

Childhood Obesity – Why It Matters

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Childhood obesity is a critical public health problem that affects many kids today. It means that a child has too much body fat, which can lead to serious health issues. Doctors use the Body Mass Index (BMI) to determine if a child is overweight or obese. If a child's BMI is in the 95th percentile or higher compared to other kids of the same age and sex, they are considered obese. The most recent Community Health Assessment of each county in the Lake

Cumberland District found obesity to be one of the top concerns.

There are several reasons why more kids are becoming obese. Many kids eat a lot of fast food, sugary snacks, and drinks like soda, which have a large amount of sugar. These foods have a lot of calories and not much nutrition. Eating too many of these can lead to weight gain.

Kids today often spend much time sitting down, playing video games, watching TV, or using computers and phones. When kids don't get enough physical activity, it's harder

for their bodies to stay healthy and fit.

Sometimes, families may not have easy access to healthy food or safe places to play outside. This can make it harder for kids to make healthy choices.

Being obese can lead to serious health problems. Diabetes is one of the primary results of obesity. Diabetes is a disease where the body can't control blood sugar levels, leading to high blood sugar. Type 2 diabetes is becoming more common in kids with obesity.

Kids who are obese are at a higher risk for heart issues, like high

blood pressure or high cholesterol.

Extra weight can put stress on joints, leading to pain and problems with movement.

Obesity can cause problems like sleep apnea, where a person has trouble breathing while sleeping.

Kids who are obese might feel unhappy, be bullied, or have low self-esteem, which can affect their mental health and well-being.

There are several ways to help prevent and manage obesity. It is important to eat a balanced diet that includes fruits, vegetables,

whole grains, and lean proteins. Reducing the amount of junk food and sugary drinks can help maintain a healthy weight.

Aim for at least 60 minutes of physical activity every day. This can include playing sports, riding a bike, dancing, or just playing outside with friends.

Reduce the amount of time spent watching TV or playing video games. Instead, encourage activities that involve moving around.

Families can help by making healthy food choices, being active together, and encouraging a positive attitude about

health and body image.

Schools and communities can also help by offering healthy meal options, providing safe places for exercise, and teaching kids about healthy living.

Childhood obesity is a serious issue, but with the right knowledge and support, we can make a difference. By making healthier choices, staying active, and supporting each other, we can help kids lead healthier, happier lives.

Source: <https://www.cdc.gov/obesity/php/data-research/childhood-obesity-facts.html>

National Deaf Awareness Month

Highlighting the Importance of Hearing Health

From Rosalind Harvey
Education and Labor
Cabinet

September is National Deaf Awareness Month, and with approximately 700,000 Kentuckians experiencing some degree of hearing loss, the Governor and the Kentucky Commission on the Deaf and Hard of Hearing (KCDHH) are encouraging both private and public entities to promote hearing health, ensure access to communication, and support all Kentuckians with hearing loss.

Hearing loss is one of the most common

conditions affecting communication, education, employment, safety and health across the state. Yet many individuals still face barriers to timely screening, diagnosis, treatment and full participation in everyday life.

"Deaf Awareness Month is an opportunity for all Kentuckians to learn about prevention, early screening and communication access, and to better understand the challenges faced by our neighbors suffering from hearing loss," Governor Andy Beshear said.

"Untreated or undressed hearing loss is linked to language delays in children, reduced academic achievement, social isolation and depression across all ages, increased risk of falls, and heightened risk of cognitive decline and dementia in older adults. I encourage all Kentuckians to educate themselves and others about hearing health, its impact, and the steps we can take to make it a priority as we build Our Healthy Kentucky Home," he said.

Kentucky joins

national and global efforts in September to highlight Deaf Awareness Month and encourages individuals and organizations to take steps toward more communication, greater awareness, and stronger support for deaf and hard of hearing Kentuckians.

"Hearing loss is one of the most common, yet most overlooked and misunderstood health issues. Too often, it's seen only as a disability instead of the major public health concern it truly is. We must start talking about hearing

loss and make hearing health part of our routine care, just like we do for heart health," said Anita Dowd, executive director of the Kentucky Commission on the Deaf and Hard of Hearing (KCDHH).

