

# HOSA team raises prediabetes awareness

*Prediabetes: Stopping the runaway train*

By LINDI COMPTON  
SPECIAL TO THE R-H

When you think of the bluegrass state of Kentucky, what comes to mind?

Kentucky is known for some of the nation's best college basketball, Kentucky Derby, or we may even be known for our southern hospitality. Kentucky has lots of great qualities, although there are some that we are not proud of.

As of 2017, Kentucky had the 7th highest obesity rate in the nation according to Adult Obesity in the United States. This is a concern because obesity is a leading factor in Prediabetes. Unfortunately most Kentuckians are not even aware of this silent epidemic.

Prediabetes is silently sneaking up on Americans today. According to the American Diabetes Association over 84 million have pre-diabetes

and surprisingly 90% of these people don't even realize they have it. This silent condition will advance to Type 2 Diabetes if left undetected. There are over 1.5 million Americans diagnosed with diabetes every year according to the Centers of Disease Control. Diabetes causes many health problems and even death without proper medical management.

HOSA - Future Health Professionals has numerous competitions enabling students to raise awareness for multiple health conditions that people face across our nation. HOSA is a student led organization for individuals interested in pursuing a career in health care and gives students the opportunity to make a difference in the community. Each small change will educate individuals to make changes that will produce a healthier America. Our local Green County ATC HOSA Chapter participates in many different community service activities and



Photo submitted

Green County ATC HOSA Community Awareness students are, from left, Abby Knoy, Isaiah Young, Lindi Compton and Morgan Hadley.

awareness projects throughout the year.

This year, our HOSA - Community Awareness Team, Morgan Hadley, Lindi Compton, Abby Knoy, and Isaiah Young, are participating in the in the HOSA Leadership Conference in March.

The team wanted to continue to raise awareness about the epidemic of predia-

betes. The project focuses on Prediabetes and the danger it places on individuals if undetected. We are concentrating on raising awareness to the subtle changes that individuals can make to their daily lives to prevent prediabetes which will lead to Type 2 Diabetes. It is our goal to bring attention to the fact that it is

never too late to start making healthy lifestyle changes. Recognizing that one is at risk is a good place to start. According to the CDC risk factors include: being overweight, over the age of 45, having a brother, sister, or parent with diabetes and living a sedentary lifestyle.

If you are one of many Americans at risk, you can make changes to prevent diabetes. These subtle changes, such as, eating a healthy diet, getting at least 30 minutes of exercise daily, and visiting the doctor regularly, can help prevent type 2 diabetes. We must start becoming a society that is proactive in our approach to the diseases that plague our community including Type 2 Diabetes. Researching Prediabetes has helped to open our eyes to the possibility that we too could develop Prediabetes leading to the life altering condition. Our goal is to raise awareness within all age groups that will overall make our community healthy

and strong insuring a healthier tomorrow. One simple way that you can determine if you might be at risk is by going to the internet and taking a quick test to see if you are at risk at [www.doi-havediabetes.org](http://www.doi-havediabetes.org) Taking this simple screening questionnaire can give you a starting point to becoming aware of prediabetes so that you can start making some lifestyle adjustments in order to become healthier.

Kentuckians can make subtle lifestyle changes that will prevent Prediabetes and further illness. It is our hope that our local HOSA Community Awareness team has and will positively impact our community into making simple lifestyle changes in our daily lives. While these changes may seem small, they make a huge difference in overall health. It is not too late; Kentucky can be known as one of the healthiest states in our great nation! Help us raise awareness about Prediabetes, and stop this runaway train in its tracks!

## Bluegrass Cellular announces scholarship

Applications are now being accepted for Bluegrass Cellular's 2019 Scholarship Program. This annual program, now in its 8th year, will award 12 scholarships to local college-bound high school seniors in the surrounding area of Central Kentucky. Applications are due Friday, March 29.

This scholarship program was created to help local students pursue higher education and help offset the cost of tuition. Scholarships will be awarded based on a student's academic achievements, school/community involvement, scholarship essay, letters of recommendation and financial need. To be eligible, applicants must live and attend high school within Bluegrass Cellular's 34-county home-service area. Scholarship

winners will be notified in May 2019.

The application and complete list of guidelines are available at [bluegrasscellular.com/scholarships](http://bluegrasscellular.com/scholarships). Interested applicants can also pick up applications from their school guidance counselors or at any of Bluegrass Cellular's Customer Care Centers. To find

the nearest Bluegrass Cellular Customer Care Center, visit [bluegrasscellular.com/locator](http://bluegrasscellular.com/locator).

"The Bluegrass Cellular Scholarship Program represents our commitment to helping students in the communities we serve," said Barry Nothstine, Vice President of Sales and Mar-

keting for Bluegrass Cellular. "We're excited to help local students take the next step toward furthering their educational goals."

For additional information contact Mackenzie Riordan, Bluegrass Cellular's PR & Event Specialist, at 270-765-6361 ext. 5238 or [mriordan@bluegrasscellular.com](mailto:mriordan@bluegrasscellular.com).

## GC school lunch menu Feb. 14-20

The Green County school lunch menu for Feb. 14-20 is:

**Thursday, Feb. 14:** Chicken noodle soup/grilled cheese or pizza, fresh broccoli cup/ranch, corn, mandarin oranges, banana and choice of low fat milk.

**Friday, Feb. 15:** Chili cheese dog or chicken nuggets, bread, potato smiles, baby carrots, ranch dip, pineapple, apple, sidekicks, and choice of low fat milk.

**Monday, Feb. 18:** No school.

**Tuesday, Feb. 19:** Boneless chicken wings/bread or hamburger on bun, cheesy potatoes, peas, mandarin oranges, apple and choice of low fat milk.

**Wednesday, Feb. 20:** Mini corn dogs or breaded chicken tenders, breadstick, potato wedges, garden spinach salad, pears, grapes and choice of low fat milk.

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