

FOOD, NUTRITION, AND HEALTH

All educational chairmen are expected to work together to integrate their programs of work when possible. This subject area deals with ones health, nutrition and food. The chairmen should be aware of the following when planning their program of work:

1. Promote the University of Kentucky Ovarian Cancer Research Fund program with increased donations and participants;
2. Promote 2nd Sunday;
3. Promote Diabetes Awareness-Project in common with NVON;
4. Promote women's health issues;
5. Promote mental health awareness;
6. Keep aware of new food preservation, food safety and new technology in the food industry;
7. Provide nutritional information on recipes, food, etc;
8. Conduct programs that contribute to improving nutrition, diet, and health;
9. Promote the Kentucky Women's Health Registry;
10. Promote programs that train others to assist with home health care;
11. Keep informed about legislation that affects health issues; insurance, Medicare, prescriptions, etc.;
12. Participate in programs to distribute food to the needy; and
13. Promote programs that will help people maintain good emotional and physical health such as: Wildcat Way to Wellness, Expanded Foods and Nutrition Education Program (EFNEP), Get Moving Kentucky, etc.

**Food, Nutrition & Health
Program of Work
2009-2011**

Area of Focus: To bring KEHA members and other Kentuckians out of the Red by living healthier lifestyles through education and prevention.

Goals:

1. To promote healthier eating for a healthier Kentucky.
2. To promote preventative instead of corrective medicinal practices.
3. To promote cancer screening, especially ovarian and breast.
4. To continue the Ovarian Cancer Research Fund.
5. To promote members and other women to join the Kentucky Women's Health Registry.
6. To fight against type 2 Diabetes.
7. To collaborate with local school districts, health departments, organizations, clubs, churches, KEHA chairs and UK programs.

Objectives:

1. To improve the health of KEHA members and Kentuckians through diet and exercise.
2. To eliminate a sedentary lifestyle for both adults and children.
3. To encourage medical check-ups plus heart and cancer screenings.
4. To continue \$1 per member donation and additional fund raisers for ovarian cancer research.
5. To spread the word about the Kentucky Women's Health Registry.

Activities:

1. UK Ovarian Cancer Program
2. Kentucky's Women's Health Registry
3. Second Sunday
4. Project in common with NVON & ACWW
 - a. Obesity Awareness/Fight Against Type 2 Diabetes
5. Work with other KEHA Chairmen
6. UK and H.E.E.L. programs
 - a. Wildcat Way to Wellness
 - b. Clover Cat Way to Wellness
 - c. Get Moving Kentucky
 - d. Get Moving Kentucky Youth
 - e. Weight- The Reality Series
 - f. Super Star Chef program
 - g. L.E.A.P.
7. Local Blood Drives
8. Health Department/Hospitals
 - a. Local Health Fairs
 - b. Educational Programs
9. Local Food Pantries or Food Banks
10. Other Community Organizations