

Public Health

Prevent. Promote. Protect.

Franklin County Health Department

Live. Work. Play. Pray. Healthy!

FISCAL YEAR 2017 ANNUAL REPORT
2018 CALENDAR



Abbreviations for the Calendar

APHA American Public Health Association

BOH Board of Health

DPH Department for Public Health

DSME Diabetes Self-Management Education

FCHD Franklin County Health Department

FCS Franklin County Schools

FIS Frankfort Independent Schools

KACo Kentucky Association of Counties

KHCA Kentucky Home Care Association

KHDA Kentucky Health Department Association

KPHA Kentucky Public Health Association

LD Licensed Dietitian

NACCHO National Association of County and City Health Officials

NALBOH National Association of Local Boards of Health

PHAB Public Health Accreditation Board

PHC Public Health Center

RD Registered Dietitian

RN Registered Nurse

at Good Shepherd Church

502-695-4266, Dorothy Schroeder





Dear Public Health System Partners:

Fiscal Year 2017 was an exciting year where Franklin County Health Department (FCHD) continued to strive for our vision of a community where everyone has the opportunity to **Live. Work. Play. Pray. HEALTHY!** We are so grateful for our many community partners who have been integral to our public health efforts.

During Fiscal Year 2017 some of our efforts included:

- Community Health Improvement Plan: The MAPP (Mobilizing for Action through Planning and Partnerships) coalition completed the second ever Franklin County Community Health Improvement Plan (CHIP) in 2017. This work was based upon a comprehensive Community Health Assessment (CHA) that was completed by MAPP in 2016 and updated in 2017. Both the CHA and CHIP may be accessed at fchd.org under the business office and accreditation tabs (fchd.org/BusinessOffice/Accreditation/6-PackPlans.aspx). Please refer to the website for specific CHIP goals and objectives that address the following five strategic issues for the next five year cycle:
 - Health Risks
 - · Public Safety
 - · Mental Health
 - · Welfare of the Family
 - · Health and Education

Each goal includes several objectives/strategies to reach that goal, including specific statistical measurements. Please contact DebbieY.Bell@ky.gov if you are interested in joining MAPP and helping to achieve these and other health improvement goals for our community.

- Public Health 3.0: In FY 17 the Department for Health and Human Services (DHHS) released Public Health 3.0. The Franklin County Board of Health, along with Boards of Health from across Kentucky, received a virtual training from former DHHS Sectary, Dr. Karen DeSalvo, concerning the principles of Public Health 3.0. These principles include:
 - Public Health Leaders as Chief Health Strategists for their communities
 - · Engaging with community stakeholders
 - · Public Health Accreditation Board (PHAB) accreditation
 - · Timely, reliable and granular-level data
 - Enhanced funding for public health
- Infrastructure: During FY 17 FCHD underwent a huge information technology infrastructure improvement project. This included upgrading internet service speed, installing a new more functional phone system, updating our website at fchd.org and increasing our social media presence. Please be sure to listen to the complete options when calling FCHD as the phone menu has changed, visit our website for updated information concerning FCHD services as well as community health status and like us on Facebook to receive the latest information concerning health alerts, public health advisories, health tips and community events.
- Reaccreditation: FCHD was one of the first 11 health departments in the nation to receive national accreditation from the Public Health Accreditation Board (PHAB) in 2013. Accreditation status is awarded for five years, thus FCHD has been hard at work preparing for reaccreditation in 2018. Similar to hospitals, schools, libraries, prisons, etc. public health accreditation ensures that gold standards are met and that continuous improvement efforts are in place. Accreditation would not be possible without our many community partners who display an amazing dedication to community health.
- Quality Improvement: FCHD has continued to implement Quality Improvement (QI) processes to improve FCHD efficiency as well
 as community health. FCHD has involved several integral community partners, such as Franklin County Schools and Kentucky State
 University in many of these efforts, addressing 6th grade immunization rates and 15-19 year old Sexually Transmitted Infection rates.
 Internal QI projects have included the abovementioned infrastructure improvements and increased financial reserves. See page 24
 for information about FCHD's QI initiatives.
- Harm Reduction and Syringe Exchange Program: FY 17 marked the one year point of FCHD operating a Harm Reduction and Syringe Exchange Program (HRSEP). During FY 17 FCHD also integrated the HRSEP into daily clinic operations to increase staff efficiency, increase accessibility and decrease stigma to program participants. FCHD along with many numerous community partners have increased the focus on Narcan education and distribution to prevent overdose mortalities. See page 6 for more information about the HRSEP.

