

Family Health, Safety Issues At Ag Progress

ROCKSPRING (Centre Co.) — A shortage of health care facilities and rising medical costs, when combined with the especially hazardous nature of farming occupations, make rural health and safety a priority for Penn State's College of Agricultural Sciences.

This year, for the first time, the college will highlight a collection of new and established health programs at the Health and Safety for Rural Families Tent at Penn State's Ag Progress Days, Aug. 13-15.

"The tent gives visitors an op-

portunity to learn about the health- and safety-related programs offered by the college," said Lisa Davis, coordinator of the Pennsylvania Office of Rural Health. Although health programs have been featured at previous Ag Progress Days, this is the first year they all will be in one area. Twelve programs will be featured, covering issues such as nutrition, child care, cancer detection and education, tobacco control, exercise for the elderly, support for farmers with disabilities, and the availability of primary health care services.

"We wanted to show the many ways the college and Penn State Cooperative Extension work to promote the health of rural families," said Ann Ward, manager of the Northern Appalachia Leadership Initiative on Cancer. The tent also will feature craft activities for children, a treasure hunt, free sunscreen lotion and visors, and a rest area with educational videos and free cold drinks.

Davis will provide information about the Pennsylvania Office of Rural Health's efforts to improve primary health care services in rural Pennsylvania. Ward and se-

AG Progress Days

"Penn State AG Science...

We're More Than You Think"

veral extension agents will provide information on early detection of breast, cervical, prostate, and skin cancer.

J. Lynne Brown, associate professor of food science, will pro-

vide information on how to use the nutritious facts panel on food products to reduce the risk of developing diabetes and how to compare facts to make more healthful food choices.

Judith Heald, program manager of Pennsylvania's Expanded Food and Nutrition Program, will share information about how low-income families, especially those with small children, can have a healthful diet using limited resources.

Also featured will be "My New Weight of Life," a weight management program that helps participants maintain weight loss through appropriate food selection and increased physical activity.

Ruth Henderson from Hershey Medical Center will showcase the Pennsylvania Agromedicine Program, a partnership of medical and agricultural professionals that provides information on reducing or eliminating illnesses associated with the hazards of agricultural production.

Betsy Winger, education coordinator for the Central Pennsylvania Poison Center, will distribute poison prevention information and Mr. Yuk! stickers used to alert adults and children to poisonous products.

Douglas Schaufler, senior project associate at Penn State, will discuss how AgrAbility for Pennsylvanians, part of a national information and technology network, can help farmers, farm workers, and family members with disabilities continue to farm.

Alan Snider, professor of agricultural and extension education, will present information on the Community Coalitions for Tobacco-Free Youth. James Van Horn, professor of rural sociology, will display materials and information about Penn State's Better Kid Care Project, which provides support material for day care centers and education for parents on selecting quality child care.

Dan Lago, extension specialist on adult development and aging, will exhibit video and print materials from "Well at Home," a new extension program to help elderly people live independently through improved nutrition and regular exercise.

Karen Burke-Crawford from Family Health Services in Bellefonte will answer questions about Healthy Women 50+, a free mammography and pap test program.

For more information, call (800) PSU-1010 toll-free from July 15 to Aug. 15. Or, if you have access to the Internet, visit Ag Progress Days on the World Wide Web: <http://www.cas.psu.edu/docs/CASHOME/APD.HTML>.

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