

# HEALTH MATTERS

TO PROTECT AND PROMOTE A HEALTHY COMMUNITY.

OCTOBER 2011

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## FREE FLU VACCINE FOR ANDERSON COUNTY STUDENTS

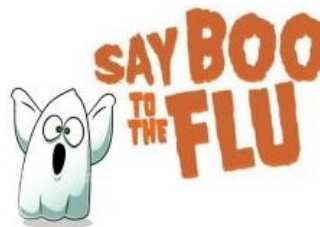
Vickie Cleaver, RN  
School Nurse Supervisor

Anderson County Health Department is excited to be able to offer FREE flu vaccine to Anderson County students. A limited number of doses have been provided by the Department for Public Health and will be offered on a first-come, first-serve basis. Both the flu shot and the flu mist will be available.

Students may obtain the vaccine at their school with a signed consent or parents/guardians may accompany students to a free clinic on Monday, October 17th from 4:30-7:30pm at the health department.

The Centers for Disease Control and Prevention (CDC) recommends that all children receive a flu vaccine each year. Children with no underlying health issues may receive the flu mist in place of the injection if preferred.

Please contact your child's school nurse with any questions or concerns.



## DRIVE-THRU FLU SHOT CLINIC A SUCCESS!

Anderson County Health Department provided 380 FREE doses of flu vaccine to the community during the annual drive-thru clinic held Thursday, September 15.

Federal grant funds were used to purchase the vaccine in order to provide it for free. Three non-perishable food items were requested for each flu shot provided in order to assist Open Hands Food Pantry in providing food for Anderson County families in need during this holiday season.

"It was a great success, and we couldn't have done it without the help of our community partners and volunteers," said Public Health Director, Brandon Hurley.

To view more photos from this event, visit our Facebook page — [www.facebook.com/AndersonCountyHealthDepartment](http://www.facebook.com/AndersonCountyHealthDepartment)!



## WIC PRE-SCREENING TOOL AVAILABLE ONLINE

**Kris Horseman,**  
WIC Coordinator

The U.S. Department of Agriculture's Food and Nutrition Service announced that the WIC Pre-screening Tool is now available on the USDA/FNS website.

The WIC Pre-screening Tool is a web-based application intended to help potential WIC applicants determine if they are likely to be eligible for WIC benefits.

The Tool asks users to complete a series of questions regarding their categorical, resi-

dential and income eligibility for WIC benefits. Based on their responses to these questions, users are informed that they “may be eligible” or “may not be eligible” for WIC benefits.

Users who are likely to be eligible to receive WIC benefits are provided with State-specific contact information and are encouraged to make a certification appointment with their WIC local agencies. Additionally, users are provided with a printable summary of

their responses and a list of examples of the documentation that is required at an initial certification appointment.

The WIC Pre-screening Tool is now accessible to all internet users via the “Am I Eligible?” links on the WIC homepage: <http://www.fns.usda.gov/wic/>.

It may also be accessed directly at <https://stars.fns.usda.gov/wps/>.

The Tool is currently available in English, Spanish and Chinese (traditional). More languages are expected to be added in the near future.

**The WIC Pre-Screening Tool will help potential applicants determine if they are eligible for WIC benefits.**

### **WIC Participants Must:**

- **Meet income guidelines**
- **Be a woman who is pregnant, breastfeeding, or who has given birth in the last 6 months**
- **Be an infant (newborn to 12 months)**
- **Be a child age 1 to 5 years, including a foster child**



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**facebook**

**KENTUCKY CHILDREN’S HEALTH INSURANCE PROGRAM**

**What is KCHIP?**

The Kentucky Children’s Health Insurance Program (KCHIP) is free or low-cost health insurance for children. KCHIP is for children younger than 19 who do not have health insurance and whose family income is less than 200 percent of federal poverty level. For example, a family of four can earn up to \$44,700 a year and qualify for KCHIP.

We know your children’s health is important to you, but you may be facing barriers, like cost or lack of access to coverage through your employer, that prevent the purchase of health insurance. Whatever the reason might be, your family may qualify for coverage through KCHIP.

