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Cabinet Celebrates Forever Families

November is Adoption Awareness Month

By Anya Armes Weber

The Cabinet is celebrating Adoption Awareness Month with several recognition and celebration events across the state.

In Louisville on Nov. 1, the Shining Star Gallery III premiered at the Frazier International History Museum. The exhibition features children from the Special Needs Adoption Program (SNAP) who are living in foster care across the state. Professional photographers from the Louisville area donated their time and talent to create the portraits of children and sibling pairs.

More than 340 SNAP children, who may be harder to place because they are older, African-American or part of sibling groups, await adoption.

The Cabinet and WLKY Wednesday's Child are co-sponsors of the display, a continuation of an effort begun in 2004.

On the evening of Nov. 2, 16 adoptive families from across the state were honored with the "Forever Families" award.

At the Frankfort Country Club dinner reception, Cabinet staff read biographies of the honorees who were selected for providing support to other adoptive families and furthering state adoptions in their communities. The "Forever Families" awards were established in 2003.

Also in Louisville on Nov. 3, Jefferson County's Department for Community Based Services office and the Family Division of Jefferson Circuit Court celebrated Jefferson Adoption Day, when the adoptions of 14 children were finalized.

CHFS Secretary Mark D. Birdwhistell said his Cabinet appreciates the work of adoptive parents. "Adopting can be a difficult process," he said. "But the rewards are so fulfilling. Cabinet staff support adoptive families every step of the way."



Sibling group Fedoshia, Ebony, Deshante, Mahogany, Jontaye and Malik smiled for photographer Patrick Pfister in this family portrait. The six children want to be adopted by one loving family.

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More than 1,900 children in state foster care have the goal of adoption, which means they can't be reunited with their families because of abuse, neglect and other safety issues.

State employees can get financial assistance when they adopt from the Cabinet. The state provides up to \$5,000 for each qualifying family for costs related to a special needs child and up to \$3,000 for any other child adoption.

Great American Smokeout Set for Nov. 16

Smokers Encouraged to Kick the Habit

Governor Ernie Fletcher's Get Healthy Kentucky program and the Tobacco Prevention and Cessation program in the Department for Public Health (DPH) are encouraging smokers to take part in the Great American Smokeout, a nationally recognized event that challenges people to stop using tobacco products for a day, on Nov. 16.

A national campaign initiated by the American Cancer Society in 1977, the Great American Smokeout raises public awareness of the benefits of becoming a nonsmoker and how to get help to quit smoking. The event has proven to be highly successful in influencing numerous people to kick the smoking habit.

"Encouraging more people to quit smoking is one of the core pieces of the Get Healthy Kentucky program," said Governor Fletcher. "Through the program, we stress the importance of prevention and awareness. Avoiding the use of tobacco products is one of the most important preventive steps a person can take to ensure a healthy lifestyle."

Historically, Americans try to quit smoking during the Great American Smokeout more than any other day of the year, including New Year's Day. Those who are considering quitting smoking are encouraged to take advantage of resources offered through the Department for Public Health.

"Becoming a nonsmoker is one of the single greatest benefits a person can do for their health," said Irene Centers, manager of DPH's Tobacco Prevention and Cessation Program. "We encourage people to call Kentucky's Tobacco Quit Line (1-800-QUIT NOW) or contact their local health department about cessation resources in their community."

Approximately 44 percent of Kentucky's smokers reported that they attempted to quit smoking last year. The Centers for Disease Control and Prevention estimates 70 percent of current smokers nationwide would like to quit but the addiction to nicotine can be difficult to overcome.

Stop smoking programs, such as the Cooper/Clayton Method to Stop Smoking, that combine nicotine replacement therapy with behavioral modification over a 12-week period are highly recommended for people who are trying to quit smoking.

"I encourage smokers to contact their local health department or the quit line for a schedule of smoking cessation programs in their area," said William Hacker, M.D., DPH commissioner and acting undersecretary for health at the Cabinet for Health and Family Services. "Smokers can also talk with their physician about the effects smoking has on their health and quality of life and the benefits of being smoke-free."

