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Kudos to Abby Beerman for holding down the “Epi-Fort” while I was on maternity leave this summer!
~Jessica Austin~

Kudos goes out to the clerks, Carole Roberts and Stephanie Bivins for helping me not to lose my mind during the last month due to the phone hasn’t stopped ringing and parents bringing the kids in the last two weeks before school.
~ Mary Crowe ~

A huge thank you to Abby Beerman for always doing such a great job with our Facebook page and helping various programs get messaging out to the public!
~ Alisa Stanley ~

A special thank you to Nancy Wilson, RN and Christine Curry, RN for their assistance in providing WIC services in the WIC Express clinic. You ladies have been life savers!
~ Melissa Barnett ~

What happens when you work long enough with someone?...
... you start dressing alike...
Christine Curry and Amy Brown
Bowling for Babies

On Thursday, July 26th, the GRDHD March of Dimes team along with 25 GRDHD employees participated in the 2018 Bowling for Babies fundraiser. This year, because of you and your donations we were able to raise $270.00. We would like to thank those that participated, as well as those that couldn’t participate but donated anyway. It is because of your support that we can continue to fight for brighter futures for every woman and every baby.

When you support March of Dimes, you raise money to expand programs and educate medical professionals to make sure that moms and babies get the best possible care. You advocate for policies that prioritize their health. You fund research to find solutions to the biggest health threats. And you support moms through every stage of the pregnancy journey, even when everything doesn’t go according to plan.

Taken from the March of Dimes website: https://www.marchforbabies.org

Above, left to right are the Best GRDHD Bowlers, displaying their winning trophy, the HR Department, Rebecca Baird, Dakota Baird, Lisa Paul, Valerie Roby & Chris Baird.

At left, Lisa Stanley displays the Worst GRDHD Bowlers, team players Jaime Forsythe and Angela Woosley, not pictured.

Meanwhile, at right, “Ball Buster” aka Kelly Donahoo broke her bowling ball!
WBKR came to ADC and brought Root Beer Floats for all of our clients and Staff to celebrate Root Beer Float Day.

~ Theresa Wilson ~

“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

~ Maya Angelou ~
The Teen Outreach Program (TOP) was awarded $9,750 from Owensboro Health Community Health Investments Grants for the expansion effort into Heritage Park High School. Six TOP clubs will be hosted at that school this upcoming academic school year. TOP is an evidence based program that has goals to improve social/emotional learning, improve life skills, support the development of a positive self, strengthen relationships and connect to the community through service learning, and to improve academic success while decreasing risky behaviors.

Pictured at right, left to right, Greg Strahan, President and CEO of Owensboro Health, Angela Woosley, RN, BSN, MEP-GRDHD, Clay Horton, Public Health Director, GRDHD, and Jeff Carpenter, Owensboro Health Board Chairman.

The Quit Now Kentucky Tobacco Cessation Program and DC-CAP were also awarded $25,000 each. Pictured top left to right: Greg Strahan, President and CEO of Owensboro Health, Becky Horn, Health Educator III, Clayton Horton, Public Health Director and Jeff Carpenter-Owensboro Health Board Chairman. Pictured at right, left to right, Strahan, Courtney Crowthers, DCCAP, Suzanne Craig, DCCAP, Lindsey Bickett, DCCAP, Clayton Horton, Dan Eaton, DCCAP and Carpenter.

**A Little History on Labor Day**

Labor Day in the United States is a public holiday celebrated on the First Monday in September. It honors the American labor movement and the contributions that workers have made to the strength, prosperity, laws and well-being of the country. It is the Monday of the long weekend known as Labor Day Weekend and it is considered the unofficial end of summer in the United States. It is recognized as a federal holiday. Beginning in the 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. “Labor Day” was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the US to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty states in the US officially celebrated Labor Day.

~ Taken from Wikipedia ~
Meet Your QI Committee

Season Barnett

What does QI mean to you?
To me, QI is continuous improvement to services we provide. It should include everyone in the organization and not just upper management. Anyone can share ideas of ways to make Green River District Health Department better. And, everyone can be involved in that change.

