


News from the District

There is a gift that is given every year from one individual to another, it is shared freely and given without a thought of what it cost and how it will make others feel. Giving this gift or receiving it will make you think twice about the interactions between you and your friends. Getting this will give you plenty of time in bed, and may even get you off from work, but this is one present that you do not want next year. The gift is the flu and people pass it along to others without notice by simply coughing, touching an object or just a sneeze. The best protection from the flu virus is to get your annual flu shot, keep a three-foot space between yourself and other individuals and washing your hands. The flu shot may not prevent you from getting the flu, but it will lessen the result of the virus and it is recommended every person get the flu vaccine each year. The North Central District Health Department is giving flu shots this year; the shots will be given at all of our health departments (address located below). The cost of the shot will be \$23.00, please call for an appointment , Monday - Friday between 8:00 to 4:30.

District Office 1020 Henry Clay Street Shelbyville, KY 40065 (502) 633-1243 (502) 633-7358 f		Spencer Co. Health Dept P.O. Box 175 88 Spears Drive Taylorsville, KY 40071 (502) 477-8146 (502) 477-5624 f
Henry County Health Dept P.O. Box 449 125 N. Property Street New Castle, KY 40050 (502) 845-2882 (502) 845-7997 f		Shelby County Health Dept P.O. Box 254 615 11 th Street Shelbyville, KY 40065 (502) 633-1231 (502) 633-7814 f
Trimble County Health Dept P.O. Box 250 138 Miller Lane Bedford, KY 40006 (502) 255-7701 (502) 255-3760 f	Clinical Services - WIC Immunizations - Home Health - Environmental Services - Family Planning Nutrition Education Tobacco Prevention	Home Health Agency P.O. Box 358 New Castle, KY 40050 (502) 845-2761 (502) 845-7998 f



The District Informer

Serving our Communities in Shelby - Henry - Spencer - Trimble



Preparing for the Future

Director's Address



uses “dirt finder” technology that tells you when the area is clean. The type of vacuums that uses a bag to collect the dirt you should change the bag when it is about halfway full. This helps to keep the suction good and to keep any dust from a non-filtered vacuum from going back into the room. The bag-less type vacuum is not recommended since when emptying the dirt cup you’ll likely be inside and also at arm’s length of the flying dust. Another source of dust in many homes is lint from the clothes dryer. Most people remember to clean the lint trap, but often people forget to clean the dryer’s exhaust pipe. This pipe can accumulate lint and make your home dusty. A good rule of thumb would be to clean this pipe every couple of months or with the seasons.

Still thinking about the clothes dryer, one source of chemical indoor air pollutants that many people have never heard of before are dryer sheets. These sheets often contain chemicals that are toxic and since they are not washed off, remain on your clothes. People with serious sensitivities may need to steer clear of using this very common household good. Cigarette smoke is an obvious source of chemical contamination in the homes of smokers, but even smokers who go outside may be brimming with toxic chemicals on their clothes and their bodies. One way to cut down on the amount a smoker may bring in is to have a “smoking jacket” outside in the area where people go to smoke. Once they are finished smoking they remove the jacket and leave their “smoking jacket” and its contaminants outside with the smoke. Nowadays most people burn candles in their home for the warm feeling and terrific smell, but sometimes those candles can produce unwanted chemicals in your home. Some candles have harmful products in either the wax (due to fragrances or other additives) or the wick. Many candles available for purchase have a metal core in their wick, which in the US is mostly made of zinc, but in many countries this core may be made of lead. If your candle was made outside of the US, try to find out if the wick could have lead in it. You may notice that a candle with metal core wick will leave a black sooty residue that you may find around the container or on objects around your home. A better alternative is to use a candle with cotton, paper or other fibrous wick. This will greatly reduce your risk of air pollution. Also, beeswax or soy candles with natural fragrances or essential oil fragrance will lessen contaminants. These candles may be more expensive, but another positive is that they usually burn longer and often smell stronger for the life of the candle.

There are many ways you can keep your air cleaner in your home some as simple as cleaning up some dust and others as complex as installing Radon vents, but when it comes down to it, the cleaner your air is, the healthier you’ll be. So this fall as you close your windows and doors and settle in for another winter, make sure you’ve done all you can to ensure that you have healthy air to breathe.



