Health Literacy A Problem For Many Kentucky Populations

By Nadia Ramlagan **Public News Service**

Low health literacy can lead to poorer health outcomes, and groups across Kentucky are working to help communities make more informed decisions about their health.

Kentucky providers are placing the most focus on populations that may not understand brochures or their diagnosis. Federal data estimates that low health literacy costs the nation up to \$238 billion per year.

Liz Edghill, director of refugee and immigrant services for Family Health Centers in Louisville, said understanding brochures, charts and screenings, and knowing how to use key medical tools are all examples of health literacy.

"Sometimes people will conflate it with literacy, like the ability to read and write, and that does have to do with this," Edghill said. "But there's also numerical literacy and just health information and jargon. So it's a little more complex than just the ability to read."

According to data from the Harvard TH Chan School for Public Health, health literacy levels have dropped to record lows for American teens. They

are dropping for American adults as well.

Edghill said poor health literacy cause people to delay preventive care or take their medications incorrectly.

"That might mean higher mortality, increased hospital use, definitely increased emergency department use," Edghill said.

Health Literacy Kentucky, a statewide coalition, has developed a series of materials aimed at helping clinicians improve understanding and comprehension in the health care setting, which is available online.

The Sturgis News

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Did You Know .

July 4, 1776, is an important date in American history that is widely considered the birthday of the United States of America. But some people argue that August 2 should actually be America's birthday, since that was when the Declaration of Independence was signed. The National Archives says that the Continental Second Congress adopted the United States Declaration of independence on July 4, 1776, formally severing ties with Britain. The approved Declaration was printed on July 5. On July 19, Congress ordered that the document be engrossed on parchment, which is a process of copying an official document in large hand. It is surmised that the engrosser was Timothy Matlock, an assistant to Charles Thomson, secretary to the Congress. It was nearly a month after the Declaration was adopted before the document began to be signed by delegates. The signing of the Declaration of Independence occurred primarily on August 2, 1776, at the Pennsylvania State House in Philadelphia, a building later renamed Independence Hall. John Hancock, who was the President of the Congress, was the first to sign the engrossed copy. Signatures were

northernmost to southernmost. Fifty-six delegates eventually signed the document, although not all were present to sign on August 2. Some delegates never tee.

managed to sign the Declaration, including Robert R. Livingston of New York, who was a member of the Declaration's drafting commit-

COOPERATIVE EXTENSION SERVICE

4-181 NEWS

University of Kentucky • College of Agriculture By

> ANNETTE BUCKMAN **COUNTY EXTENSION AGENT FOR 4-H**

Holiday Break Offers Chance For Families To Get Active

Without Screens

The holiday season brings families together, but after a few days at home, even the most festive households can start searching for new ways to stay entertained. With smartphones, tablets and laptops so readily available, it can be easy for young people to drift toward screens for distraction. However, experts say the holiday break presents a perfect opportunity for families to reconnect, stay active and enjoy meaningful, screen-free time

together.

Outdoor activities are a natural choice when the weather cooperates. Sledding, snowball fights, skiing, building a snowman or even shoveling snow can get kids moving while offering plenty of fun. These activities promote physical health, help burn off extra holiday energy and allow families to make memories outside the house. For those who prefer to stay warm indoors—or for regions where snow isn't guaranteed—there are still plenty of active options. Stretching, dancing, or tackling simple home decorating projects can keep families engaged and on their feet. Trips to museums, bowling alleys, gyms or even the local mall can also provide a healthy dose of

The holidays also offer a chance for parents and guardians to share hobbies with their children or discover new interests together. Cooking or baking as a family is both educational and enjoyable, especially when children choose the recipe and help measure ingredients. For youth who enjoy creative projects, making jewelry, drawing, painting or crafting friendship bracelets are excellent ways to spend time together while en-

Imaginative play remains one of the most powerful tools for keeping young minds active. Children can write or

couraging imagination.

act out a play, perform a talent show for the family or build an indoor fort—activities that require creativity and cooperation while offering hours of entertainment without the need for electronics.

Finally, families should remember to make time for rest. Setting aside a day or two for reading, watching movies, playing board games and simply relaxing can help everyone recharge before returning to their regular routines. A balanced holiday break that includes activity, creativity and downtime can leave children refreshed, connected and ready for the new year.

For more information on raising productive young people, contact the Union County Cooperative Extension office.

Hoodies For

The Holidays Union County 4-H Hoodie Drive - Hoodies for the Holidays-The Brave Way! This holiday season! Union County 4-H is collecting new hoodies to help keep UCMS and UCHS Braves students who need a little extra comfort this winter. Join us in spreading kindness and warmth. Together, we can make a difference for Braves families in need. Accepting donations through December 12, 2025. Hoodies may be dropped off at the Union County Extension office, 1938 US Hwy 60 W, Morganfield, KY 42437. Contact Annette Buckman for more information.

Follow Us On Facebook!

To keep up with all the fun events happening in the Union Coun-

ty 4-H Program follow Union County 4H on Facebook for all the latest news, events, and information about 4-H. There you will find interesting articles related to youth/4-H and much more!

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The Union County Water District is accepting sealed bids until Friday. December 12 at 4:00 P.M. on the following surplus unit:

2013 Ford F-150 Crew Cab 4-Wheel Drive Mileage 314,392 New battery

New Starter New serpentine belt

You may view the truck or drop off your bid in a sealed envelope during normal business hours, Monday thru Friday, 8:00 A.M. to 4:00 P.M. at our office located at 409 North Court Street, Morganfield, KY 42437, or you may mail your bid to:

Union County Water District c/o SEALED BID P.O. Box 146 Morganfield, KY 42437

12/3c

POSITION AVAILABLE

The Union County Fiscal Court is accepting applications for a Full-Time Park Manager position at

Applications can be picked up and turned in at the Union County Judge/Executive's Office located at 100 West Main St., Morganfield, KY 42437. They may be obtained via email by emailing jill.hunley@ unioncountyky.gov or on the County's website at www.unioncountyky.org. Applications will be accepted until December 12, 2025.

The Union County Fiscal Court is an Equal Opportunity Employer: All applicants are considered for employment without regard to race, color, national origin, religion, sex, age, veteran status, or disabil-

ADVERTISEMENT FOR BIDS

Sealed Bids for the Mt. Vernon Road-Road Repair will be received by the Union County Fiscal Court until 9:00 a.m. Central Standard Time on December 9th, 2025. They will be publicly read in Union County Fiscal Court, 2nd floor of the Union County Courthouse, 100 West Main Street, Morganfield, KY, on December 9th,

The Contract Documents, including technical specifications, may be examined at the following locations: **Union County Judge's Office** 100 West Main Street

Copies of the Contract Documents may be obtained at the office of the Union County Judge's Office, 100 West Main Street, Morganfield, KY 42437. Copies may be obtained via email by emailing jill.hunley@

The Union County Fiscal Court shall reserve the right to waive informalities and to reject any or all bids.

THANK YOU

Grow Morganfield that all of the wonderful merchants, generous sponsors and supportive community members who made the Downtown Morganfield Christmas Open House so festive and bright. Your contributions lit up the season and brought joy to all who attended.

We couldn't have done it without you.

A special thanks to:

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