WTNS Radio OSU Extension Update for July 19, 2021
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about Generation Rx, and as always, look at some upcoming programs from OSU Extension.

We all know that the pharmaceutical industry is big business. According to the CDC, nearly half of all adults in the United States have used at least one prescription in the past 30 days. About 13% of people have used 5 or more prescriptions in the past 30 days. In 2016 there were 2.9 billion prescriptions ordered. We truly are Generation Rx.

Beginning in 2009, the College of Pharmacy at The Ohio State University and the Cardinal Health Foundation partnered to provide open-source educational materials that anyone can use to help prevent the misuse of prescription drugs. They call this program "Generation Rx," in response to the 2007 book by the same title written by Greg Critser.

The mission of Generation Rx is to educate people of all ages about the potential dangers of misusing prescription medications. Prescription medications can help us live longer and healthier lives, but any medication has the potential to do harm – especially when misused.

Safe Medication Practices for Better Health focuses on three main themes:

1. Be your own health advocate – you are the most important part of your healthcare team. Take the time to become an expert!

2. Learn safe medication practices – only take medicines as directed by your healthcare professionals, store them securely, and safely dispose of them when no longer needed.

3. Know the risks of medication misuse – drug misuse affects us all – find out how you can help.

Part of the program includes training Generation Rx Ambassadors to teach programs. This spring, the College of Pharmacy reached out to OSU Extension to ask us to reach older adults with this program. I am thrilled that Coshocton County was one of ten counties chosen in Ohio. My goal is to reach at least 75 adults over age 60 with this 1-hour program.

There are currently three programs scheduled. This is an interactive presentation that includes a trivia game. The first presentation is this Wednesday, July 21 at Kids America at 9:30 AM. The second is an online program via Zoom on Thursday, August 12 at noon. Another program is scheduled for September 3 at 10:30 AM at the Coshocton Public Library.

I am also hoping to be able to speak with senior groups throughout the county. If you meet regularly with other retired individuals, or in church groups, or coffee chat groups, I'd like to come and share this information with you. The grant is also providing some useful giveaways for participants like pill organizer cases, lighted magnifiers, and more. Please reach out to me to schedule this Generation Rx program for your group in August or September. You can email me at marrison.12@osu.edu or call 740-622-2265.

One of the major messages of the program is to be your own health advocate. Doctor appointments can be intimidating for some people. The National Institute on Aging has several worksheets available to help guide you through discussions with your doctor. These include prioritizing concerns to share with your doctor, life changes to discuss with your doctor, questions to consider when choosing a new doctor, and recording your family health history. You can find these helpful templates by searching for "NIA Doctor Worksheets."

Here are some upcoming programs from OSU Extension: The ServSafe® Person-in-Charge training will be August 2. Registration is also now open for Dining with Diabetes. This is a cooking school and nutrition education program for people with diabetes and those who support them. Classes will be offered August 19 – September 9 and we are happy to work with Coshocton Regional Medical Center, the Coshocton County Health Department and KnoHoCoAshland Community Action to offer this program. You can find more details and registration information for these classes at coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!