

Union County Health Coalition

August 2010

Our Four Areas of Focus:

Nutrition

Exercise

Smoking

Teen Pregnancy

Join us at our monthly meetings on the last Thursday of each month at the Morganfield Senior Citizen Center at 8 AM.

Become a fan of Union County Health Council on Facebook



WHO IS HUNGRY GIRL?

I'm not a nutritionist, I'm just hungry.

My name is Lisa and I'm just an average female, struggling with the same food issues most females struggle with every day. I try the latest fad diets, chomp on new fat free foods & diet products, and yes, I too order everything on the side. I consider myself a foodologist...not because I have some kind of fancy degree, but because I am obsessed with food, how wonderful it is, and how much of it will make it impossible for me to fit into my pants. Food is my passion and it has been my lifelong obsession.

I love food because food is delicious. My mantra, as many of my friends know, is "I'm hungry!" Because I obsess over food, I learn about it, read about it, research it, dream about it. Nothing gives me a thrill like discovering a new low cal snack or assembling a no fat pizza! Over the years my food obsession has caused me to accumulate approximately a zillion diet and food tips, and because I am not only hungry, but also very nice, I want to share them with you.

I've struggled with weight issues for most of my life, and aside from the occasional slice of molten chocolate cake, I finally have it under control. I've tried every diet under the sun. Yoyo-ing up and down twenty pounds has been the story of my life. Then, about three years ago I decided to change my way of eating and for a full year I gave up flour, bread, pasta and starches. I said bye-bye to dry carbs and hello to 14 glasses of water a day and dropped

almost 30 lbs. (and three sizes). Now I basically follow the Weight Watchers point system and strive to keep my dry carb intake to a minimum. Of course, there are days that I simply can't stick to this plan and I shovel anything that's not nailed down into my mouth. It takes a lot of work, energy and effort to keep my weight down, but the pros (like cute pants!) definitely outweigh the cons (like flab!). Losing and maintaining weight is not a temporary change -- it's a lifestyle - but it doesn't mean that life gets less fun. I scour supermarkets, restaurants and more to fulfill the cravings of my former lifestyle with replacement choices, and I love every minute of it! From low calorie ice cream sundaes to low carb donuts, I am always at the forefront of the latest trends in food and dieting, living the Hungry Girl lifestyle and loving what I eat!

OK, enough rambling. I hope you find Hungry Girl helpful, informative, inspirational and most of all FUN!

**Remember, I am NOT a nutritionist or a doctor. My website and my daily tips & tricks are NOT meant to be a substitute for any professional guidance or counseling. The information I provide merely reflects my own personal experiences and is NOT meant to take the place of medical or nutrition advice from professionals. But it's entertaining, helpful and pretty...so enjoy it!

Checkout Hungry Girl at www.hungry-girl.com

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Comprehensive Plan Under Way to Address Diabetes Epidemic

Press Release Date: Tuesday, July 20, 2010

Contact Information: Gwenda Bond or Beth Fisher, (502) 564-6786, ext. 3325 and 4012

Kentuckians Asked for Input

The Kentucky Diabetes Prevention and Control Program and a steering committee of 12 diabetes organizations are taking steps to develop and implement a Kentucky Diabetes State Plan, the Kentucky Department for Public Health announced today. The group hopes to involve as many interested people and organizations as possible in various parts of the process.

"This comprehensive action plan will provide a roadmap to guide our collective efforts over the next few years to better meet the needs of Kentuckians with, and at risk for, diabetes," said Steve Davis, M.D., DPH deputy commissioner.

Approximately 445,200 Kentucky adults have diabetes and another 611,000 Kentuckians ages 40-74 have pre-diabetes and are at very high risk for developing the disease.

DPH and partners are gathering input from consumers to learn more about the support people with or at risk for diabetes have received or would like to receive from their doctors, employers and communities to manage their diabetes and help them stay healthy. To get this information, **all adults with or at risk for diabetes in Kentucky are invited to answer a few questions through an online survey** at http://www.surveymonkey.com/s/Kentucky_Diabetes_Consumer_Survey_2010.

The survey is active until Aug. 12, and respondents will not be asked to give any personal identifying information.

"We need input from as many people as possible to help shape a plan for a strong system of support to help people with and at risk for diabetes stay healthy," said Theresa Renn, coordinator, Kentucky Diabetes Prevention and Control Program.

Organizations represented on the steering committee for this effort include the Kentucky Area American Diabetes Association; the Barnstable Brown Diabetes and Obesity Center at the University of Kentucky; the University of Louisville College of Medicine; Diabetes Educators Cincinnati Area; the Greater Louisville Association of Diabetes Educators; the Juvenile Diabetes Research Foundation; the Kentuckiana Endocrine Club; the Kentucky Association of Diabetes Educators; the Kentucky Diabetes Network; the Tri State Association of Diabetes Educators; the University of Kentucky Division of Endocrinology; and the University of Louisville Pediatric Endocrinology. The Kentucky Diabetes State Plan will be released in spring 2011. For more information about the plan, contact Janice Haile, Green River District Health Department, (270) 686-7747.