Kentucky, at nearly 29 percent, leads the nation in the number of adults who smoke, according to the Behavioral Risk Factor Surveillance System (BRFSS). The percentage of women who smoke during their pregnancy is nearly 27 percent, more than double the national average of 11 percent.

Similarly, secondhand smoke has become a grave threat to the health and welfare of Kentuckians, according to data from DPH. Reportedly, Kentucky has the nation's lowest percentage of smoke-free homes at 63.6 percent. The state's annual health care costs attributed to smoking is \$1.17 billion.

Kentucky's Tobacco Quit Line, 1-800-QUIT NOW, is a statewide telephone cessation service that provides counseling and support for people who want to stop smoking or using other tobacco products. Callers, both smokers and nonsmokers, can receive information about tobacco dependence and treatment options.

Tobacco cessation counselors are available from 9 a.m. to 9 p.m. (EST) Monday through Friday at 1-800-QUIT NOW, which is available in English and Spanish. Interpreters are available for additional language needs. TDD is available for the deaf and hard of hearing at 1-800-969-1393.

The quit line offers a one-on-one proactive counseling program for tobacco users who are ready to quit. After the first call, smokers can receive additional scheduled calls from their counselor. Counseling and materials are provided at no charge to callers.

Smoking: Hard facts facing Kentucky

- Kentucky is leading the nation in the percentage of adults who currently smoke.
- Tobacco use is the No. 1 public health threat in the state.
- 8,000 people die each year in Kentucky of a tobacco-related disease.
- In Kentucky, approximately one out of every four pregnant women smokes. This puts infants at risk for low birth weights, sudden infant death syndrome, respiratory problems and other health conditions.

The benefits of quitting:

- Live longer
- Feel better
- Be more content and productive
- Clothing and hair smell better
- Food tastes better
- Sense of smell returns to normal
- Avoid premature aging

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Living Well

This week, CHFS Focus starts its new, weekly column that will offer tips, advice and information about wellness and healthy living. The column is written by CHFS Worksite Wellness Coordinator Kris Hayslett.

Beginners' Blunders

Exercise and nutrition are two important components of leading a healthy lifestyle. However, the road to a healthy lifestyle is not the same for everyone.

Some maintain their diets to keep them healthy and others prefer to get out and do some form of physical activity. The truth is, as a whole, we are very successful at losing weight, but we are not as successful at maintaining our weight loss. The focus often shifts to either diet or exercise when what we really need is a balance of both to shed pounds as well as keep them off.

In 2005, the American Council of Exercise polled a group of its personal trainers to determine the most common fitness blunders for beginners. See if you have fallen victim to any of the following:

- Not stretching enough
- Not warming up
- Forgetting to cool down
- Lifting too much weight
- Exercising too hard
- Not drinking enough water
- Incorrect posture
- Not exercising in the right heart rate
- Using momentum to lift weights
- Unnecessary eating



Kris Hayslett

Regardless of the type of activity you do, a proper warm-up and stretch get the body ready mentally and physically. Never stretch when muscles are cold or you will increase your chances for injury.

Following any type of activity, allow the body to cool down, which allows your bloodflow to return to normal and your heart rate to gradually come down. A lack of a cool-down can alter your next workout and cause you to feel faint or dizzy because you have stopped too abruptly.

Pushing yourself too hard too soon in either weightlifting or cardiovascular exercise can cause injury or burn-out. And exercising using incorrect posture can also be misleading because you may think you are working out at the correct intensity by pushing yourself to level 10. However, the benefits are greater if you hold yourself upright rather than slump over the machine.

Another big problem occurs when you don't exercise at your target heart rate. In some cases, people will get their body moving but not at an intensity at which they will continue to see benefits.

Physical activity often brings out the inner athlete in all of us. In most cases, we do not need to fuel our bodies with extras. Sports bars, drinks and gels are only needed to sustain a workout if you are exercising for two or more consecutive hours. A balanced diet and plenty of water are sufficient for most people.

Keep these common errors in mind so that when you start to workout, you succeed where others have succumbed to burn-out, unnecessary pain or physical setbacks due to injury.

Kris Hayslett is the CHFS Worksite Wellness Coordinator. E-mail her at Kris.Hayslett@ky.gov.

