A HUGE shout out to Adult Day Care! In preparation for flu clinics, they opened 1,200 band aid packages! That is quite an undertaking and MUCH appreciated! Thank you! ~ Courtney Ward, Nancy Wilson and Angela Woosley ~

Congratulations to Hope Collier on the birth of her son, Gunner Lee, born July 29th, weighing 7 lb. 8oz. and 21 1/4 inches long. Gunner is also grandson to Janet Cook.

Did you know that we help many people with diabetes get the insulin that they need? There is $28,000 worth of insulin in this picture. Patients get this insulin and other medications at no cost because of the work of CAP case managers. Thank you to all CAP staff that work hard every day! Pictured: Suzanne Craig, program manager and LaToya Sibley, DC-CAP case manager.

**Welcome New Employees**

Casey Mathews  
Public Health Services Coordinator  
First Steps-District Office
Andrea Whitehead  
Local Health Nurse II  
Providence Elementary

**Saying Goodbye...**

Stephanie Clark, First Steps-District Office  
Amber Acton, Daviess County Home Health  
Cathy Bland, First Steps-District Office  
Leslie Ford, District Office  
Jaclyn Palmer, Daviess County Health Center

Henderson would like to say a big thank you to Mary Rust and Emery Neely for helping clean our clinic. They are very hard working dedicated employees and we greatly appreciate them and the counties that shared them with us. ~ Jan Bratcher ~
FitBlueKY
A new app started by the University of Kentucky’s College of Agriculture, Food and Environment, FitBlueKY, targets a holistic approach to your health. The family and consumer sciences extension mobile app can be used by Smart Phones, Google Play, Fitbit trackers, and other devices to assist in changing behaviors toward a healthier you! The FitBlueKY app consists of short workout plans, journals, templates, healthy recipes, progress trackers, farmer’s market locators, food bank locators, and can be customized to motivate you! Sponsored by the CDC due to increasing obesity rates in adults, FitBlueKY will assist in educating on healthy eating, physical activities and mindfulness.

NOTE: This app does not in any way affect Go365 participation.

Angela Woosley

Go365 - Did You Know?
With flu season soon approaching, the Wellness Team is gearing up to begin outreach and education. Did you know that participants of Go365 can earn 200 points by obtaining the influenza vaccine?

Other simple—and also excellent preventative health measures—that earn points are dental exams—400 points and vision exams—200 points.

Additional preventative health measures that earn points often follow established age guidelines such as mammograms for women—starting at age 40 which earns 400 points, colonoscopies for both males and females—starting at age 50 which earn 400 points, pap smears starting for young ladies at 18 years of age and older, earn 400 points and male prostate exams earn 400 points.

Each of these preventative health measures requires submission of proof within 90 days to earn points.

It is a known fact that health problems caught early have much more successful rates of cure. The list above contains worthwhile preventative health measures that are important to you!

National Breastfeeding Awareness Month
August is National Breastfeeding Awareness Month and August 1st-7th is World Breastfeeding Week with this year’s theme being “Empower Parent, Enable Breastfeeding”. The #WBW2019 slogan was chosen to be inclusive of all types of parents in today’s world. Focusing on supporting both parents to be empowered is vital in order to realize their breastfeeding goals. Empowerment is a process that requires evidence-based unbiased information and support to create the enabling environment where mothers can breastfeed optimally. Breastfeeding is in the mother’s domain and when the fathers, partners, families, workplaces, and communities support her, breastfeeding improves. We can all support this process, as breastfeeding is a team effort. To enable breastfeeding we all need to protect, promote and support it. Kentucky currently has two laws related to breastfeeding that should be observed and supported at all times in all locations.

KRS 211.755: A mother may breastfeed her baby or express breastmilk in any location, public or private, where a mother is otherwise authorized to be.

KRS 29A.100: A breastfeeding woman shall be excused from jury duty.

If an establishment is not observing these laws you can notify the local or state breastfeeding coordinator so that we may provide education.

For more information: http://worldbreastfeedingweek.org/

Why Not Immunize?
Local news outlets have recently reported on the increase cases of measles in different areas of the US. This is one important reason why you should immunize your child. Many diseases are prevented by vaccines and it is always better to prevent a disease than to treat. The cost of treatment and the suffering from the illness is much higher than the cost of vaccine. Vaccines help build immunity to the disease by building antibodies to the antigen or disease. Vaccines have the same antigens or parts of antigens that cause disease but they are killed or weakened so that they do not cause disease but build immunity. Your child gets protection from the disease without getting sick. We are bless to live where vaccines are easily accessible and children do not suffer from disease as frequently as other nations.

Years ago smallpox and measles caused death in young children and meningitis is a disease that can take a life within 24 to 48 hours of contracting it. The human papilloma virus causes many forms of cancers later in life for both men and women. The HPV vaccine now prevents these cancers. So I pose the question of why not vaccinate? If you can prevent a child from a disease, illness, cancer or death why would you chose not to protect them?

“On time vaccinations throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages”.

*This quote is from the Center for Disease Control where you can find videos and resources to help make decisions on vaccines.


Provided by Jamie Baker

Provided by Anita Owens
Interesting Results from Biometric Screenings

Angela Woosley, Public Health Services Supervisor, has done a rough calculation of staff’s BMI and cholesterol levels for this part of our screening year. 60 participants were screened. Out of those screened, here are the results.

- 21% - Normal BMI
- 27% - Overweight BMI
- 45% - Obese BMI
- 7% - Extremely Obese BMI

60% of staff had cholesterol levels below 200.
40% of staff had cholesterol levels above 200.