❄️ Closed For Winter ❄️

After a very long, very hot summer, many of us are enjoying some of the free AC nature is offering us before we close up our doors and windows for the winter. As we spend our last few weeks outdoors and air our homes out a little before the cold sets in, we should start to think about how we can get our homes ready for the next few months of indoor life. One of the biggest concerns for the winter is keeping our homes' air clean so that we don't suffer from indoor allergies and possibly get sick from toxic air. There are many things you can do to not only prevent your air from being polluted but also to clean it up. There are the obvious fixes such as changing your furnace filters, having your air ducts cleaned, cleaning dust from fan blades, washing your draperies and not dry dusting, but there are many other not so obvious fixes and points of prevention you may never have thought much about or even heard of at all.



In the fight against dust and dust mites you can start with a true HEPA room air filter. The smaller non-HEPA filters do not work as effectively and while you may save a little money the benefits will not be as great. The ionic air purifiers, while in theory are a good idea, but there are many models that produce ozone, which is an air pollutant. To see the benefits from an ionic air purifier you would have to find a model that did not emit ozone as a by-product, which may be difficult and costly to find. Not to sound too much like a commercial, but another tool that also uses HEPA filters are newer types of vacuums. Some of these vacuums also

New Year, New You

Got a New Year's Resolution? I'm sure many of us have thought of a thing or two to resolve in '08, but are they the same old resolutions you always give up on by month's end? Some of the most common are to lose weight (aka: go on a diet), exercise more, quit using tobacco and the list goes on. Why do we keep making the same resolutions when we know what the results will be? This year let's all try something a little different. I know I am, this year I resolve to get healthy! It may sound a little general, but I am combining those above into one resolution, except the tobacco, as I am not a user, but anyone could since it is not a healthy choice.



For starters I plan to eat three healthy meals a day and throw in some good for me snacks. This doesn't mean I am going to start baking tofu casserole, but I will be making conscious decisions to eat breakfast that's not Pop Tarts, lunch that's not fast food and supper that requires a little more effort than throwing a frozen pizza in the oven and calling it a meal. This will likely mean opening up the untouched Dr. Phil cookbook I bought two years ago, but from the pictures it looked like it had some great meals.

While I am eating better, I also plan get more physical activity. I'll start by storing away all those Christmas decorations. Plenty of running up and down the stairs for that! Then when that's over with I think I'll use part of my lunch hour to take a walk or stretch to get my muscles energized! Who needs an hour to eat anyway?

I also plan to get more rest. Many of us nowadays are running on auto pilot because we aren't getting enough sleep. I want to get out of that rut. I will start by setting a bedtime for myself. Midnight will no longer be an appropriate bedtime for a 6:30 am wake-up call!

Another unhealthy part of my life that started with an ill attempt to fix the bedtime dilemma is an addiction to caffeine (which I'll have to admit probably interferes with the sleep I have been getting). It generally takes a jolt of caffeine to get me going, as it does a lot of us. Caffeine is a diuretic which makes me "go" too much and I am not getting hydrated no matter how much I drink.

So, as yet another part of my resolution, I'll drink more water (and other un-caffeinated drinks) to get myself hydrated. Our bodies are made up of about 70% water, but how much do we actually drink? There are times I go for days without drinking much more water than what I accidentally swallow while brushing my teeth!

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Free Tobacco Cessation Assistance

For help quitting
smoking contact:
National QuitLine
1-800-
QUITNOW
(1-800-784-8669)



As a final part to my get healthy resolution, I am going to attempt to avoid stress. Most of my stress is self inflicted and I would have to think that I'm not that much different than the rest of the world in that aspect. I plan to chill out about things that really don't matter. I will leave work related stress at work and any things that are out of my control are just that, out of my control. Why give myself mental anguish over things I can't change. I'll also remember to take time for myself. If I'm not happy, how can I keep those around me happy?

