represent their favorite state college or university's basketball team.

Look for the complete results of the vote [online](#).

Visit the [CHFS Wellness Web site](#) to learn more about how your healthy decisions can improve your well-being.

E-mail [Julie Brooks](#) or [Kris Hayslett](#) for more information about other Cabinet wellness activities.

### **Living Well: Shed Pounds Like a Guy**

*By Kris Hayslett, Wellness Coordinator*

Have you noticed that men can drop pounds quicker and easier than women? Once the decision is made to shed some pounds, men seem to see more success, but it seems as if women can glance at a piece of cake and instantly gain weight. The most notable difference, and one that women cannot avoid noting, is that men carry more muscle mass, which helps them burn 30 percent more calories than women. Women generally carry more body fat and are biologically more likely to store it. Also, women fight with monthly hormone spikes and drops affecting food cravings and moods. Some are willing to accept this as a natural genetic difference, but others should take notes of some habits, recently profiled in Prevention magazine, that men follow when trying to lose weight.

Follow these seven habits and shed pounds like a guy:

**He doesn't crave sweets.** Both men and women have cravings, but men are more likely to crave meats versus women who seek out sweets. The difference here is that he is eating protein, which helps build/maintain muscles and fills them up (curbing snacking later).

**He doesn't get upset when he screws up.** About 80 percent of men avoid the “perfectionism” instincts that allows them to fall off by indulging in something really unhealthy, but they quickly recover and get back on track (no harm, no foul). However, if a woman gets in a stressful situation and caves to the vending machine, she is more likely to throw her weight loss plans out the window and feel guilty for several days.

**He lifts heavy weights.** If you visit a gym, you will see mostly men in the weight room, and women tied to some piece of cardiovascular equipment. Women should try lifting weights that fatigue the muscles in one set with only about 8 to 10 repetitions. This will cut down on the amount of time you spend lifting and allow you to see some visible results. Remember - if the weight is not changing, neither is your body. Don't worry ladies, you will not develop bulky muscles, but you will appear more toned.

**He doesn't use food as a therapist.** Women are more likely to turn to food to soothe whatever is bothering them. Women are twice as likely to binge than men due to depression.

**He acts out anger.** Men take out their anger by doing something physical to dissipate their emotions, whereas women head to the fridge or pantry.

**He makes time for himself.** Most women have to multi-task and are not likely to declare “me time.” Instead, schedule a social gathering with friends or commit to meeting a neighbor for a Saturday morning walk.

**He doesn't give up favorite foods.** Women will give up their favorite foods to achieve their weight-loss goals where men will still eat the chips and guacamole, but in smaller portions if they are trying to lose weight. Men's approach toward nutrition is uncomplicated and pleasure oriented. By depriving yourself of those favorite foods women will fall hard and end up overeating or gorging themselves.

## **Employee Enrichment**

*By Anya Armes Weber*

When you are making a presentation or participating in a meeting to communicate your ideas, you need every advantage to be successful. From Buzzle.com, here are some tips for better communication in the workplace.

**Be clear and transparent.** Don't talk in circles, and don't use high-level language to explain things when simpler words will do. Use examples.

**Be prepared.** Have the facts and documentation to back up your points before you speak up. It will pay off.

**Be concise.** Wasting people's time by talking about things that aren't relevant to a meeting topic or a conversation is a sure way to sour them on your ideas. Stick to your objectives and try to keep others on task.

**Be assertive.** Communicate confidently. Keep a positive attitude about your work and your ideas.

**Encourage two-way communication.** This is the basis of healthy communication. Always be open to questions and other viewpoints. When your ideas are challenged, it can be a chance to make them better.