Why is QI important to GRDHD?
We serve the community. We always need to be sure we are doing the best job of that as we can. No one is ever too good that they can’t improve.

What do you think the biggest QI stigma is?
People may be afraid to speak up or advocate for change because “things have always been done this way”. Or, people may be afraid they may get asked to help be a part of the change. But really, QI is everyone’s responsibility in the organization.

What song best describes your work ethic?
Take this job & shove it!---kidding!! I think probably it’d have to be Donna Summers, She Works Hard For the Money because I do try to always put my best foot forward and do good work. I never want to be seen as someone who doesn’t do their share.

If you could be any animal, what would you be? Why?
Well, those who know me best would say a sloth because I love, love, love to sleep! I’ve been told I could sleep 25 hours a day! Ha! But if I had to pick an animal, it’d be a bear—they get to hibernate for the winter but when they’re not hibernating, they’re a force to be reckoned with! They are also very protective of their cubs just as I am with my daughter.

If you could have one super power, what would it be?
I would like to be able to time travel! I would like to be able to re-live special moments in my life and check out what’s coming up in the future!

Watch a few members of the QI Committee in this video link below. The purpose of the video is to raise awareness of QI within the Green River District Health Department! This is the first of a series of video to be released by the QI Committee.
https://youtu.be/ScXow8u270k
Making the Connection: Dietary Behaviors and Academic Grades

Data from the 2015 National Youth Risk Behavior Survey (YRBS) show that students with higher academic grades are more likely to engage in healthy dietary behaviors compared to students with lower grades. It is important to remember that these associations do not prove causation. School health professionals, school officials, and other decision makers can use this fact sheet to better understand the associations between healthy dietary behaviors and grades and reinforce policies and practices that support healthy eating in schools.

Key findings

Compared to students with lower grades, students with higher grades are more likely to:

- Eat breakfast on all 7 days.
- Eat fruit or drink 100% fruit juice one or more times per day.
- Eat vegetables one or more times per day.
- Drink one or more glasses per day of milk.
- Not drink a can, bottle, or glass of soda or pop.

**Figure 1A**

Dietary Behaviors, by type of academic grades earned
- United States, Youth Risk Behavior Survey, 2015

<table>
<thead>
<tr>
<th>% of students who engaged in behavior</th>
<th>Mostly A's</th>
<th>Mostly B's</th>
<th>Mostly C's</th>
<th>Mostly D/F's</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ate breakfast on all 7 days</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ate fruit or drank 100% fruit juice one or more times per day</td>
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<td></td>
</tr>
<tr>
<td>Ate vegetables one or more times per day</td>
<td></td>
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</tr>
</tbody>
</table>

**Summary**

- 46% of US high school students with mostly A's ate breakfast on all 7 days (during the 7 days before the survey), compared to 19% of students with mostly D/F's.
- 68% of US high school students with mostly A's ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey), compared to 53% of students with mostly D/F's.
- 68% of US high school students with mostly A's ate vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey) one or more times per day, compared to 54% of students with mostly D/F's.

*Figure 1A and Figure 1B illustrate the percentage of students who engaged in each risk behavior by type of grades mostly earned in school (mostly A's, B's, C's, D/F's) (raw proportions). The percentage of students who did not engage in each risk behavior are not shown. However, the percentages of students who did and did not engage in each risk behavior, by type of grades mostly earned in school, sum to 100%. Logistic regression analyses (not shown) controlling for sex, race/ethnicity, and grade in school confirmed a significant association between dietary behaviors and academic grades. You can also view data from other 2015 YRBS dietary behavior variables.
You’ll want to make this Southern Bacon-Fried Cabbage again and again! It’s hard to believe that such simple ingredients could result in such a flavorful and delicious side.