I realize that all of this sounds monumental, but when you break it down, its not that much and should be attainable and sustainable with a little bit of effort, faith that it will all work out and determination to form new, better habits. Hopefully by December of '08 I will have lost a few pounds, lowered my cholesterol and blood pressure, feel brighter and fresher and be more pleasant to be around. I hope you will join me as I try to get healthy. And if its all too much I will go to my stress resolution and edit this resolution. Good luck with your resolutions and have a happy and safe new year! Oh, by the way, if you should need help with any of your healthy resolutions you can turn to us at the Health Department. We have a nutritionist, tobacco cessation counselors and clinic services for general health related issues such as blood pressure and cholesterol checks. -Amy Tingle

No Dough Meat Crust Pizza

16 oz. raw ground turkey
 4 slices low calorie bread, dried and crushed
 2 tbsp. onion powder
 1/2 tsp. garlic powder
 1 tsp. salt (optional)
 1/4 tsp. pepper
 1/2 tsp. oregano
 Mix and press into 9 x 13 pan. Bake at 350 degrees for 10 minutes. Then add topping.



TOPPING:

6 to 8 oz. no salt tomato paste
 4 oz. Mozzarella cheese
 1/2 tsp. basil
 Suggested vegetable toppings: Mushrooms, onions and green peppers.
 Bake at 375 degrees for 15 minutes. This recipe is LOW in fat and cholesterol for those that are diet conscious.

day of moderate physical activity is all that is needed. A brisk walk, dancing, biking, swimming, weight lifting, yoga or any other activity that you enjoy that gets your heart rate up will help you feel better and help ward off diabetes as well as many other diseases. Plus it just feels good, maybe not the first time, but have you ever seen an unhappy aerobics instructor? It just doesn't happen.



Finally a weight loss of just 5-7% of your body weight can help prevent diabetes in the pre diabetic person. With all the healthy eating and exercise you would be doing a 5-7% weight loss doesn't sound difficult to attain.

Just remember that if you or a loved one has been diagnosed as pre diabetic it's not too late. You are not doomed to a life of insulin shots and blood glucose monitors. All you have to do is eat right and exercise, you'll feel better and your family will thank you!

Low Fat Low Sugar Pumpkin Pie

Crust:

2 cups flour
 Pinch salt
 1/2- 2/3 cups canola oil
 Nonfat milk to make 1 full cup (with oil)
 Stir quickly, roll between wax paper. Place in pie pan and bake at 450° until golden brown and set aside to cool.



Filling:

1 16 oz can pumpkin
 2 small packages Jell-O sugar free vanilla pudding & pie filling
 2 cups skim milk
 2 tsp. Pumpkin pie spice
 In a medium sized pan mix Jell-O pudding mix, milk and pie spice until blended then add pumpkin. Put pan on stove and heat until boiling, continue to boil for 1 minute then pour into cooled pie shell. Refrigerate until pie has set up then serve.

Nutrition Per Slice: 181.5 calories; 7.3g fat; 1.4mg cholesterol; 380.5mg sodium; 24.9g carbohydrates; 1.8g dietary fiber; 4.5g. protein.

Pre Diabetes?

You've heard of diabetes and its two types 1 & 2, but have you heard of Pre Diabetes? This condition affects approximately 41 million Americans age 40-74. Pre Diabetes is the term used for people who don't yet have Type 2 Diabetes, but have an above normal blood glucose level. These are the people who are typically overweight, with a relatively sedentary lifestyle and make poor food choices. The good news is, these folks may be able to prevent themselves from ever getting diabetes with some changes in their lifestyle.



Diabetes prevention, not only for those who have been diagnosed as pre diabetic, but also for anyone with risk factors is pretty simple and basic. The changes start with diet and exercise, which result in weight loss, the three main ingredients to diabetes prevention.

