

Kentucky Scores High on Student Nutrition

By Beth Crace

Kentucky is the only state in the nation to get an “A” on the Center for Science in the Public Interest’s (CSPI) evaluation of policies for foods and beverages that are sold in schools through vending machines, school stores, fundraisers and a la carte lines.

Legislation designed to limit students’ access to high-calorie treats like candy bars and sugary sodas has been credited for the state’s high grade.

Public health and education officials, along with more than 20 professional organizations, supported the bill, which failed three times before earning approval last year. Sen. Alice Forgy Kerr served as the bill’s primary sponsor and worked diligently to secure its passage, along with Rep. Tom Burch, Sen. Ernesto Scorscone and former Rep. Tim Feeley.

The measure has dramatically changed snack time for students. Instead of candy bars, high-fat potato chips and sugary soft drinks, Kentucky students are now offered healthier fare like milk, water, juices and diet soft drinks during school hours (after-school activities are not included).

The bill also has been credited for paving the way for other health and wellness initiatives in schools.

DPH Looking for Participants for MTV Contest

Program Raises Awareness About HIV and AIDS

MTV and the Kaiser Family Foundation have joined forces with the National Alliance of State and Territorial AIDS Directors, iFilm and WebMD in an innovative new project to raise

awareness about HIV and AIDS. The project, a part of MTV’s “think: Sexual Health” campaign, is being tagged “think: HIV” and is conceptualized as a multi-platform, interactive community for a generation of young people who were born after the AIDS epidemic began 25 years ago.

Every state, including Kentucky, is being asked to participate in “think: HIV,” which will feature the following components:

THINK HIV Documentary – MTV News & Docs, in partnership with Kaiser, will produce “THINK HIV,” a documentary in which young people tell the story of how their generation has been impacted by the virus. The half-hour show will premiere on MTV on Aug. 18, to correspond with the last day of the International AIDS Conference in Toronto.

Alive at 25 – National HIV Vlogging Competition – From June 5-30, young people ages 13-25 are encouraged to submit essays of 250 words or less at think.mtv.com on why they should be selected as the exclusive think HIV vlogger (video blogger) for their state. Kaiser, MTV and NASTAD will select one winner from each state and will be given a video camera to vlog about what HIV/AIDS means from his/her perspective. One vlogger will be awarded a trip to the MTV studios in New York, and earn the opportunity to showcase his/her vlog on MTV. For details about the competition, visit www.think.mtv.com.

think HIV Online Community – think HIV online will serve as an interactive community that will launch following the premiere of the “THINK HIV” documentary on Aug. 18. The site will be an engaging and interactive safe space for young people to share their personal stories through videos, photos and blogs about HIV/AIDS. In addition, winners of the “Alive at 25 HIV Vlogging Competition” will be featured on the site with official state information about

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HIV/AIDS, links to local services and resources for young people.

Department for Public Health summer intern Erika Cannaday will be coordinating the project in Kentucky. Contact her via e-mail at Erica.Cannaday@KY.GOV or Angelica_Ericka@yahoo.com, or call (502) 564-6539, ext. 3560. Additional DPH staff members will assist Cannaday and will review contestant essays. They include Tom Collins, (502) 564-6539, ext. 3559, or Tommy.Collins@KY.GOV; and Beverly Mitchell, (502)564-6539, ext. 3558, or Beverly.Mitchell@KY.GOV. They will work with NASTAD, MTV and the Kaiser Foundation.

MH/MR has America on the Move Finale

Department of Mental Health and Mental Retardation employees who participated in America on the Move celebrated completion of the wellness program last Wednesday with a picnic and several physical fitness activities.

The potluck picnic was at Cove Springs Park, where participants in America on the Move took their last official walk together on a trail at the park.

The final team totals are:

Motivated Movers: 4,009,067 steps
The Winkies: 3,362,616 steps
Yukondoit: 2,743,242 steps
GI Janes and a Joe: 1,873,650 steps
Fitness Deviants: 1,756,974 steps
Brainiacs: 1,634,050 steps
Adding Machines: 1,342,657 steps

Final Spring Secretary's Forum is Today

By Anya Armes Weber

The final spring Secretary's Forum for Frankfort-based staff is scheduled for 11 a.m. today, in the Health Services auditorium.

It is aimed for staff in the Children and Family Services offices, but employees who have not attended a session are invited.

Transcripts from the question and answer segments of each session will be posted to the Cabinet intranet. Keep checking the Focus for details.

Stop Misuse of Handicap Parking Spaces

The CHR Complex has a total of 1,543 parking spaces, including spaces designated for visitors and car pool, motor pool, commercial, physical plant and messenger vehicles.

Of those spaces, 115 are executive reserved spaces and 65 are assigned to specific CHR Complex staff members who qualify for reserved parking spaces under the federal Americans with Disabilities Act.

Few of the complex ADA parking spaces reserved for staff are marked as "Handicapped Parking." For that reason any reserved space should be respected as if it were marked with the familiar handicapped parking icon.

