

# Partnership for A Healthy McLean County Newsletter

Jennifer Tucker  
Facilitator

August 2010

Back to School...(sigh). At my house, we need to get back into our routine, meaning an earlier bedtime. We have enjoyed Summer to the fullest. By the way, remember that bike ride that my kids requested? We replaced it with lots of swimming. As we wait for cooler weather, our youngest one asked us to remove her training wheels. Knowing her, she wants to tell the other Kindergarteners that her bike does not have training wheels!

*Jennifer*

## **Partnership for a Healthy McLean County Retreat!**

The next meeting is Thursday, August 19<sup>th</sup>, 10am-2pm at the Mount Saint Joseph Conference and Retreat Center. Please call 302-4808 or email [healthymclean@connectgradd.net](mailto:healthymclean@connectgradd.net) by August 13th to reserve your space.

## **Diabetes Survey**

Diabetes. From a press release from the Kentucky Department of Public Health:

“ Approximately 445,200 Kentucky Adults have diabetes and another 611,000 Kentuckians ages 40-74 have pre-diabetes and are at risk for developing the disease.” I continue to receive more and more information about this health topic, and I have so many family and friends who have Diabetes. As a child, I remember only knowing a handful of people with diabetes, one of which was my Grandma Griffith. She was actually my mother’s grandmother, and I treasure the memories made with my great grandmother. I was blessed with the rite of passage of helping to care for her. She never learned to drive; so, she depended on her family for doctor’s appointments, paying her bills, and grocery shopping. Once I visited her, and she was not well. After a quick trip to her doctor, she was back on the right track, and I was on my way to my college class. I remember the special snacks that she kept for the grandkids, but I never recall her eating them. She, also always had a kind word and a kiss for me.

We have an opportunity before us to help others like my grandma by taking the time to provide input for the Kentucky Diabetes State Plan. 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](http://www.surveymonkey.com/s/Kentucky_Diabetes_Consumer_Survey_2010).

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The survey is active until August 12<sup>th</sup> and you will not be asked for any personal identifying information. I completed the survey in only a few minutes, and it was really thought provoking. The Kentucky Diabetes State Plan will be released in Spring 2011. For more information, contact Janice Haile at the Green River District Health Department at (207)686-7747.

**Partnership for a  
Healthy McLean County  
is in search of a logo and tag line!  
Please send your ideas to  
healthymclean@  
connectgradd.net**

brochures on this topic in the local health department. From a brochure distributed as a public health service by Sanofi Pasteur Inc. in April, 2009, I learned that, "You may have received pertussis-containing vaccines as a child, but this vaccination may lose its ability to protect after 5-10 years. That's why the CDC recommends a pertussis booster, also called tetanus, diphtheria, and acellular pertussis (Tdap) vaccine, for everyone 11-64 years of age." It was then that I understood that my childhood vaccines may not last forever. Then one day, as I was watching television, I saw a commercial about Pertussis. Because *I am seeing this information everywhere that I turn*, I feel compelled to write this article today. I wonder how many people are like me and learning this information.

## Whooping Cough

My sister had a baby in June. During this time of celebration, she told me about the danger of Whooping Cough, also known as Pertussis. This is the first baby in my family in five years; so, I expected to be out of the loop about baby care and baby gadgets. But I was blown away, when she told me that I could give him a potentially fatal illness.

All of my vaccines are up to date, so I was shocked when she told me about an available vaccine that I could get. Later, I found

Feeling quite healthy, how can I spread such a terrible disease? From the brochure, Pertussis, (Whooping Cough) by the Green River District Health Department, I learned that the symptoms of Pertussis can look like a cold with a nagging cough. It is spread by the coughing, sneezing, or talking of an infected person. This makes me wonder if I could mistake Whooping Cough for a cold. That makes sense in terms of spreading this disease. In the same Sanofi Pasteur Inc. brochure listed above, I read more information about babies, " Pertussis, more commonly known as whooping cough, is a highly contagious bacterial disease that can be

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fatal for infants. When a source could be identified, about 75% of babies contract this disease from a household member, with around half of the cases coming from parents." Upon reading that information, I understood the urgency of calling my doctor to get more information. We all want to do all that we can to protect our babies. We all know that moms and dads do not have sick days. When we are sick with what may or may not be a cold, the kids still need to eat, be bathed, and have clean clothes. Although, I should send a giant thank you to my mother and mother-in-law who have helped me tremendously.

Whooping cough is a local concern, as I am told of cases in our area. Please take some time to call your doctor or the local health department. I am glad that I did.

## Fall Prevention Conference

Owensboro, KY

September 22, 2010

12:00pm-4:00pm (CST)

For nurses, PT/PTA, OT/OTA, Social Service  
Agency Employees, Health Educators, EMS,  
Fire Departments, Nursing Home  
Administrators and Home Health.

Save the Date!

Registration and Brochures should be  
available soon. For more information, call  
Don Crask at the Green River District  
Health Department  
(270)686-7747 ext. 3022