**What Is Covered?**

KCHIP covers:

- ⇒ Doctor visits
- ⇒ Dental care
- ⇒ Hospitalization
- ⇒ Outpatient hospital services
- ⇒ Psychiatrist
- ⇒ Laboratory tests & X-rays
- ⇒ Vision exams
- ⇒ Hearing services
- ⇒ Mental health services
- ⇒ Prescription medicines

Children can also get:

- ⇒ Glasses
- ⇒ Immunizations
- ⇒ Well-child checkups
- ⇒ Physical therapy
- ⇒ Speech therapy
- ⇒ Many other services

**What does KCHIP cost?**

A KCHIP co-payment is required for prescription medicine. Pharmacy co-payments range from \$1 to \$3 per prescription, depending on the type of medicine you receive. No co-payment is required for allergy shots, but a \$2 co-payment is required for allergy testing. A co-payment of \$6 may be charged for emergency room visits that are not true emergencies. If you cannot pay the co-pay at the time of service, you still owe it. There is a total out of pocket maximum of \$450 per year.

Children need health insurance. If you think your children may qualify, apply today !

**Where can you get an application?**

- **Download an application at <http://kidshealth.ky.gov/en/kchip/>.**
- **Request an application by calling toll-free 877-KCHIP18 (877-524-4718)**
- **Pick up an application at the health department, doctors’ offices, hospitals, pharmacies, and schools.**



**MAPP—FORCES OF CHANGE ASSESSMENT**

The Anderson County Health Department has been working toward improving community health by utilizing a community –driven strategic planning tool called Mobilizing for Action through Planning and Partnerships (MAPP). Facilitated by public health leaders, this tool helps communities apply strategic thinking to prioritize



public health issues and identify resources to address them, leading to community-wide improved health and quality of life. The health department has completed three of the four MAPP assessments and the fourth, Forces of Change Assessment, will be conducted on Friday, October 28 11:30am to 1:00pm. This assessment will focus on identifying forces, such as legislation, technology, and other impending changes the affect the context in which the community and its public health system operate.

## LOSE WEIGHT & LOWER YOUR RISK FOR TYPE 2 DIABETES

**April Thomas, MPH**  
Health Educator II

With so many weight loss programs available, it is easy to become confused about what works and what does not when it comes to losing weight to lower your risk for type 2 diabetes. The National Diabetes Education Program (NDEP) wants you to know that you don't have to knock yourself out to lower your risk – in fact, the findings of a major study show that modest weight loss can reduce the risk of type 2 diabetes *by more than half*.

Here are some proven small steps developed by NDEP to help you make gradual lifestyle changes to lose weight safely and keep it off.

**Small Step #1: Set a weight loss goal you can meet before starting a weight loss plan.**

Aim to lose about 5 to 7 percent of your current weight – that's 10 to 14 pounds if you weigh

200 pounds. Keep track of your daily food intake and physical activity in a log book and review it daily to see how you are doing. For support, invite family and friends to get involved.

**Small Step #2: Make healthy food choices every day.**

Keep healthy snacks such as fruit on hand at home. Pack healthy lunches so that your family can take charge of what they eat during the day. To make sure you get enough fiber, eat more fruit and select a mix of colorful vegetables. Drink low-fat or nonfat milk or choose low-fat cheese. Choose whole-grain cereals, breads, crackers, brown rice, pasta, or oatmeal. Select lean meats and poultry. Vary your protein choices by choosing more fish, beans, peas, nuts, and seeds.

**Small Step #3: Strive to become more physically active.**

If you are not active,

start off slowly and choose a physical activity you will stick with most days of the week. Slowly add more time until you reach at least 30 minutes of moderate intensity physical activity five days a week. Build physical activity into your day. Take a brisk walk during lunchtime. Take the stairs instead of the elevator, or park farther away from your office. Join a community program like the YMCA as a family and choose activities that everyone can enjoy such as swimming, water aerobics, or dance classes. Keep at it and remember to celebrate small successes.