A diet tailored to prevent diabetes sounds like any other nutritionally sound diet. Eat 5 or more servings of fruits and non-starchy vegetables everyday, the more colorful, the better. As far as carbs go, whole grains with as little processing as possible are the way to go. These choices are getting easier to come by in the grocery store. Brown rice and whole grain pasta are more available and there are even some whole grain "white breads." Dried beans (kidney or pinto) and lentils should be included in your diet. Not only do they provide carbohydrates, but protein as well. Include lean meats like loins and skinless chicken and turkey as well as fish 2-3 times per week. But remember 3oz is a serving of meat, which is the size of a deck of cards. A nine-ounce sirloin has enough meat for all day! Always remember to eat non-fat dairy every day. Dairy is your main source of calcium, which is essential to proper body function. For beverages choose water or sugar free, calorie free drinks. Beverages are often sneaky source of unintended calories and sugar. Cook with liquid oils that are trans fat free. Lastly cut back on snacks, bad snacks like cookies and candy, but remember to eat healthy snacks like fruit, cheese and nuts. These help to maintain your blood sugar and metabolism between meals and watch portions. If you have a hard time determining portions, read your labels, a serving is often a lot smaller than you think.

Exercise for diabetes prevention is also very common. Just 30 minutes/

State Health Department Provides Portable Treatment Centers to Hospitals : Mobile units will allow treatment of patients during emergencies

FRANKFORT, Ky. (Oct. 22, 2007) – The Kentucky Department for Public Health (DPH) announced today that it has provided all 14 hospital preparedness regions across the state with mobile treatment centers that can be deployed at or near the scene of a disaster or emergency to provide treatment for patients.

"In the event of a large-scale public health emergency such as an influenza pandemic or disaster, health and medical systems would be overwhelmed with people seeking treatment, and the need to meet this demand would be critical," said William D. Hacker, M.D., commissioner for public health and acting undersecretary for health at the Cabinet for Health and Family Services. "These mobile surge units will have the capability of providing medical care services to quickly stabilize and treat patients on site without overburdening hospitals."

Each mobile surge unit is cargo trailer-based and contains the supplies and equipment necessary to provide basic care for up to 25 patients for 72 hours at an alternate care site, giving additional capacity for health care facilities during mass casualty events or other emergency treatment situations.

DPH provided the units to hospital preparedness coalition regions using federal funding through the Centers for Disease Control and Prevention's (CDC) pandemic influenza grant. The cost of each mobile unit was approximately \$34,500. Regions will manage and maintain the units, which could also be deployed to other parts of the state if needed.

In August, DPH used federal hospital preparedness funds to purchase a similar but more advanced Regional Emergency Services Care Unit for Louisville, which could also be deployed to other areas if needed. This mobile unit is capable of providing intensive-care quality treatment for up to 20 patients at a time. Plans are under way to purchase two identical units for the Lexington and Bowling Green areas.

Governor Ernie Fletcher's administration has focused on increasing public health preparedness statewide through a variety of initiatives and improvements, including: extensive pandemic influenza planning and summits in all 120 counties; upgrading the DPH emergency operations center and adding a public health mobile communications trailer; establishing regional caches of pharmaceuticals and chemical weapon antidotes; establishing a cache of antiviral drugs for pandemic influenza treatment; creating the Kentucky Outreach and Information Network (KOIN), a grassroots network designed to reach vulnerable populations during emergencies; and setting up back-up communications systems for health departments and hospitals statewide, among others.

For contact information for your local host facility contact Barbara Fox, CHFS Division of Communications, at (502) 564-6786, Ext. 4411.

Strategic National Stockpile Exercise

Another successful venture into the arena of preparedness planning as the North Central District Health Department worked very diligently on the Strategic National Stockpile exercise on October 10, 2007. A moderate crowd was in attendance with the total of 423 shots given within a four hour time frame. The entire event went smoothly with a few injections of drama (staged events to assist in training) and all the participants appeared excited to be working with us aiding in our training.



The reason for this event and the two future events to happen in Trimble County and Henry County is to prepare the employees of North Central District Health Department for



any type of natural disaster or any unforeseen event. The exercise lets our employees experience a small amount of what a real event will entail, such as having a large crowd wanting a vaccination all at one time, aiding the public with their needs and working with other agencies

throughout the county to assist the public.

The public health director of North Central District Health Department,

Renee Blair said she wanted this event to take place in all of the districts counties and currently we have completed two of the four counties Shelby County and



Spencer County with Trimble County and Henry County are to follow in the coming years. We look forward to the next event and hope that Trimble County is ready to get their flu shots, because we will be ready to give them.

