

# LIVING WELL

*Plan to attend great programs from your health department in 2008!*

## Family Meals – The Real Value Meal

Families that eat together on a regular basis stay closer and more connected. Children who eat meals with their parents are less likely to engage in risky behaviors and more likely to get better grades & develop healthier eating habits.

With today's busy lifestyles it can be a challenge to eat meals together. Try these strategies to make it easier.



**Make family mealtime a priority.** Put "family meal" on the calendar at least once a week.

**Keep it simple.** Spaghetti, salad and bread make a great 30 minute meal!

**Get kids involved.** Kids can wash produce, set the table or stir ingredients. Older kids can be responsible for making one meal a month.

**Be creative about the time and place.** Picnic near after-school activities or have a late dinner so everyone can eat together.

**Make mealtime fun for every one.** Instead of lecturing, practice being a good listener. This is a great way to gain insight on how your kids think and what their interests are.

**Eliminate interruptions and distractions.** Turn off the TV & radio, let the answering machine pick-up the telephone.

Share a meal with your children today and enjoy your time together! For more ideas, check out [www.mealsmatter.org](http://www.mealsmatter.org) or [www.casafamilyday.org](http://www.casafamilyday.org).

## Diabetes Alert Day

Tuesday, March 25 is National Diabetes Alert Day by the American Diabetes Association. Many people do not realize they have diabetes.

The symptoms of diabetes are: extreme thirst, blurry vision, going to the bathroom a lot, unusually tired, and losing weight without trying

Your risk for diabetes increases as you get older, gain too much weight, or if you do not stay active. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders.



Risk factors for diabetes include:

- Having high blood pressure (at or above 130/80)
- Having a family history of diabetes
- Having diabetes during pregnancy or having a baby weighing more than nine pounds at birth.

Contact our Kentucky Diabetes Prevention and Control Program Regional Coordinators Amy or Janey at 859-288-2423 with questions.



### LIVING WELL CLASSES

Lexington-Fayette County  
Health Department  
650 Newtown Pike  
Lexington, KY 40508

859-288-2423

[www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org)

## LIVING WELL SMOKE-FREE

### Cooper-Clayton Smoking Cessation Classes

Quitting smoking is easier with support! Cooper-Clayton Smoking Cessation Class is a proven way to quit smoking, especially for long-time heavy users.

This free class involves group education and support with the use of nicotine replacement products such as gum, lozenge or patches.



**Tuesdays from 5:30 to 6:30 p.m.**  
**Begins January 8, 2008 for 13 weeks**  
**Health Department Annex,**  
**805 Newtown Circle**

Call 859-288-2327 to register.

## LIVING WELL ACTIVELY

### Sisters Together: Move More Eat Better Senior Program

FREE class of very low  
impact aerobics for seniors.

**Every Tuesday and Thursday**  
**from 10:30 to 11:30 a.m.**  
**Dunbar Community Center,**  
**545 North Upper**

Call 859-288-2391 with questions.



### Range of Motion Class

Enjoy flexibility and muscle-strengthening exercises in this easy to follow Range of Motion Class.

**Every Monday, Wednesday and Friday**  
**from 11 a.m. to noon**  
**Senior Citizen's Center,**  
**1530 Nicholasville Road**

They're FREE to seniors. For more information, call 859-278-6072.

### Southern Community Cohort Study

#### Did you know?

- people living in the South have higher rates of many kinds of cancer than the rest of the United States?
- African-Americans often have higher cancer rates compared to other racial or ethnic groups?

By studying the lifestyle of 100,000 people, researchers hope to learn how to prevent cancer in the future.

#### What can you do to help?

- Come to the Health Department and talk to our study representative and answer questions about every day things in your life. All answers are confidential. Then provide a blood or mouth rinse sample.
- Every few years answer some questions by mail.

#### Who can participate?

- Men and Women age 40-79
- People of all races and ethnic backgrounds
- People who speak and understand English
- People who have not been treated for cancer in the past year

\*Please accept a gift of \$10 and an annual health newsletter for participating in the study

Call Deronia at 859-252-2371, ext 2393 for an appointment.

# LIVING WELL WITH DIABETES

## Diabetes Day at the Capitol



**February 21** is a day sponsored by the Kentucky Diabetes Network to visit our legislators in Frankfort.

Join the Health Department's diabetes educators in support of increased funding for diabetes education and supplies for Kentuckians with diabetes.

Registration begins at 8:00 a.m. Thursday, February 21, at the Capitol Annex. Please call 859-288-2423 to attend.

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## Diabetes Support Groups

Diabetes support groups are for people with diabetes who want to share and learn from others with diabetes. These FREE support groups are held at two locations every month and are open to everyone:

### Senior Center

Second **Monday** of every month from **11 a.m. to noon**. Meets at the Senior Citizen's Center, 1530 Nicholasville Road. Upcoming dates: **January 14, February 11, and March 10.**

### North Lexington Family YMCA

Second **Thursday** of every month from **5:30 to 6:30 p.m.** Meets at the North Lexington Family YMCA, 381 West Loudon Avenue. Upcoming dates: **January 10, February 14, and March 13,**

For more information, call 859-288-2423.

## Diabetes Classes

Living Well with Diabetes classes give you the latest information on healthy eating, developing an active lifestyle, reducing health risks, taking medications and problem solving with diabetes. The four-week series includes a nutrition session in each class.

**Wednesdays from 1 to 3:30 p.m.**  
**January 23 & 30 and February 6 & 13.**  
**Health Department Annex**  
**805 Newtown Circle**

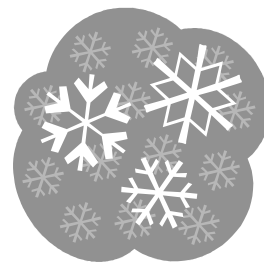
Healthy snacks and door prizes will be given at each class! For more information or to register for this FREE class, call 859-288-2423.



## Diabetes Coalition

If you would like to be more involved in the prevention and control of diabetes, come to the next meeting of the Fayette County Diabetes Coalition. Meetings are the first **Tuesday** of every even number month from **9 to 10:30 a.m.**

Upcoming meeting dates: **February 5 and April 1** at the Health Department Annex, 805 Newtown Circle. Call 859-288-2423 for more information.



## New Parent? Join HANDS!

The HANDS Program is a FREE service to help expectant families have a healthy pregnancy, a safe birth, and a stimulating environment for infant development.

Nurses and family support staff visit the family at home for basic health checks and tips on making a safe and nurturing environment for expecting mothers and new babies.

Families enroll in HANDS during their pregnancy and can remain in the program through the baby's second year of life.

For more information or to enroll, in this FREE program, call 288-2338. Many new parents want a second pair of HANDS!



## Monthly Breastfeeding Class

Learn the basics of newborn behavior and breastfeeding at these free monthly classes.

**Tuesday, January 15**  
**from 7 to 8:30 p.m.**

**Babies R Us**  
**1965 Star Shoot Parkway**  
**Hamburg Pavilion**

For more information, call 859-263-8598 or 859-288-2348.

When you're finished reading,  
please pass on to a friend  
who might be interested in  
one of these programs!

If you would like to be added  
to our mailing list for future  
**LIVING WELL** issues,  
please call  
859-288-2423.

Lexington-Fayette County 883  
Health Department  
650 Newtown Pike  
Lexington, KY 40508  
859-288-2423

ADDRESS SERVICE REQUESTED