The NDEP has many resources on prevention of diabetes or living well with diabetes that is available at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

- ⇒ **Set a weight loss goal you can meet before starting a weight loss plan.**
- ⇒ **Make healthy food choices every day.**
- ⇒ **Strive to become more physically active.**



**NOVEMBER**  
★ AMERICAN ★  
**DIABETES MONTH®**

**Anderson  
County Diabetes  
Support Group**

Do you have diabetes or care for a loved one with diabetes? Do you want to learn more about living with diabetes and hear about the experiences of others in your community living with diabetes?

The diabetes support group may be just what you need!

*Pencil these upcoming dates into your calendar!*

**Date:** Mondays - October 3, November 7 & December 5

**Time:** 7:00pm - 8:00pm

**Location:** ACHD Community Room

**GOT DIABETES? DON'T GET THE FLU!**

**April Thomas, MPH**  
**Health Educator II**

Having the flu can be dangerous for anyone. But it is extra risky for people with diabetes or other chronic health problems.



**In general, every person with diabetes needs a flu shot each year.** Talk with your doctor about having a flu shot. Flu shots do not give 100% protection, but they do make it much harder for you to catch the flu for about 6 months.

For extra safety, it's a good idea for the people you live with or spend a lot of time with to get a flu shot, too. You are less likely to get the flu if the people around you don't get it.

The best time to get your flu shot is beginning in September. The shot takes about two weeks to take effect. However, it is better to get the shot later in the flu season than not at all.

If you have a cold or other respiratory illness, wait until you are healthy again before having your flu shot. And don't get a flu shot if you are allergic to eggs.

You are advised to continue to take the general precautions of preventing seasonal flu and other communicable diseases:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread that way. Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

**What to do if you have Diabetes and Symptoms of Flu**

Talk with your doctor now about how to reach him or her quickly by telephone if you think you have the flu.

Symptoms of influenza can include:

- fever

- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- vomiting or diarrhea

People may be infected with the flu, including 2009 H1N1flu and have respiratory symptoms without a fever.

**Pneumonia Shots**

People with diabetes are about three times more likely to die with flu and pneumonia. Yet only one-third of them ever get a simple, safe pneumonia shot.

A pneumonia shot is recommended for anyone aged 2 or older who, because of chronic health problems (such as diabetes) or age, has a greater chance of getting and dying with pneumonia. A pneumonia shot can also protect you from other infections caused by the same bacteria.

Consider the risks everyone faces:

- 1 out of 20 adults who get pneumonia (a lung infection) dies
- 2 out of 10 adults who get infection of the blood (bacteremia) die
- 3 out of 10 adults who get infection of the

covering of the brain (meningitis) die

About 10,000 people die each year because of these bacterial infections. A pneumonia shot, however, can help protect you against getting these illnesses. In fact, it is about 60% effective in preventing the most serious pneumonias, meningitis, bacteremia and death.

You can get a pneumonia shot anytime during the year. For most people, one shot is enough protection for a lifetime. People under 65 who have a chronic illness or a weakened immune system should ask their doctor about getting another shot 5-10 years after their first one.

Both flu and pneumonia vaccine is available at the Anderson County Health Department.