Please be sure to peruse the following pages for other FCHD Fiscal Year 2017 highlights and be sure to provide your feedback to us at www. FCHD.org. Thank you for being a very important part of our public health system and we wish you a Healthy and Happy 2018!

Sincerely.

Dr. Charles P. Bradshaw, Chair Franklin County Board of Health

Harles (Drodshunden

Judy A. Mattingly, MA Public Health Director

Visit Us



Franklin County Health Department

100 Glenn's Creek Road Frankfort, KY 40601

Franklin County Public Health Center

851 East-West Connector Frankfort, KY 40601

Mon., Tues., Thurs., Fri. 8:00 - 4:30 Wed. 8:00 - 6:30 Mon. - Fri. 8:00 - 4:30



Business Office

Phone: 502-564-4269 Fax: 502-564-9586

After Hours Emergencies: 502-875-8582

Community Health Education

Phone: 502-564-5559 Fax: 502-564-5672

Emergency Preparedness

Phone: 502-564-9336 Fax: 502-564-5672

Fax: 502-564-9640 Connect With Us

School Health

Clinic Services Phone: 502-564-7647

Phone: 502-564-7647

Fax: 502-564-9640

Environmental Health

Office Hours 8:00 - 9:30am

or by appointment

Phone: 502-564-7382 Fax: 502-564-5672

10 ESSENTIAL -Public Health Services





Franklin County Home Health Agency

Phone: 502-564-7383 Alt. Cell Number: 502-382-0648

Fax: 502-564-9587

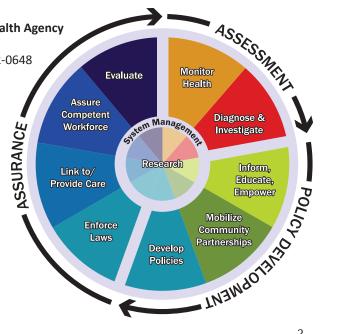
HANDS Services

Phone: 502-564-5559 Fax: 502-564-5672

Live. Work. Play.
Pray. Healthy! VSON Mission Prevent. Promote. Protect. Franklin County. Accountability, Dedication, Empowerment, Equity, Excellence, Flexibility,

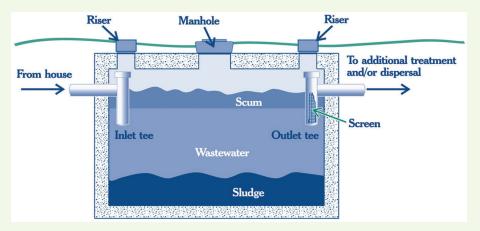
Integrity and Respect





Environmental Health

A septic system is used on lots that do not have their wastewater collected and treated by municipal sewers. There are many types of septic systems but the basics are all the same. As you use water in your home, it goes to a septic tank where the waste begins its treatment. Inside the tank, the wastewater separates into solids or sludge, grease/oils (known as the scum layer), and grey or wastewater (shown in the diagram as wastewater).



It is recommended that families should pump out their septic tanks every 3-5 years so that the scum and sludge don't build up in the tank and overflow into the system. This will help to keep your system functioning properly. Another helpful tip for septic owners is not to let water continuously run! Fix those leaky faucets and toilets! Remember that the more water you use, the more your ground will have to try to take up and treat.



The middle grey water is what leaves the tank and enters a system that can be either lateral lines that are buried into the ground (pictured above), a lagoon system that works like a pond, or countless other system types.

	2016 - 2017	2015 - 2016	2014 - 2015	2013 - 2014	2012 - 2013	2011 - 2012
Food Service/Retail Food Activities	1,086	1,562	1,603	1,641	1,519	1,271
Animals Vaccinated at Rabies Clinics	NA	498	850	1,100	1,202	1,118
Onsite Sewage Activities	759	716	804	767	786	273
Nuisance Complaint Investigations	57	140	85	234	127	60
Animals Quarantined	46	40	64	109	107	261
Public Facility Service Activities	791	1,015	1,521	1,548	1,406	514
Food Handler Certifications	514	562	483	359	258	245
Food Manager Certifications	12	16	23	13	4	30

FCHD issued 28 permits and conducted 43 site evaluations for FY17. Our On-Site Sewage program has gotten busier in the past year due to economic improvements and increased building in Frankfort/Franklin County.





