

McLean County Health Council Newsletter

Jennifer Tucker
Health Council Facilitator

April 2010



Happy Spring! Isn't it great! The kids can play outside, again. The flowers and trees are blooming. All of these are little reminders that life is good. It inspires us to get outside and burn off the Spring Fever, which reminds me of two topics that I have encountered with this job. With the Heart Truth luncheon and then again with the Dress in Blue Colon Cancer Awareness Lunch and Learn, nutrition and physical activity are a common thread.

Well the thread continues to weave right into the next activity--- We Can! We Can! stands for Ways to enhance children's activity and nutrition. Please take some time to read about this program on page 2 and consider it for your family. When I attended the training, I gleaned a wealth of information and tips for my own family.

Jennifer

Health Council Update

An Informational meeting was held on March 30th for those interested in starting the health council or coalition. With 20 people in attendance, it became a viable roundtable discussion of health issues. Guests were asked to introduce themselves and state the health issue that they are most passionate about. Teresa Roberts from the Green River Area Development District (GRADD) gave a presentation about the history of the Green River Regional Health Council, resources available from GRADD, and the Health Report Card. At the close of the meeting, a survey was available for guests to choose the best day and time to hold monthly meetings. The next meeting will be set soon. If anyone is interested in joining, call 302-4808 and leave a message or email healthymclean@connectgradd.net

**APRIL IS
CHILD ABUSE
PREVENTION
MONTH**

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We Can!

We Can! stands for Ways to Enhance Children's Activity and Nutrition. This program from the National Institutes of Health will be offered in the county and focuses on eating better, moving more, and reducing time that children are in front of screens. At www.wecanky.org, parents and caregivers can sign up to receive a newsletter and tips. Recipes and other information are available.

According to information from the We Can! Program, the percentage of children and teens that are overweight has doubled in the past 30 years. The program will be offered in McLean County through grant funding from the Green River Regional Health Council and the Green River Area Development District. Local sponsors include the Family Resource Center, Youth Services Center, Community Education Program, and the Cooperative Extension Service.

This free, four week program will start April 15th and meet only once per week at the Subway Restaurant in Livermore on Thursdays 10:00am-11:30am. This session is limited to the first 15 people. Gifts and refreshments will be given each week, and everyone who attends all 4 sessions will be entered into the grand prize drawing. The last session will

include a celebration meal. Interested parents and caregivers can call Jennifer at 302-4808 to reserve a seat.

Kentucky Women's Health Registry

Remember the opportunity for women to help women! You can participate in the Health Registry by calling 1-800-929-2320 or at www.kywomensregistry.com. Let's take advantage of this opportunity to the fullest. Tell all of the women that you know!

**National Women's
Health Week**

May 9th- 15th

**National Health
Check Up Day**

May 10th

Thank You!

Thank you to all of the sponsors, guests, speakers, and servers at the Heart Truth Luncheon and the Dress in Blue Colon Cancer Awareness Lunch and Learn.