

FOOD, NUTRITION AND HEALTH REPORT SPRING 2009

This has been another busy year for KEHA. We have several continuing projects and several new ones to add this coming year.

We will still be collecting money for ovarian cancer research. We may have reached our million-dollar goal, but there is still much to be done in ovarian cancer research. Dr. Paulik, UK and women everywhere are counting on us. We don't want to drop the ball. We need to set our minds on a new money goal.

We are also still working with the Kentucky Women's Health Registry (KWHR). They reached their goal of women on March 1st for the past year. But they need us to continue to fill out our surveys and pass the work on to other women.

Also, we have started some new projects:

1. We are participating in the Second Sunday (2S) in October, walking program. Several counties closed a road or used a walking trail for 4 hours on Oct. 12, 2008. This year we are hoping all 120 counties will be involved in 2S and promote a healthier life style in Kentucky.
2. KEHA is partnering with NVON and ACWW for their "project in common", Awareness of Diabetes. I have been working with Ingrid Adams (UK) and doctors, nurses and agents to come up with a diabetes lesson for KEHA. I was the homemaker consultant in what homemakers would like to learn in a diabetes lesson. Even if you don't have it you probably have a family member or friend who does.
3. In these tough economic times I have been involved with promoting home food preservation to help us eat healthier for less. Whether you raise your own food or buy at the local farmers market, fresh fruits and vegetables promote a healthier life style.

To check the KEHA website go to www.keha.org and click on Food, Nutrition and Health on the left of the page. I have program updates and "from Donna" hints and recipes. It is updated 4 times a year.

Hope you have a healthy year.

Donna Shoemaker
Food, Nutrition and Health Chairman

**KEHA Program of Work Report
Food, Nutrition & Health**

From 2007 to 2008

State: Kentucky Number of Areas reporting: _____

Name of person completing this form: Donna Shoemaker Title: State Chair

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VOLUNTEERED TIME & MONEY

	<i>VOLUNTEER HOURS</i>	<i>DOLLARS</i>
Ovarian Cancer	<u>9127</u>	<u> </u>
Local Food Pantry	<u>4454</u>	<u>\$30,296</u>
List Others:	<u>33.563</u>	<u>\$30,258.50</u>

	<i>#Members Participated</i>	<i># Non – members</i>
Blood Drive	<u>1190</u>	<u>7678</u>
Exercise Regularly	<u>2451</u>	<u>55</u>
Annual Checkup	<u>4590</u>	<u>70</u>
Improved Diet	<u>2795</u>	<u>70</u>
Cancer Screening:		
Ovarian	<u>1988</u>	<u>151</u>
(Site of Screening _____)		
Breast	<u>2869</u>	<u>48</u>
Participated in the Kentucky Women’s Health Registry	<u>516</u>	<u>50</u>
List Other:		

List Food, Health & Nutrition Lessons Taught: Alzheimer’s, Big Gardens/Little Spaces, Meals for 2, Stroke Prevention, Breast Cancer Awareness, Crock Pot Meals, Spice up your Health, Holiday Tea Time, Whole Food for Whole People, Baking with Artificial Sweeteners, and many others.

List UK Programs Used: Moving for Health, Weight the Reality, LEAP, Get Moving Ky, Master Food Volunteers, Never say Never Diet (weight series)

Use the back of this sheet for other, narrative report of special activities or bragging.

- 2nd Sunday
- One member realized a family member was having a stroke by what they learned in KEHA
- 1 county gave a free mammogram
- 800 meals to children for Housing Authority Summer Feeding Program
- Cancer Hats
- Furnished a room at Women’s Center
- Food baskets
- Backpack snacks program
- Cooking schools