JANUARY 2018





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NEW YEAR : 2018	2	3	4	5	6
7	8	9	10	11	12	13
14	15 MLK DAY	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

DATES

- 1 FCHD CLOSED NEW YEAR'S DAY
- 15 FCHD CLOSED MLK DAY
- 16 KHDA MEETING 9 AM
- 31 6 MONTH BUDGET PROJECTION DUE TO DPH

FOOD HANDLER CLASS AT PHC 9 AM - \$5.00 WED 3. 10. 17. 24



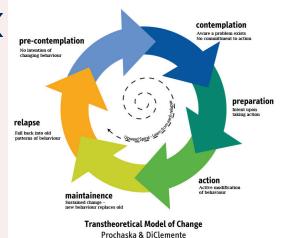


Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.

#CleanNeedlesSaveLives

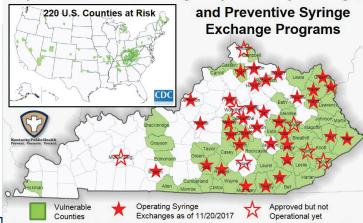
HARM REDUCTION ACTIVITIES

- Welcome participant to Franklin County Harm Reduction and Syringe Exchange Program (FCHRSEP)
- Give participant the "Participant's Rights and Responsibilities" Form
- Provide information about the Syringe Exchange Program
- Give participant a FCHRSEP Resource Guide
- Educate about the legal consequences of the Syringe Exchange Program
- Discuss proper disposal of contaminated needles
- · Complete a Personal Risk Assessment
- Discuss Intravenous Drug Use Risk Reduction, safer use and wound care
- Discuss viral Hepatitis and prevention
- Discuss HIV/AIDS transmission and prevention
- · Discuss available STI counseling and testing
- Test for HIV and refer if positive
- Discuss sexual risk reduction and condom use
- Discuss overdose prevention and Narcan
- · Refer to drug treatment
- · Refer to other social services
- · Refer to mental/behavioral health
- · Refer to medical treatment
- Discuss medical insurance options
- · Discuss human trafficking risk



- Syringe Exchange Programs (SEPs) are widely recognized as an effective strategy for preventing the spread of HIV among Intravenous Drug Users (IDUs)
- SEPs reduce the improper disposal of syringes
- Syringe re-use declines when syringes are provided by need-based distribution
- IDUs are 5 times more likely to enroll in rehab when participating in a SEP
- · SEPs reduce needlesticks in law enforcement officers

54 Kentucky Counties with Increased Vulnerability to Rapid HIV Outbreak Among People who Inject Drugs,



NOTE: CDC stresses that this is a REGION-WIDE risk, not just a county-specific problem.

HARM REDUCTION GOAL

Reduce negative effects of IV drug use including: transmission of disease and infection including Hepatitis C, HIV and other STIs. Reduce injuries due to IV use. Increase education and information for People Who Inject Drugs (PWID) to make better decisions including: promoting effective wound care, act as a referral site for resources, promote overdose prevention using Narcan education.























FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	NATIONAL 2 WEAR RED DAY	3
					GROUNDHOG DAY	
4	5	6	7	8	9	10
11	12	13	VALENTINE'S DAY	15	16	17
18	PRESIDENT'S DAY	20	21	22	23	24
25	26	5 YEARS!	28			

DATES

- 2 NATIONAL WEAR RED DAY FOR HEART HEALTH OR HEART DISEASE PREVENTION
- 2 GROUNDHOG DAY
- 13 SHROVE TUESDAY I MARDI GRAS
- 14 ASH WEDNESDAY
- 4 VALENTINE'S DAY
- 19 PRESIDENT'S DAY
- 20 KHDA MEETING 9 AM
- 27 5TH ANNIVERSARY OF ACCREDITATION

FOOD HANDLER CLASS AT PHC 9 AM - \$5.00

WED 7. 14. 21. 28



^{**}ALL TIME. DATES AND LOCATIONS ARE SUBJECT TO CHANGE. PLEASE CALL TO VERIFY.**

Franklin County HANDS Program

Having a baby is a joyful, but stressful time for parents. Fortunately, families across the state of Kentucky have access to the HANDS program, a home visiting service designed to support overburdened moms and dads in their parenting The program journey. is free for everyone and provides services from the prenatal period all the way through the child's second birthday. Parents have a great time learning about their pregnancy and child's development, while making toys and doing activities that promote brain stimulation, language development, bonding and a healthy lifestyle. Families love the HANDS program because not only do they have fun, but they learn important information and have support to reach their own goals and dreams.

