FRIDAY NIGHT FACTS
Office of Faith-Based and Community Initiatives

Mitchell E. Daniels, Jr., Governor Paula Parker-Sawyers, Executive Director

A Periodic Publication for Indiana AmeriCorps* Programs and Community Service Partners

April 28, 2006 Volume 6 , Issue 11

Welcome to Friday Night Facts! Three of the four pages of this issue address health issues in one way or another. You might ask, why is the Office of Faith-Based and Community Initiatives talking so much about health? This issue above many others is the one that more Hoosiers struggle with on a daily basis. Whether it is how to pay for prescription drugs, obesity or the flu, health issues can impact the quality of a person's life dramatically. Our office wants to make sure that we are part of the Governor's emphasis on health by bringing you the most up to date information available on this important topic.

We will continue to bring you information about the potential pandemic flu and other issues of significant concern in the coming weeks. If there is a topic you want to know about, please contact us with your question or concern. Have a great week.

Paula

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The Skinny on Eating Healthy

Based on what you've heard or read lately about eating healthy, do you try to avoid carbohydrates or trans fat completely? Skip entire food groups? Almost 60 percent of consumers have the misconception that eliminating foods is key to losing weight, according to a recent survey. Some say, "We hear more about what we can't eat than what we can." Confused?

Sorting through the never-ending flow of nutrition information and misinformation isn't easy, especially when you're trying to make good food choices for the whole family.

Before you let health and nutrition news make you feel like throwing all caution -- and wisdom -- to the wind, let INShape Indiana and FitCity, two organizations committed to bettering Hoosier's health habits, offer a few tips:

- **Do your research.** Make your food decisions on studies (plural!) from credible sources.
- **Listen to the experts.** Call a nutrition expert – perhaps in a university extension office, hospital, or public health agency in the city or town where you live. Get a referral to a local registered dietitian at http://www.eatright.org
- **Search the Web.** There are a variety of sites with healthy recipes -- check out http://www.recipesouce.com or http://www.lightenupindiana.com to plan healthy meals in a snap.
- **Get up close and personal.** Make sure "hot" news in health applies to your personal needs. If you're not sure, talk it over with your doctor or a registered dietitian.

Don't forget to log on to http://www.INShape.IN.gov to provide an update on your progress and http://www.fitcity.info for additional information on eating healthy and staying fit.

Sources: 365 Days of Healthy Eating from the American Dietetic Association (Wiley 2004), Roberta Larson Duyff, MS, RD, FADA, CFCS; Reprinted with permission of John Wiley & Sons, Inc.

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WE NEED YOUR HELP.

CoverTheUninsuredWeek MAY 1-7 2006
www.CoverTheUninsured.org

Nearly 46 million Americans are uninsured.
Indiana's uninsured population is growing
More than 8 million are children.
more than twice the national average.

THE PLIGHT OF THE UNINSURED

A community forum & health fair

Wednesday, May 3, 2006 ▶ Tabernacle Presbyterian Church
418 East 34th Street

2-8 p.m. ▶ Community Room

Health & Information Fair

- screenings
- health insurance enrollment onsite
- information on health cost assistance programs
- medicare part D enrollment counselors

5:30-7:30 p.m. ▶ Sanctuary

Community Forum

Cheryl Parker, WXIN-59, will moderate a discussion about how recent changes in the system affect Indiana residents. Short and long-term solutions will be offered.

KEYNOTE SPEECH

Healthcare Affordability
Mitch Roob
Secretary of Indiana Family and Social Services Administration (FSSA)

OTHER SPEAKERS

Matthew Gutwein, CEO
Health and Hospital Corporation of Marion County

A Human Services Agency Representative

A Small Business Owner

A Faith-Based Community Representative

For more information call 317.221.3178.

PARTNERS

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More information on INShape Indiana

In an effort to improve the health of Hoosiers, Governor Mitch Daniels created INShape Indiana, a state-wide health initiative to promote better nutrition, increased physical activity, and smoking cessation.

Indiana currently ranks 9th in obesity and 7th in adult smoking. The poor health outcomes associated with obesity and smoking negatively impact the health of Hoosiers as well as the state's economy.

INShape Indiana is about helping Hoosiers make healthy choices by providing a link to valuable resources and offering fun challenges to improve overall health and well-being. INShape Indiana is not just another program; it is an initiative to coordinate the many efforts taking place across the state to combat obesity and smoking.

