



TAKING STEPS TOWARD PERSONAL WELLNESS

Often the hardest part of getting started on the journey toward a healthier lifestyle is taking that first step. A good “first step” can be by simply completing a Health Risk Assessment (HRA). A HRA is a questionnaire with questions that help determine your current health and your health risks. There are questions regarding your and your family history of illnesses and medical conditions which can identify health risks for you. There are questions about your health habits and lifestyle, which can identify areas that you may need to work on to improve.

The Lake Cumberland District Health Department Health Calculator & Wellness Profile is an easy, convenient, confidential HRA, and only takes about 20 minutes to complete.

After completing the questionnaire, you will receive a snapshot Wellness Profile of your overall health status and recommendations to help you increase your health score. This Wellness Profile is also helpful as it provides a list of important needed health screenings, vaccinations, and risk factors that you can take to your healthcare provider to discuss. Community resources and handouts are also available online to supplement your Health Calculator results.

Please visit the Health Calculator & Wellness Profile at <https://secure.lcdhd.org/assessment/> to take the first step toward personal wellness.

It is important to point out that Kentucky is one of the unhealthiest states in

our nation; but, a few healthy lifestyle choices could change this. First, eating normally proportioned helpings of nutritious foods including at least five fruits and vegetables a day can lower weight and reduce heart disease and diabetes. Second, exercising about 30 minutes per day can lower blood pressure. Third, avoiding the use of tobacco products can reduce several types of cancer. Finally, making sure you get your needed preventive screenings can detect diseases early and greatly increase your chances for a positive health outcomes, while receiving your recommended vaccinations can prevent acquiring disease in the first place. Visit our website at www.LCDHD.org and click the “52 Weeks to Health” banner to learn more about each of these areas.

How to conserve energy while keeping the AC on



Air conditioning is a welcome luxury come the dog days of summer. Few people can imagine getting through a hot summer afternoon without turning their AC on, and that can make July and August some of the more costly months on the calendar in regard to energy consumption.

Though the months of July and August may not seem well-suited to cutting energy consumption, there are ways to conserve that don’t require turning off the AC.

- Reconsider the location of your thermostat. The Performance Building Institute, Inc. notes that thermostats are sensitive to heat. Thermostats located near heat-generating appliances like lamps, televisions and computers may be fooled into thinking a home’s interior is warmer than it actually is. That will keep a temperature-controlled AC running longer and more frequently than is

necessary. If necessary, move the thermostat to a part of the home where there are no electronics and appliances.

- Emphasize maintenance of the AC unit. Even the most energy-efficient AC unit will be forced to work harder, and consume extra energy, if it’s not well-maintained. The Office of Energy Efficiency and Renewable Energy notes that ENERGY STAR-certified HVAC equipment can yield annual energy savings of 10 to 30 percent. But such products must be maintained. Annual maintenance appointments with an HVAC technician can ensure the unit is clean and refrigerant levels are correct, helping it run as efficiently as possible.

- Embrace natural ways to keep a home’s interior cool. Cranking the AC is not the only way to maintain a comfortable temperature inside a home during the months of July and August. Closing curtains on

especially warm days keeps the sun out and makes it easier to maintain comfortable temperatures inside without lowering the temperature on the thermostat. Avoiding the stove on hot nights and preparing cold meals or firing up the grill outside is another way to keep the house cool.

- Address insulation issues. Cracks around windows and doors affect the temperature inside the home, making it colder in winter and warmer in summertime. Seal cracks around doors and windows to keep the cool air in during the summer. Keeping that air in should allow you to raise the temperature on your thermostat without compromising comfort.

Come the dog days of summer, conserving energy needn’t come at the cost of comfort. Various strategies can help people reduce their energy consumptions and keep their air conditioners on.

Dear Dietitian

Dear Dietitian:

I seem to get three or four bladder infections every year. My friend told me to try cranberry supplements. Do they work?

Thank you, Meredith

Dear Meredith,

Anyone who has suffered through a urinary tract infection (UTI) knows the discomfort that comes with it. As many as six million people endure a UTI each year; most are healthy females ages 20 to 40. A UTI occurs when bacteria, such as *Escherichia coli* (E. Coli), make their way to any part of the urinary system—the bladder, kidneys, ureters, and urethra.

Some prefer a more natural approach to healing and may choose cranberry juice or tablets to defend against UTIs. Cranberries were once thought to help UTIs by making the urine more acidic, making it more difficult for bacteria to survive. More recent research has found that cranberries contain a nutrient called proanthocyanins (PACs) that change the surface of E. Coli, making it less likely to stick to the urinary tract.

In an analysis of randomized controlled trials (RCTs), the gold standard of research, Wang et al. found that cranberry-containing products were associated with UTI prevention, particularly for women with recurrent UTIs (1). Several other

studies showed similar results. It is important to note that cranberry products do not treat UTIs but aid in their prevention.

