

Reminder of Printing Procedures

Many offices are currently in the process of updating literature to be used in promotion of their programs or services. Others may be planning for conferences they will sponsor in the coming year. During this planning process, the Division of Communications wants to remind employees of the Cabinet's printing policies and procedures.

These procedures offer a step-by-step process on how to guide your project through completion. Navigating the multi-step process can often be daunting to employees who may receive an assignment to create a brochure, poster or other materials for a program or conference.

That's why it is important for employees to know that they can use the Division of Communications as a resource. The division will assist employees in developing any materials needed for public promotion of any of the Cabinet's agencies. Please remember that whether you develop the materials alone or with the communications office's assistance, all materials are to be reviewed for final approval by the division of communications publications manager.

People needing assistance or more information should contact the Cabinet's publications manager Emily Moses Mandell at (502) 564-6786, ext. 4600.

Read the printing procedures or an overview of procedures on the [Intranet](#).

Social Services Staff Invited to Share Stories

By Anya Armes Weber

March is Social Work Month, and the Cabinet's social services staff will have the chance to speak out in the Focus about what is important to them.

Social services staff are invited to tell Focus readers what it's like working in their field. Staff can mention what is most rewarding about their jobs, how they have coped with challenges or what resources have helped them the most.

Staff should send their responses to anya.weber@ky.us by Thursday, March 1. Workers' e-mails should include their full names, titles and county offices. Responses may be edited for clarity and length.

Check the Focus in March to read these shared stories.

Autism Conference Slated for June

By Anya Armes Weber

The Kentucky Autism Training Center in the University of Louisville's College of Education and Human Development is planning its 2007 Autism Institute for June 20-22 in Louisville.

The annual conference, to be at Louisville's Galt House Hotel, is designed for special and general education educators, related service providers, family members and mental health professionals who work or care for individuals with autism spectrum disorders.

The public also is welcome to attend.

Early registration, which ends March 31, is \$165 for professionals and educators and \$50 for students, para-professionals, teaching assistants and family members. Registration fees increase to \$195 and \$80 for each group after March 31. On-site registration is \$20 extra.

The keynote speaker will be Susan Moreno, the founder and president of MAAP Services Inc., a nonprofit group that provides information and advice to families of individuals with autism, Asperger's Syndrome and pervasive developmental disorder.

Attendees from several professional groups may be eligible for continuing education credits. For questions about CEUs, e-mail Kristen.frarey@louisville.edu or call (502) 852-2467.

For general information or to register, visit the Kentucky Autism Training Center online at www.louisville.edu/kyautismtraining, or call the office at (800) 334-8635, ext. 852-4631.

Celebrate Black History Month

A Black History Month celebration will be from 11 a.m. to 12:30 p.m. Thursday, Feb. 22, in the Capitol Rotunda. A reception will follow. Judge William E. McAnulty Jr., the first African-American to serve on Kentucky's Supreme Court will be the featured speaker.

Relay for Life Meeting Set

It's not too late to put a team together for the Franklin County Relay for Life. Team Captain meetings will be held monthly on the following dates:

- Feb. 20, 5:30 p.m.
- March 20, 5:30 p.m.
- April 17, 5:30 p.m.
- May 15, 5:30 p.m.

All meetings will be at the Frankfort Farmers Bank main office, 125 W. Main Street, on the fourth floor.

Regina Washington Named Director of New DPH Division

Regina Washington, Ph.D., has been named the director of the newly established division of prevention and quality improvement in the Department for Public Health.

Sharma Klee will serve as acting assistant director of the division, which will focus on chronic diseases, disease management, the behavioral risk factor surveillance survey, quality improvement, occupational health, health care access and workforce development.

Washington comes to public health after many years of working in postsecondary education and research. Specifically, she has taught health-related courses at the college level; conducted research on rural health care issues in eastern Kentucky; and done cancer research at both the University of Kentucky and at the National Cancer Institute within the National Institutes of Health (Bethesda, Md.)

“Dr. Washington's professional experiences along with her knowledge, teaching and research experiences and leadership skills will significantly strengthen the department and help us move forward during the coming years,” said William Hacker, M.D., acting undersecretary for health and public health commissioner.

Washington, a native of West Virginia, obtained her bachelor's degree from Berea College, a master's degree in education with an emphasis in health sciences from Eastern Kentucky University and a doctoral degree from the UK College of Public Health.

“Prevention is worth a pound of cure,” said Washington. “Taking action to understand the health risks and detect the health conditions early will work toward moving the ‘health needle’ of Kentuckians toward improved health. Public health is the thread that ties the community together.”