**Ingredients**
- 6 slices bacon, chopped
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 large head cabbage, cored and chopped

**Instructions**
1. Cook the bacon in a jumbo cooker over medium-high heat until crisp. Remove the bacon to a paper towel-lined plate. Reserve 2 tbsp. of the bacon grease and discard the rest.
2. In the same jumbo cooker, return the 2 tbsp. bacon grease. Over medium-high heat, cook the onion until it is soft, about 4 minutes. Add the garlic and continue to cook for an additional 1 minute. Stir in the cabbage and continue to cook and stir for 4-5 minutes. Add the seasoned salt, pepper, onion powder and garlic powder. Mix well.
3. Reduce heat to low, cover, and allow to simmer, stirring occasionally, for about 30 minutes.
4. Just before serving, mix the bacon into the cooked cabbage. Serve immediately.

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**Strawberry Whipped Sensation**

**Ingredients**
- 4 cups fresh strawberries
- 1 can (14 oz) sweetened condensed milk
- 1/4 cup lemon juice
- 1 (8 oz.) tub Cool Whip Topping, thawed, divided
- 8 Oreo Cookies, finely chopped
- 1 Tbsp. butter, melted

**Make It**

Line a 9x5 inch loaf pan with aluminum foil, with ends of foil extending over sides. Mash 2 cups strawberries in large bowl. Add milk, juice and 2 cups Cool Whip: mix well. Pour into prepared pan.

Mix chopped cookies and butter; spoon over Cool Whip mixture. Cover with ends of foil; gently press cookie mixture into Cool Whip mixture. Freeze 6 hours or until firm.

Invert dessert onto plate when ready to serve: remove pan and foil. Frost dessert with remaining Cool Whip. Slice remaining berries: arrange over dessert.
HEALTHY TAILGATING TIPS

Tailgating is a favorite pastime for many Americans. Make a game plan to navigate this season so you can enjoy it while still meeting your health goals!

**Bring your own healthy dish**
Volunteer to bring the fruit/veggie tray or other healthy entree so you know there will be something healthy to fill up on.

Stay tuned next month for recipes!

**Stay Hydrated**
Beat the heat! Limit alcoholic beverages and be sure to drink plenty of water.

**Get Moving**
Make the game a chance for you to be active, too! Park your car in the back of the lot and walk to the stadium, play some corn hole, or toss a ball/frisbee around.

**Eat a Healthy Breakfast**
The temptation to "save calories" for the party can make you more likely to overindulge.
How To Communicate So Your Patients Understand

What you can do as a health care provider?
- Assume everyone has difficulty processing and understanding health information.
- Create a Safe & Shame-free environment.
- Use teach back/show back methods.
- Discuss medications clearly.
- Encourage Patient Questions.
- Use clear written communication.

Information shows 36% of adults have below basic or basic health literacy. Those at the age of 65+ are 59% below basic or basic health literacy. The goal is to improve patient safety, quality of care, compliance and overall health.

How? Encourage the Ask Me 3 questions:
- What is my main problem?
- What do I need to do about it?
- Why is it important?

Check for understanding and re-teach information. Ask clients to repeat in their own words what they need to know and do. This tells you how well you explained a concept. This can be used by any member of the health care team.

Information taken from email handout from Health Literacy

ADC clients enjoyed petting a miniature horse named Baby Doll on August 10, brought in by Dream Rider.
Approximately 30 people from Daviess County have undertaken the task to become Resilience Leaders. This is based on a book “Anna, Age 8”. Anna was a young girl killed by her mother. The system failed this little girl, but she has now become a symbol of what is broken and the book is a roadmap to correcting and improving the child welfare system.

Some might ask how this impacts public health. Child abuse and neglect is a true public health issue locally and nationally according to the CDC. Kentucky has very high rates of abuse and neglect. Nationally, according to the book, 1 in 8 children will have substantiated abuse or neglect by age 18. Looking at this another way, a classroom of 24 children will have 3 children with substantiated abuse. Others may have been investigated but it was not proven. The rates are far too high and the effects of the abuse and neglect are long lasting will into old age.