Violations of the reserved parking policy at the CHR Complex are on the rise - especially on the east end of the CHR Building. The misuse of ADA reserved parking spaces by other staff has become an almost daily ordeal for some CHR Complex staff.

Violators can be cited and repeat offenders can be towed and prosecuted for violation of the federal ADA.

The Cabinet for Health and Family Services exists to protect the health and welfare of our fellow Kentuckians. CHFS staff should be especially sensitive to the problems created by drivers who don't respect parking places reserved for the physically challenged.

Please remember that reserved parking spaces at the CHR Complex are not merely for the convenience of able-bodied staff. Many of our temporarily and permanently disabled co-workers depend on the availability of reserved parking spaces to get to and perform their jobs every work day. Your cooperation and courtesy are greatly appreciated.

Annual TB Management Seminar Set

Registration is now open for the 11th Annual Tuberculosis Management Seminar. The three-day seminar, "Solving the Puzzle of TB Control," will be Sept. 20-22 at the Galt House Hotel and Suites in Louisville. Deadline for registration is Aug. 15.

Participants must register for each day of the seminar you plan to attend. You can register via the TRAIN network at <https://ky.train.org>. No on-site registration will be accepted. A receipt for registration will be necessary for entrance to the seminar.

A one-time registration fee of \$25 is applicable and includes all three days of the seminar. The registration fee is non-refundable, but is transferable. If you cannot attend, another person may attend in your place. The original participant would need to withdraw in TRAIN and the substitute would need to register in TRAIN.

The registration fee is payable by check or money order only, made payable to the Kentucky State Treasurer. Registration fees may be mailed to:

Kentucky TB Control Program
ATTN: Melissa Dalton Hopkins
275 East Main St. HS2E-B
Frankfort, KY 40621

Hotel reservations may be made online at www.GaltHouse.com. Click on reservations.

Hotel reservations can be made by telephone at (502) 589-5200. Use the ID number 320316 to receive a special room rate for seminar guests.

For more information, contact Melissa Dalton Hopkins, social work consultant/health planner, Kentucky TB Control Program, at (502) 564-4276, ext. 3690, or e-mail her at melissad.hopkins@ky.gov.

CHFS Focus Health Tip of the Week: Eye Safety Awareness Week

Submitted by Anne Parr, R.N.

Believe it or not, the average home is full of dangers that often go unnoticed. Accidents involving common household products cause approximately 125,000 eye injuries each year. And, 90 percent of these eye injuries can be prevented through understanding, safety practices and the use of proper eye protection.

You can reduce the risk of eye injuries for yourself and other family members by using this simple checklist for the different areas of your home:

Indoor Safety

- Provide lights and handrails to improve safety on stairs.
- Pad or cushion all sharp corners and edges of furnishing and home fixtures.
- Store personal-use items (cosmetics, toiletry products), kitchen utensils and desk supplies where they are out of children's reach.

Outdoor Safety

- Inspect and remove debris from lawns before mowing.

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- Keep paints, pesticides, fertilizers and similar products properly stored and in a secure area.
- Wear safety glasses or dust goggles to protect against flying particles, and chemical goggles to guard against exposure to fertilizers and pesticides.
- It is very important to protect your eyes from UV rays. The best way to do that is simply finding and wearing proper sunglasses and brimmed hats.

Chemical Safety

- Wear chemical safety goggles when using hazardous solvents and detergents.
- Read and follow all manufacturer instructions and warning labels.
- Do not mix cleaning agents.
- Know that regular eyeglasses don't always provide enough protection.

Kids' Safety

- Avoid toys with sharp or rigid points, shafts, spikes, rods and dangerous edges.
- Keep toys intended for older children away from younger children.
- Avoid flying toys and projectile-firing toys; these pose a danger to all children, particularly those younger than 5 years old.
- Beware of items in playgrounds and play areas that pose potential eye hazards.
- Keep BB guns away from kids.
- Use occupant restraints such as infant and child safety seats, booster seats, safety belts and shoulder harnesses in cars.

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.



In the age of portable electronic devices, it can be difficult leaving work at work. Organization expert and Clubmom.com writer Laura Stack warns against taking work home. If you tend to take work assignments or even workplace worries home with you, you are infringing on the personal time that helps you recharge for your workdays. Stack offers these tips for leaving work at home and enjoying your personal time.

Plan before you leave the office. You can make a list of your goals for the next day or set up a needed meeting to jumpstart a project. Reserve the last 10 minutes of each workday to review the goals you've accomplished and take note of projects still in development.

Take time to relax. This can be your transition from work time to home time. Listen to music, read a book alone or just sit outside. Then you'll be ready to take care of dinner, children or housework.

Avoid multitasking. Doing four things at once means not one has your full attention. Turn off your cell phone and leave that PDA in your work satchel.

Separating your work and home lives will help you become more productive and better rested.