Klee, a nurse and veteran public health staff member, has worked in the division of adult and child health improvement for several years.

“Kentuckians are facing increased diversity and continuing changes in the health care infrastructure,” said Klee. “Public health must play an ever increasing role in helping meet the needs of our citizens. The Division of Prevention and Quality Improvement will be working to improve health care access and the quality of that care for all Kentuckians.”

Living Well: Weight-Loss Medications

Obesity rates are on the rise in the United States. According to recent statistics from the Centers for Disease Control and Prevention, an estimated 64 percent of adults age 20 years old or older are considered overweight or obese. These numbers are driving Americans and companies to look toward a “magic pill” for weight loss. These pills have been in and out of the news as a means to end our country's obesity problem. However, potential users should proceed with caution and talk with their doctor before starting weight-loss therapy with any drug.

Last week, the Federal Drug Administration approved a nonprescription version of a fat-blocking weight-loss pill called Xenical (orlistat). Originally, this product was only available by prescription, but it has now been introduced to the public in a reduced-strength version. GlaxoSmithKline will be selling the new product under the name “Alli.”

The new pill is intended for people 18 and older to use in conjunction with a reduced-calorie, low-fat diet and an exercise program. The FDA's director of nonprescription drugs, Dr. Charles Ganley, emphasized that this drug is intended for use along with diet and exercise programs.

"Using this drug alone is unlikely to be beneficial" in reducing obesity, he said.

In trials, research showed that for every 5 pounds lost through diet and exercise, people taking Xenical lost an additional 2 to 3 pounds. When Xenical is taken with meals, it is said to block the absorption of approximately one-quarter of any fat consumed or about 150 to 200 calories. The unabsorbed fat is then passed out of the body. In trials, about half of the patients experienced gastrointestinal side effects (diarrhea), which may impact users' daily routines. Also, the pill is not recommended for those who have had an organ transplant, anyone taking blood-thinning medications, and people being treated for diabetes or thyroid disease. All people should consult a physician to identify the possibilities of drug interactions. In addition, the FDA recommends taking a multivitamin while using this drug.

Dr. Sidney M. Wolfe, the director of Public Citizen's Health Research Group, voiced strong concerns about the approval of over-the-counter use of the drug. Two studies have associated the prescription version of the drug with precancerous lesions of the colon in rats. He has called for the withdrawal of the prescription version. However, GlaxoSmithKline disputes these claims.

News of the approval of this drug follows some harsh penalties by the Federal Trade Commission who, earlier in the year, fined the marketers of four weight-loss drugs an amount of \$25 million for false advertising claims. These products are still on the market, but companies are now being held accountable for making claims that make people believe taking pills alone will make them lose weight, without lifestyle change.

Weight loss is a personal and complicated topic because there is not one prescription for the masses. What works for some does not work for all. A healthier lifestyle requires behavior changes and that cannot be found in a pill.

The hope that one day someone will develop a magic pill for weight loss should be wiped from your thoughts. If claims about weight loss pills sound too good to be true, it's probably because they are. A healthy diet and regular physical activity has been the long-standing prescription for weight loss and health. We know, in our society, many of us are not living up to those standards. Like any behavior change, it takes commitment, thought and preparation. Take ownership of your goals and be proud of your own accomplishments and changes.

Focus Health Tip of the Week

We hope you have been thinking about heart health this month and what you can do to make sure your heart is as healthy as it can be. Incorporating any of the following factors into your lifestyle can greatly decrease your risk of heart problems in the future.

- Exercise regularly
- Eat a healthy diet that includes fruits and vegetables

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- Reduce your salt intake
- Don't smoke and avoid secondhand smoke
- Reduce stress levels
- Have regular health checkups
- Develop a support system of family and friends

Employee Enrichment

By Anya Armes Weber

Frequent disagreements between co-workers can fracture your team and make the office unpleasant for everyone. If you and a co-worker are often at odds over work policy or procedure, these tips from human resources expert and author Bob Rosner may help you find common ground with your adversary.

Listen. Ask why he feels the way he does. Just asking helps him see that you want to understand. Knowing the reasons behind his opinion might sway you.

Talk about your views. If the reasons for your point of view are solid, you may have a convincing argument that what you believe is right.

Try to compromise. Ask "have you ever considered..." Try to engage your co-worker in a brainstorming session to determine new ideas. But be careful. If it seems like you're trying to push your opinion, this technique may backfire.

Working with your teammates on a united front keeps your entire team stronger, particularly when you are facing an external challenge.