**Flu Shots - \$25**

**Pneumonia Shots - \$54**

**FREE with Medicare/Medicaid**

**We ACCEPT Humana Commonwealth Health Insurance**

**Hand washing, when done correctly, is the most effective way to prevent the spread of disease.**

**FIGHT GERMS BY WASHING YOUR HANDS!**

**1** Wet your hands

**2** Soap

**3** Lather and scrub - 20 sec

**4** Rinse - 10 sec

**5** Turn off tap

**6** Dry your hands

**DONT FORGET TO WASH:**

- between your fingers
- under your nails
- the tops of your hands

ANDERSON COUNTY  
HEALTH DEPARTMENT



**STOP**  
the spread of  
germs that make  
you and others  
sick!

Cover your mouth and nose with a tissue when you cough or sneeze

or  
cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

## CALENDAR OF EVENTS

### OCTOBER 2011

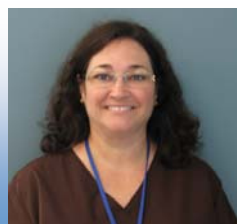
- |  |   |
|--|---|
| 3 – Diabetes Support Group, 7-8pm            | 19 – Board of Health Meeting, 6:30pm  |
| 4, 5, 6 – Body Recall, 9:30-10:30am          | 24 – United Nations Day   |
| 10 – Columbus Day                            | 25 – Body Recall, 9:30-10:30am;<br>Ribbon Cutting Ceremony & Open House,<br>5-7pm |
| 12 & 13 – Body Recall, 9:30-10:30am          | 28 – Forces of Change Assessment, 11:30am-<br>1pm                                 |
| 13 – Food Manager Training, 8am-12pm         | 31 – Halloween  |
| 15 – Sweetest Day                            |   |
| 17 – Student Flu Vaccine Clinic, 4:30-7:30pm |   |
| 18, 19, 20 – Body Recall, 9:30-10:30am       |   |

### NOVEMBER 2011 AMERICAN DIABETES MONTH

- |   |   |
|---|---|
| 1, 2, 3 – Body Recall, 9:30-10:30am     | 15, 16, 17 – Body Recall, 9:30-10:30am          |
| 6 – Daylight Savings ENDS (Fall Back)   | 22 & 23 – Body Recall, 9:30-10:30am             |
| 7 – Diabetes Support Group, 7-8pm       | 24 & 25 – Thanksgiving HOLIDAY (ACHD<br>CLOSED) |
| 8, 9, 10 – Body Recall, 9:30-10:30am    | 29 & 30 – Body Recall, 9:30-10:30am             |
| 8 – Election Day                        |   |
| 11 – Veterans Day HOLIDAY (ACHD CLOSED) |   |

### DECEMBER 2011

- |                                      |  |
|--------------------------------------|--|
| 5 – Diabetes Support Group, 7-8pm    | 26 & 27 – Christmas HOLIDAY (ACHD CLOSED)        |
| 6, 7, 8 – Body Recall, 9:30-10:30am  | 24 – Christmas Eve                               |
| 7 – Pearl Harbor Day                 | 25 – Christmas Day                               |
| 14 – Board of Health Meeting, 6:30pm | 30 & Jan 2 – New Year's HOLIDAY (ACHD<br>CLOSED) |
| 22 – First Day of Winter             |  |



#### Welcome Sheila Rose, RN!

We are happy to announce that Sheila Rose has been hired as a Local Health Nurse I here at ACHD. Sheila is a native of Lawrenceburg with many years of nursing experience and has been a great addition to our team. Sheila's first day at ACHD was Monday, August 1, 2011.

Visit us online!  
[www.achdonline.org](http://www.achdonline.org)

**ANDERSON COUNTY  
HEALTH DEPARTMENT**

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Postmaster Please Deliver To:

**Mission:**  
**To protect and promote a healthy community.**

**Vision:**  
**To grow and expand public health services  
for all those in our community.**

**Values:**  
**Excellence Pride Service Respect Integrity Teamwork**

**DIRECTOR'S CORNER**

**Brandon Hurley, MPH**  
**Public Health Director I**

After settling into our new facility these last four months, we are happy to announce the date of our ribbon cutting ceremony and open house as Tuesday, October 25, 2011 from 5:00pm to 7:00 pm. Light refreshments will be provided along with tours of the facility.

Staff will be onsite to discuss how they work to "protect and promote a healthier community" and share the many services we offer to Anderson County.

I encourage everyone to come out and see the important work that we do inside and outside our new facility!



*The Anderson County Board of Health  
requests the honor of your presence at the  
Ribbon Cutting and Open House of the  
Anderson County Health Department.*

*Tuesday, October 25, 2011  
Ribbon Cutting & Open House  
5:00 - 7:00 pm*

*1180 Glensboro Road  
Lawrenceburg, KY 40342*