



Current FACts
FAC News to Use
June 18, 2015

BEWARE!!!

**TARGETED PHISHING
ATTACK ON STATE EMPLOYEES**

Spotlight:
**Walk More, Stay Active
This Summer**
Walking Connects Communities, Helps Prevent Obesity

The Kentucky Department for Public Health (DPH) encourages Kentuckians to stay active this summer, better connect with friends and neighbors and improve health and fitness levels by adopting a regular walking schedule.

“With the warmer temperatures, summer is the perfect time to renew your commitment to get outdoors and take a walk,” said Dr. Stephanie Mayfield, DPH commissioner. “We all know walking is healthy, but it’s also fun, relaxing, and a great way to connect with others. You can invite a friend or loved one out for a nightly walk after dinner, take care of weekend errands on foot, or invite neighbors or co-workers to start a regular walking group.”



Increased walking and other forms of physical activity are important pieces of the objectives identified in Governor Steve Beshear’s [kyhealthnow](#) initiative, a statewide effort to improve the health of Kentuckians. [kyhealthnow](#) sets multiple long-term goals to be achieved by 2019, including reducing the prevalence of obesity by 10 percent. Presently, the Commonwealth ranks 42nd in obesity and 46th in physical inactivity. Meanwhile, 31.3 percent of adults in Kentucky are obese.

“Obesity is linked to multiple chronic conditions, including diabetes, heart disease and stroke – and is one of the major chronic conditions affecting the health of Kentuckians,” said Elaine Russell, obesity prevention program coordinator. “Regular



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A phishing attack targeting specific groups of state government personnel has been reported. This email appears to be legitimate due to its use of the name of the targeted agency within the subject line of the email and use of a legitimate company’s tagline within the email body. This email may arrive with these elements or others changed to evade filters and to target other agencies.

This email has a link which takes the user to a fake web page where they are prompted to enter their logon credentials. Once entered, this information does not go to an IT department; rather it goes to the malicious person or group behind this phishing campaign so they may carry out further illegal activities.

If you believe you have responded to this or any other phishing email, please report it immediately to COT Security Operations (COTSecurityOperations@ky.gov) as well as the Commonwealth Service Desk (CommonwealthServiceDesk@ky.gov).

Below is an example of the current email.

Subject: Kentucky: <redacted agency name> Staff Email notification

Good morning all,
We just completed our email system upgrade to 50GB inbox space.
Kindly log-in to your email account for confirmation of ownership.
Your emails won't be delivered by our server, unless email account is confirmed.
Click <redacted URL> to confirm details of your user account.
Note that, password should not be changed once email account has been confirmed.
Improving and protecting your email account is our primary concern.
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Remember these guidelines at all times:

- Remember the **appearance** of an email or website is **no indicator** of its legitimacy.
- It is important to **never** click on a link from an unexpected email, even if it is from someone you know. If in doubt, verify by contacting the sender, but not by using contact information from the phishing email itself.
- Remember that phishing emails use the element of surprise and urgency, as well as other tactics designed to manipulate recipients into cooperating. **Always be on guard.**
- **Remember** that correspondence concerning your email or other IT components of your job will come from state government IT staff who will identify themselves and provide verification if requested.
- COT will not send an email requesting you to provide your logon credentials.

walking could greatly reduce our state's obesity burden. That's why we have been involved in numerous projects specifically designed to help communities increase access to exercise and fitness opportunities."

You can be a proponent of making sure your community is adopting walker-friendly policies by using the newly created [guide](#) from the DPH Obesity Prevention Program and the Partnership for a Fit Kentucky.

Or you can learn from what other communities are doing with assistance from [America Walks](#).

Kentucky is one of four states that will receive technical assistance from America Walks to help enhance the health and transportation collaboration around walking and walkable community design, such as complete streets, lower traffic speeds, livable communities and economic benefits. America Walks will facilitate a workshop later this summer with key leadership from the DPH, Kentucky Transportation Cabinet, Kentucky Department of Travel and Tourism and

other stakeholders. The workshop will focus on strategies the agencies can work on jointly to advance suitable policies and practices that promote walking and walkability.

"We're also working directly with communities and funding projects through a public health grant program to help cities and towns across Kentucky develop pedestrian

plans," said Russell.

"We're very excited about recent developments in obesity prevention and increasing physical activity in the Commonwealth," said Russell. "We hope everyone will not only become more physically active, but take some time to learn more about our vision and support our communities in their work to become more active, healthier places to live, work and play."

Public health officials also emphasize the importance of safety measures while engaging in walking and other outdoor activities this summer.

Here are some basic guidelines to avoid illness and injury:

- Apply sunscreen with an SPF of at least 15.
- Take frequent water breaks.
- Wear appropriate clothing that won't cause you to overheat.

"Everyone can benefit from being active and enjoy better lifelong health," said Mayfield.

For more information on bicycle and pedestrian transportation planning efforts in Kentucky, please visit <http://transportation.ky.gov/Bike-Walk> and for resources for getting outside and doing physical activities, please visit www.getoutKY.com.

AMERICA WALKS



Newly Opened Kentucky River Locks and Dams Getting Lots of Use

Upcoming events celebrate the Kentucky River

Kentucky River locks and dams Nos. 1 through 4 opened to boaters on May 22 for the first time since major renovation work began in 2007.

Now 82 miles of the Kentucky River are navigable from Frankfort to its mouth at the Ohio River.



Boats locking through at Lock 2 near Lockport

"The Kentucky River is such a wonderful natural asset," said Finance and Administration Cabinet Secretary Lori H. Flanery. "I'm pleased that our hard work to repair the locks and dams can now be enjoyed by boaters from near and far. This is another aspect of tourism with the potential to positively impact businesses along the river."

Since opening on Memorial Day weekend, more than 1,200 people on 295 boats have passed through the locks. On average it takes approximately 20 to 30 minutes to "lock through."

"I grew up on the river and can remember all the boats that used to travel along the river," said Jerry Graves, executive director of the Kentucky River Authority. "To be a part of bringing the river back to life has been a wonderful experience and I'm excited that people are being adventurous from the Ohio to Frankfort."

Several upcoming events are planned that celebrate the river including the official ribbon-cutting ceremony and River Blast in Frankfort. Also, everyone is invited to participate in the various river sweep clean-up events in different communities along the river.

Saturday, June 20: River Sweep

**Friday, June 26:
3 p.m. Ribbon-cutting Ceremony at Lock 4 in Frankfort**

Saturday, June 27: River Blast, Frankfort



For more information about river navigation, locking information, amenities along the river, and river sweep events, go to www.kra.ky.gov.