Overall, most well-designed studies show that cranberries help prevent recurrent UTIs in healthy middle-aged women. Studies did not produce similar results in elderly populations.

The question that follows is, “How much cranberry is needed?” The consensus is that 36 mg of PAC equivalents each day is required for UTI prevention. This amount can be found in one to two cups of cranberry juice cocktail (26% cranberry juice) (2). If you choose a supplement or extract form, check the label for PAC equivalents.

Cranberry products are considered safe, but some have reported stomach upset and diarrhea when using them. Keep in mind that cranberry juice cocktail tends to be high in sugar, although there are lower-sugar versions. Cranberries, extract, and supplement forms are high in oxalates. Oxalates bind with calcium and increase the risk of kidney stones. Do not use cranberry products if you are prone to kidney stones.

When choosing any supplement, select one with USP on the label. The United States Pharmacopeia (USP) is a non-profit organization that tests supplements and medications for quality, potency,

and absorbability. USP helps you get the most for your money.

Until next time, be healthy!

Dear Dietitian

Disclaimer: This column is for educational purposes and is not a substitute for medical care. Talk to your healthcare provider if you think you have a urinary tract infection and follow their recommendations.

Citations

Wang CH, Fang CC, Chen NC, Liu SS, Yu PH, Wu TY, Chen WT, Lee CC, Chen SC. Cranberry-containing products for prevention of urinary tract infections in susceptible populations. *Arch Intern Med* 2012;172:988–96.

Wight CE, Thornby KA. Evidence to support use of cranberry to prevent and treat UTIs is limited. *Pharmacy Today*. 2017 Jan 23(1): 29.



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dietitian based in St. Louis, Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at deardietitian411@gmail.com. Dear Dietitian does not endorse any products, health programs, or diet plans.

Russell County Public Library Mobile Library Outreach Van Request for Sealed Bid

Russell County Public Library is seeking competitive sealed bids for an outreach van to be used as a mobile library. Sealed bids must be received by the Library, either in-person or by mail, **no later than 9:00 am Central Time, Friday, July 29, 2022.**

Scope of Vehicle

1. Minivan. Reference Vehicle: 2022 Chrysler Pacifica Hybrid Touring L.
2. New (unused) and of manufacturer’s current model year production.
3. Must comply with all applicable Federal environmental, motor vehicle, and safety regulations.
4. Shall be equipped with all features and accessories considered standard for the make and model, unless explicitly stated in Mandatory Vehicle Specifications below.

Preferred Vehicle Specifications

1. Hybrid Engine

Mandatory Vehicle Specifications

1. Exterior
 - a. Paint: Bright White Clear-Coat
2. Interior
 - a. Seats: Leather or Vinyl Synthetic
 - b. Cargo Volume: 140 cubic feet
 - c. 2nd and 3rd row seating Stow & Go or completely removable
3. Driver Assist & Technology
 - a. 115V Power Outlet
 - b. Back-Up Camera
 - c. GPS Navigation
 - d. Cruise Control
 - e. Lane Keep Assist

Sealed Bid Must Include

1. “Mobile Library Outreach Van” and bidder’s name written on the sealed envelope
2. Vehicle detail and spec sheet
3. Quote for final sales price
 - a. Including dealer or manufacturer discounts and rebates
 - b. Including tax, title, license, transport/delivery, and any other fees (Note: RCPL is exempt from Kentucky sales tax and can provide certificate of exemption)
4. Warranty and service details, if applicable
5. Anticipated date of delivery

Submission and Sealed Bid Opening

1. Questions will only be accepted in writing to Lindsey Westerfield, Library Director, at lindsey@russellcountylibrary.com no later than Monday, July 25, 2022.
2. Sealed bids must be received by the Library **no later than 9:00 am Central Time, Friday, July 29, 2022.**
3. Sealed bids must be submitted by mail or delivered in-person in a sealed envelope to: Lindsey Westerfield, Library Director, Russell County Public Library, PO Box 970 - 535 N. Main St., Jamestown, KY 42629.
4. Oral proposals or proposals delivered by electronic means such as fax or email will not be considered.
5. Sealed bids will be opened publicly and read aloud at **9:00 am Central Time, Friday, July 29, 2022 at the Russell County Public Library.**

Review and Award of Bid

1. The specifications within this document are intended to establish the mandatory specifications and class of product required, therefore only deviations which do not affect the form, fit, or function of the equipment will be considered and such considerations will be at the sole discretion of the Library.
2. The Library reserves the right to request additional information or clarification of bid responses.
3. An award will be made by the Russell County Public Library Board of Trustees. The successful bid will be awarded on best evaluated and not necessarily lowest price. The Library reserves the right to accept or reject any or all bids for any reason.
4. All bidders will be notified of the Library’s selection as soon as possible. The successful bidder is expected to enter into a written contract with the Library. Bids must be valid for at least 30 days from the bid opening date.