INShape Indiana is primarily a web-based program. To register, log on at www.INShape.IN.gov Registration for INShape Indiana is free. Members receive e-mail reminders every other week to update their progress. Members are also eligible for other incentives such as discounts at Marsh supermarkets, free admission to state parks, discounted tickets to athletic events, and so on.

Be a part of the Indiana comeback! Register today for INShape Indiana.

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Medicare Outreach Programs Schedule

Lilly volunteers will be at the following location to distribute information about Rx for Indiana and Medicare Part D.

Sunday:	April 30 12:45 – 2:00 PM	Progressive Missionary Baptist Church 4625 W. 59th Street Indianapolis, IN 46254

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NO CHILD LEFT BEHIND UPDATE

The U.S. Department of Education has issued a final regulation interpreting a provision in the ***No Child Left Behind Act*** that guarantees the Boy Scouts and other "patriotic" youth groups "equal access" to public schools that receive federal funding. The regulation states:

* schools may not deny Boy Scout troops the same use of campus meeting space, bulletin boards, information distribution methods, and recruiting opportunities that they provide to other outside groups;
* schools' usual campus rules, such as a ban on knives, may be applied to Scout troops;
* schools are not required to sponsor Scout troops; and
* schools may charge fees for use of facilities, as long as they treat the Scouts no less favorably than any other group.

For more information, please go to http://www.ed.gov/legislation/FedRegister/finrule/2006-1/032406a.html

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Philanthropy Summit

Make a Difference Michiana is hosting a Summit on May 9th at the Century Center in South Bend. The Summit will bring together the executives of the non profit sector with the good corporate citizens of Michiana with the goal of forging innovative partnerships. The keynote speaker at the luncheon will be Jeff Terry from Whirlpool. He oversees Whirlpool's global alliances with non profits including their relationship with Habitat for Humanity. Jeff will address the topic: *Corporate Philanthropy — What's In It For You?* He will share his experiences of working with non profit organizations and the benefits of collaboration. Following the luncheon there will be a Non Profit Expo. The goal of the Expo is to create an atmosphere where local businesses can find a non profit organization that suits their corporate mission and begin developing philanthropic partnerships. For more information, please call Make A Difference Michiana at 574-234-5543.

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Pandemic Flu Prep

This week's segment contains general questions and answers for immunosuppressed persons. If you would like further information, please visit http://www.pandemicflu.gov

What is an immunosuppressed person? An immunosupressed person is anyone who is on cancer therapy which suppresses the immune system, is taking medication after a transplant to prevent rejection, is infected with Human Immunodeficiency Virus (HIV – the virus that causes AIDS), is taking immunosuppressive medication for another disease, or has a defect of their immune system.

What can immunosuppressed people do to help protect themselves from pandemic influenza? All of the same protective measures recommended for the general population are also recommended for immunosuppressed people. People with suppressed immunity to diseases should protect themselves by not going places where there are crowds such as sporting events, crowded grocery stores or malls, and churches and schools. They should also avoid contact with anyone sneezing or coughing.

Should an immunosuppressed person receive the inactivated influenza vaccine? Influenza vaccination is the first line of defense against influenza. However, there is currently no vaccine available against any future pandemic influenza strain. We will not know what strain of influenza virus will cause pandemic influenza until the pandemic starts. After the strain is identified it will take at least 6 months to develop vaccine, so a vaccine will not be available during the early parts of a pandemic. It is recommended that you take the pandemic strain influenza vaccine when it becomes available for your use.

Are there immunosuppressed people who should NOT receive the inactivated influenza vaccine? Anyone, including immunosuppressed people, who has a history of severe allergy (i.e. anaphylactic allergic reaction) to hens' eggs, or a history of onset of Guillain-Barre syndrome during the 6 weeks after vaccination should not receive the inactivated influenza vaccine (flu shot).

What other issues should be considered? Immunosuppressed people may have a poor response to immunization. Therefore, the use of antiviral medications for prevention (if they are available) should be considered if an immunosuppressed person is likely to be exposed to people with influenza.

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"We have the greatest hospitals, doctors, and medical technology in the world—we need to make them accessible to every American."
Barbara Boxer