Commit to be fit. ~Author Unknown

If your dog is fat, you're not getting enough exercise. ~Author Unknown

Middle age is when you choose your cereal for the fiber, not the toy. ~Author Unknown

Join Union County Health Coalition at our next meeting...July 29th at 8:00 AM at the Morganfield Senior Citizen Center located on Richards Lane.



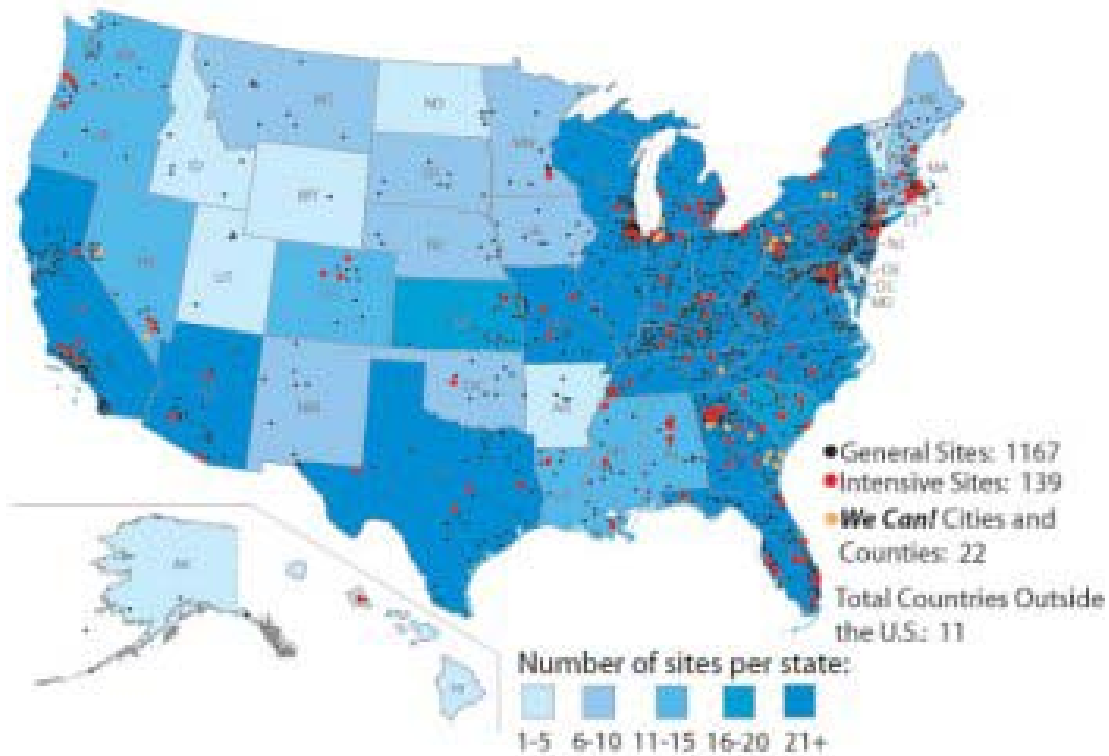
"They say kids these days are overweight because we don't get enough vigorous exercise. Maybe we should chew faster!"



"Thank you for calling The Yoga Studio. To learn more about the benefits of yoga, press 1 with your pinky toe and hold it for 20 minutes."



Five years since the launch of **We Can!**, the program now has over 1,300 registered sites, including 23 **We Can!** Cities and Counties. Union County is now registered as a **We Can!** County and programming will be coming soon! Look for details.....



Here are some tips from We Can! to stay active this summer:

Tip #1: If it's nice out, why not walk or bike with the kids to the playground or the pool, instead of driving them? And do the same on your way to work! And, if you can't avoid using the car, don't fret: you can always create a car-washing contest with the kids, with a prize for whoever finishes washing and buffing their section/side of the car the quickest.

Tip #2: Do you know the location of your nearest pool? Closest soccer field? Free public tennis court? Find out and give the whole family a summer jump start by trying new sports and other physical activities. And, don't forget that your local library offers a wealth of resources at no cost, including exercise DVDs and all sorts of classes. As an added bonus, try to walk to the library to check out these options!

Tip #3: Keep your eyes open for free physical activities hosted by community and other outlets over the course of the summer. Check out walking and hiking options at nearby public parks. Find out what resources local schools offer, such as a track that's open to the public for running and walking. Community centers and local Web sites are great ways to find out more about activities available in your area.