The impact is not only emotional through increased risk of anxiety, depression and suicide attempts, it also increases risk of COPD, smoking, morbid obesity, STIs and diabetes. When you look at our county health improvement plans, you will see a correlation of what health issues they have identified and the list of health risks from ACES (Adverse Childhood Experiences). ACES are 10 questions regarding a person’s childhood and the higher the score, the greater the health risks. We are doing so much to reduce our region’s health problems, maybe now is the time to add focus to prevention. If a child grows up in a home with low ACE scores, his/her risk of health issues as an adult decrease. Changing children’s lives now can impact our health status 20 to 30 years from now.

Resilience Leaders want to be that change. We want to work systemically using data driven strategies and activities that will transform how we approach abuse and neglect and prevention. The health department has two women who are training as Resilience Leaders. They are representatives of home visitation programs whose purpose is to inform and educate parents so that abuse and neglect does not occur, or will not occur again. But these two programs only touch a small portion of all the parents who could use the information to become more nurturing, effective parents. And this is only one piece of the puzzle. Representatives from mental health, schools, transportation, substance abuse treatment, domestic violence shelters are all partners that will be working collaboratively to create a community wide systemic framework for change.

Anyone can read the book “Anna, Age 8”. It is free. Just think...1 in 8... That’s a lot of kids in our communities. And a lot of adults who have emotional and physical issues that cost money to treat.

**For more information visit the CDC site and read all you can on the ACES study. (Adverse Childhood Experiences) ~ Linda Wahl ~**
Welcome New Employees

Hope Collier  
Sr. Support Services Associate I-Clinic  
WIC Express

Emily Cowin  
Clinical Assistant  
Henderson County Health Center

Courtney Crowthers  
Sr. Support Services Associate I-Clinic  
DC-CAP

Nella Dockery  
Sr. Support Services Associate I-Clinic  
Daviess County Health Center

Donna Horsley  
Family Support Worker I/Home Visitor  
Daviess County HANDS

Saying Goodbye...

Jo French, Union County CAP  
Alysha Winkler, Daviess County Health Center

Sara Moore, DC-CAP  
Jacinta Powers, Daviess County Health Center

Sara Wilson, District Office  
David Miller, Daviess County Health Center
Earn go365 Points!

Did you know that you can earn points by participating in a Kentucky Deferred Comp educational webinar?

Invest in less than an hour of your time each month and earn 35 go365 points, while learning about topics ranging from enrolling to budgeting, investing and nearing retirement.

You do not have to be a member of KDC to participate.

To receive credit, you have to participate in the full webinar session and then complete a go365 survey. Points form the survey are awarded once a month at the end of each month.

To learn about upcoming KDC webinars and to register, visit: www.kentuckydcp.com and then click on the events page.

~ Angela Woosley ~

How do YOU compare?

Often when doing biometric screens, people will ask, “how do my results compare to others?”

During the last screening period (January 1-June 30, 2018) data was collected on all staff who completed an assessment. Results of the cholesterol and BMI numbers were recorded. Epidemiologist, Jessica Austin, created visual tools to help employees “see” their personal results in comparison to other staff.

Need help lowering your cholesterol? Want tips to help lose weight?

Go365 offers coaching to help you achieve your personal goals. Simply log into livingwell.ky.gov to obtain more information.

Tip#1—Foods that assist in keeping your cholesterol levels lower include beans, vegetables, fruits, nuts, fish, green tea, red wine, steel cut oats and using olive oil.

Tip#2—Nutritionists often tout a Simple way to start losing weight is to watch your portions. Often that second or third helping add extra calories, so portion control your servings.

~ Jessica Austin & Angela Woosley ~

The Green River Gazette is published monthly by the Green River District Health Department. For questions, comments, suggestions or submissions, please contact a member of the committee. Angel Thompson • Angela Woosley • Brooke Fogle • Carrie Conia • Heather Blair Janet Cook • Jessica Austin • Linda Wahl • Shanni Onstott

**Disclaimer: The articles contained in the Gazette have been verified through trusted sources. Readers should check with their physician or other health care provider if you have questions or concerns.