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Human Papillomavirus—commonly referred to as HPV

There is a growing concern over the lack of immunizations in young boys and girls with the HPV vaccine with a rate of only 49.6% getting fully vaccinated. Did you know that HPV could prevent more than 30,000 cases of HPV cancers each year in the U.S.-including almost all of the cases of cervical cancer? Genital HPV is a common virus that is passed from person to person through direct skin-to-skin contact during sexual activity. Most sexually active people will get HPV at some time in their lives, but will never know as the virus clears the body.

HPV is most common in people in their late teens and young adulthood.

There are numerous types of HPV with approximately 40 types of HPV viruses that infect the genitals of women and men. Some types of the HPV virus can cause cervical cancers while some cause anal, penile, vaginal, valvar, and oropharyngeal cancers. Still other types of HPV viruses cause warts on the genital areas. While not life threatening, genital warts can cause embarrassment, emotional stress and the treatment is not comfortable or totally curable.

Inoculating a person with proven safe vaccine—Gardasil for example, can help prevent some cancers and genital warts.

HPV vaccinations are recommended for 11-12 year old boys and girls and can be given as young as 9 years of age. At this young age, a two dose series is required for protection.

Kentucky is one of the leading states in HPV Associated Cancers with a rate between 13.09 to 15.67 per 100,00 age adjusted. Initiation vs. completion rates are low with a rate of 37.7 for boys and girls.

Why? It is thought that healthcare practitioners aren’t recommending the HPV as part of the normal series of recommended vaccines and the need for more mandates to assure vaccination rates climb. Also true is that many parents are refusing vaccines and are hesitant due to mixed messages about vaccine safety.

However, with more than 60 million doses given since 2014, the CDC continues to support HPV vaccine as safe and effective. Side effects often reported are pain/soreness where the injection was given, fever, dizziness and nausea.

Vaccine safety is monitored both locally and nationally to assure safety and efficacy continues.

For more information, visit www.vaccine.gov. Be on the watch for new public information in the county health centers as toolkits are provided to help educate and inform.

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Diet Drinks and Body Weight

Overweight and obese adults who drink diet beverages take in more calories from solid foods-especially snacks-than those who drink sugary beverages, according to a new study. The findings raise questions about using diet drinks for weight control in heavier adults.

Excess weight can raise your risk for many health problems, including type 2 diabetes, cancer, and heart disease. Many people use diet drinks to help control their weight. But studies of how these beverages affect weight control have had mixed results.

To examine the link between diet drinks and calories, NIH-funded scientists looked at data on nearly 24,000 adults. The researchers found that about 10% of healthy-weight adults drank diet beverages, compares to about 20% of over-weight and obese adults.

For more on this topic: https://newsinhealth.nih.gov/2014/03/diet-drinks-body-weight
“Hiding in Plain Site” Drug Training

***If you did not have the opportunity to attend this training, please take time to read this article.

‘Hiding in Plain Sight’ was a presentation led by KY State Trooper, Corey King (pictured at right) and held at the district office to inform and educate district-wide staff on the new trends with illegal use of drugs. Real life situations were told of how the illegal use of drugs has a rippling effect—touching lives throughout the community—not just with the drug user.

Currently Methamphetamine, commonly called ‘Meth’ is the drug of choice in the Commonwealth. However, Meth created today is much more potent than it was years ago.

Why? The process used now forms a Methamphetamine crystal which has upped the potency to 95-99%. Cartels are mixing Meth and Fentanyl which is a powerful, synthetic opioid very similar to Morphine only 50-100 times more potent. This combination is a harbinger of dread in that the addiction falls two ways: the high from the amphetamine and the other spectrum of euphoria from the opioid.

Heroin deaths across the Commonwealth are increasing too, almost double that of motor vehicle accidents, over 1,500 due to Heroin overdoses. Narcan, an opioid antagonist, block the update of Heroin or other opioid drugs and are carried by law enforcement, EMS and other health care providers. Like Meth, Heroin is being ‘cut’ with Fentanyl causing the newly produced product to be much more potent and deadly. In some cases, Carfentany is being used in Heroin and Meth mixtures.

710, Budder, Dab and BHO were explained as new forms of smoking ‘weed’ marijuana. A cooking process (using extremely high heat) is undertaken which makes the THC more pure, creating an odorless and 90% more potent waxy like product that is smoked. Synthetic forms of marijuana have been found to obtain Fentanyl leading to harmful effects on the body including psychotic episodes and often attributed to sudden death.

‘Loud’ refers to the old fashioned way of smoking marijuana, but the ‘weed’ today is again stronger, with less of the CBD that provided the calming effects known by marijuana users. Trooper King said that this is an alarming concern for mental health experts who are attributing a rise in psychosis to usage of some of these drugs.

‘Double Cup’ or ‘Purple Color’ also referred to as ‘Sizzer’ refers to the use of cold and cough medicines, mixed with common soft drinks and hard candies to get the high or euphoria that excessive quantities can provide. ‘Cough parties’ are real and the cold and cough medicine are not regulated, making them easily attainable by teens.

Many unique apparatuses, often found on the internet, allow users to hide their ‘stash’. Trooper King told the audience to be observant, pay attention, look for items out of the ordinary (blow torches or breathing masks in bedrooms for example) and seek an explanation.

Trooper King reiterated for parents and adults interacting with children and young adults to pay attention to their friends. He is quoted as saying: “Show me your friends and I’ll show you your future.” When you open people up to the world, the world can come close to your doorstep. Drugs are in our communities. People are destroying their lives and the lives of others; often not understanding what has happened, until it is too late.

Many resources are available in our community to assist those with drug issues. Seek Help.

addictionresources.com

24/7 Free & Confidential Addiction Helpline—888.489.6173
24/7 National Institute on Drug Abuse Hotline—800.662.4357
Kentucky HELP Call Center* - 833.859.4357
8KY-HELP