"KCDHH is here to help – offering the public, providers and policymakers the information and resources they need to understand hearing loss, recognize its impacts and take steps to improve communication and quality of life," she said.

If you believe you or someone you love

may have hearing loss, schedule a visit with your doctor or a licensed audiologist to confirm it, take steps to address it, and discover the resources that can support better communication and connection.

For more information about hearing loss, visit the Kentucky Commission on the Deaf and Hard of Hearing website.

Follow the Kentucky Education and Labor Cabinet on Facebook and Twitter for all the latest updates.

Subscribers Like You Make The Difference!



On The River

RODEO & CONCERT

Honoring Special Needs

SAT. OCT 11

CLAY CO. FAIRGROUNDS

215 Arcott Road • Celina, TN 38551

1 P.M. GATES OPEN • 3 P.M. SLACK
5 P.M. RODEO • CONCERT TO FOLLOW

Tickets:

Online	At Gate	6 and Under
\$30	\$40	Free
+Fees		

SPECIAL APPEARANCE
CODY BREWER



More Info:
James and Tiffany Atchley
931-397-1380
Alayna Colson
931-644-6013

"We are holding this Special Rodeo & Concert in honor of our 7-year-old grandson Grayson Bilbrey, his teacher Ms. Virginia, and all Clay County Schools special needs classes!"
-Bullwhip owners James and Tiffany Atchley



KEITH ANDERSON
Cherokee Hope & The Tribal Elders

CUMBERLAND COUNTY WATER DISTRICT
BURKESVILLE, KENTUCKY

KY HIGHWAY 90 OVER DUTCH CREEK
WATER SYSTEM RELOCATION

ADVERTISEMENT FOR BIDS

Sealed Bids for the construction of the KY Highway 90 over Dutch Creek Water System Relocation project will be received by the Cumberland County Water District, at their central office, 133 Lower River Street, Burkessville, KY 42717 until 11:00 a.m., local time on October 10, 2025, at which time the Bids received will be publicly opened and read. The Project consists of constructing approximately 1,630 LF of 8-inch PVC water line; 410 LF of 10-inch HDPE water line via directional bore; 40 LF of 4-inch PVC water line; 625 LF of 1-inch PE service line; conventional boring; and other related appurtenances.

Bids will be received for a single prime Contract. Bids shall be on a lump sum and unit price basis, with additive alternate bid items as indicated in the Bid Form.

The Issuing Office for the Bidding Documents is Monarch Engineering, Inc., 556 Carlton Drive, Lawrenceburg, Kentucky 40342, (502) 839-1310, James L. Mudd, P.E., lmudd@monarchengineering.net. Prospective Bidders may examine the Bidding Documents at the Issuing Office on Mondays through Fridays between the hours of 8:00 a.m. – 12:00 p.m. and 1:00 p.m. – 5:00 p.m., and may obtain copies of the Bidding Documents from the Issuing Office as described below.

Printed copies of the Bidding Documents may be obtained from the Issuing Office, during the hours indicated above, upon payment of a deposit of \$250.00, non-refundable, for each set. Checks for Bidding Documents shall be payable to "Monarch Engineering, Inc." Upon request and receipt of the document deposit indicated above, the Issuing Office will transmit the Bidding Documents via delivery service. The date that the Bidding Documents are transmitted by the Issuing Office will be considered the Bidder's date of receipt of the Bidding Documents. Partial sets of Bidding Documents will not be available from the Issuing Office. Neither Owner nor Engineer will be responsible for full or partial sets of Bidding Documents, including Addenda if any, obtained from sources other than the Issuing Office. Plans purchased by one party and bid by another party will not be accepted. Plans will be available for purchase until 4:00 p.m., (E.D.T.), October 8, 2025.

Bid security shall be furnished in accordance with the Instructions to Bidders. Any bid that is obviously unbalanced may be rejected. The Cumberland County Water District reserves the right to reject any and all bids and waive informalities

Owner: **CUMBERLAND COUNTY WATER DISTRICT**

By: **TROY NORRIS**

Title: **CHAIRMAN**

Date: **SEPTEMBER 24, 2025**