November is Lung Cancer Awareness Month

Lung cancer is a growth of abnormal cells inside the lung. These cells reproduce at a much quicker rate than normal cells and stick together to form a cluster or growth, which is called a tumor.

Facts about lung cancer:

- Lung cancer is the most common cause of cancer death in both men and women.
- Lung cancer kills more women each year in Kentucky than breast cancer and colorectal cancer combined.
- Lung cancer kills more men each year in Kentucky than prostate cancer and colorectal cancer combined.
- The overall incidence rate of lung cancer in Kentucky is above the U.S. incidence and is the highest of any state in the nation, according to the American Cancer Society 2006 report.
Incidence rate for males: Kentucky - 138; U.S. - 90
Incidence rate for female: Kentucky - 72; U.S. - 54
- The lung cancer mortality rate in Kentucky is above the U.S. rate as well.
Mortality rate for males: Kentucky - 114; U.S. - 76
Mortality rate for females: Kentucky - 53; U.S. - 40
- Across the country, lung cancer incidence rates and lung cancer mortality rates are higher in African-Americans.

Causes and risk factors for developing lung cancer include: smoking cigarettes, secondhand smoke, radon, asbestos, lung diseases and a poor diet.

Smoking cigarettes is by far the most important risk factor for lung cancer. Harmful substances in cigarettes called carcinogens damage the cells in the lungs. Over time, the damaged cells may become cancerous. Nine out of 10 people with lung cancer have been smokers. In Kentucky, a higher percentage of the population is smokers, both male and female.

Environmental tobacco smoke (ETS), also called secondhand smoke or passive smoking, causes lung cancer. The chance of developing lung cancer is increased by exposure to secondhand smoke.

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At present, no organization recommends testing for early lung cancer detection in people who have no symptoms, and are at risk for developing lung cancer. Many research projects are under way to determine if we can find an early detection method.

Symptoms, smoking exposure, medical history, exposure to environmental and occupational substances and family history are all evaluated in making a determination about testing. A physical exam, chest X-ray and often a CT scan or MRI are used to look for a solid tumor. To confirm the presence of lung cancer, a piece of tissue from the lung must be removed by biopsy and examined by a pathologist.

Unfortunately, symptoms may not occur until the lung cancer tumor is of a size to compromise an airway. At that time, symptoms may include:

- Chest infections that won't go away, even with repeated rounds of antibiotics
- A persistent cough for more than three weeks or hoarseness that will not go away
- Feeling more tired than usual
- Weight loss without trying
- Feeling short of breath
- More mucous production when coughing, sometimes with blood in it.

For more information, visit:

American Cancer Society www.cancer.org

National Cancer Institute www.cancer.gov 1-800-4 CANCER

American Lung Association www.lungusa.org

NCI /SEER Data www.statecancerprofiles.cancer.gov

CDC MMWR report www.cdc.gov/mmwr/

Focus Health Tip of the Week

Submitted by Anne Parr, R.N.

Hospice is a special way of caring for patients, families and friends by helping to provide them with medical care and counseling to ensure the best possible quality of life during the last months of a terminal illness.

The purpose of Hospice care is not to cure a disease, but to help relieve the pain and symptoms, and provide psychological and emotional support to patients and their families during the last months of life.

Caring for a loved one in the final stages of life can be tremendously rewarding, but it can also be a time of enormous emotional, physical and financial stress.

For more information, visit the National Hospice and Palliative Care Organization online at www.nhpco.org.

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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.



If you are concerned that you are not getting credit for your good ideas, try these steps from Sylvia Ho, a relationships writer for ivillage.com.

Keep your ideas to yourself, at least for a while. Once you have a really good idea, tell your supervisor among coworkers so you know that others heard your thoughts. And you won't seem too pushy if you phrase your idea in the form of a question.

Keep your boss informed. Send periodic e-mails on the progress of your assignments and briefings on the new ideas you've hatched. You will have dated documentation of your work.

Be positive. If you keep it up, your hard work eventually will be recognized. Also, even if you have good ideas, no one will want to work with you if you are thought to have a bad attitude.