HANDS PROGRAM GOALS

- POSITIVE PREGNANCY OUTCOMES
- **** OPTIMAL CHILD GROWTH AND DEVELOPMENT
- CHILDREN LIVE IN HEALTHY AND SAFE HOMES
- **** FAMILY DECISION-MAKING AND SELF-SUFFICIENCY

Families meet weekly with their Family Support Worker (FSW) from the time of pregnancy through the baby's first birthday. After that, they meet every other week until the baby is two years old. They also get quarterly visits with a nurse or social worker once every three months to cover special topics like preterm labor, breastfeeding, and teething. Each session is 30 minutes to an hour long.

Families go through our Growing Great Kids curriculum with their FSW. After the prenatal curriculum, sections are divided by age (i.e. 0-3 months, 4-6 months, etc.) and cover the same five areas: Basic Care, Social and Emotional, Physical and Brain, Cues and Communication and Play and Stimulation. We also use a curriculum called Growing Great Families that covers family values, culture and traditions, what parents want for their child, goals and other important topics.

Referrals for HANDS can come from any source, including self-referrals. Most of our referrals come from the FCHD medical clinic but we also get them from the hospital, friends, churches, and social service organizations. Participants get a gift card on their first visit, just for signing up!

After the baby is born, families will complete Ages and Stages questionnaires every two months to track their baby's development. Parents have a great time doing curriculum activities with their babies and making fun toys that support their baby's development.

It is important to participate because HANDS families have fun while learning about how to best support their child's physical health, brain development, language and emotional health. Families get support in setting goals for themselves and get encouragement and positive feedback for growing their parenting skills. HANDS has proven outcomes regarding fewer low birth weight babies, fewer ER visits, better dental health, and lower incidents of child abuse and neglect, to name a few. Long term studies show HANDS children have greater school success.













In Franklin County, we provided 2,468 home visits to 141 families last year!

MARCH 2018





- READ ACROSS AMERICA DAY
- EMPLOYEE APPRECIATION DAY
- 11 DAYLIGHT SAVINGS TIME STARTS
- ST. PATRICK'S DAY
- BOARD OF HEALTH MEETING 6 PM AT PHC
- KHDA MEETING 9 AM
- COUNTY HEALTH RANKINGS RELEASE
- PALM SUNDAY
- DIABETES ALERT DAY
- GOOD FRIDAY FCHD CLOSES AT 11:30 AM
- PHAB ANNUAL REPORT DUE

FOOD HANDLER CLASS AT PHC 9 AM - \$5.00 WED 7, 14, 21, 28



Positive Potential Update

FCHD celebrated another year of state funding from the Kentucky Department for Public Health, to continue working with Elkhorn Middle School to offer the Positive Potential (PP) curriculum in March beginning with our 6th grade classes. The PP curriculum is designed to empower youth to make healthy choices. FCHD was able to expand the program this year and offer education to all 6th and 7th graders at Bondurant Middle School. Over 500 6th and 7th graders took part in discussions that addressed the following:

6[™] GRADE:

Be The Exception, Positive Potential curriculum, is specifically tailored for 6th grade students and encompasses a wide variety of age appropriate subjects that are pertinent to their needs as the students grow and mature. The following is a list of relevant topics you can expect from the Positive Potential curriculum:

- · Understanding Your Value
- · Building a Legacy
- Influences in Your Life
- Escaping Peer Pressure
- Bullying
- No Regrets
- Priorities
- · Decision Making Skills
- Healthy Relationships

7[™] GRADE:

Push The Limits, Positive Potential curriculum, is specifically tailored for 7th grade students and encompasses a wide variety of age appropriate subjects that are pertinent to their needs as the students grow and mature. The following is a list of relevant topics you can expect from the Positive Potential curriculum:

- It's Worth the Wait
- Male/Female Stereotypes
- Self Confidence
- Media
- Dangers of Pornography
- Avoiding Risky Behaviors
- Sexually Transmitted Diseases (STDs)
- Career Choices
- Life's Journey



A health educator and team of three school nurses tackled the curriculum and spent two weeks in Bondurant Middle School instructing youth on how to have strong relationships, happy futures and successful ventures throughout their entire lives. We are already looking ahead to next year so it is vitally important to continue conversations and build upon lessons as students grow, just as we do with reading and math. Look out Bondurant Middle School 8th graders and we will be reaching out to Second Street School and Elkhorn Middle School to begin this journey.

LET'S TALK ABOUT SAFER SEX...

The FCHD STD Quality Improvement Team continues in their efforts of achieving the goal set in Spring of 2016, decreasing STD rates in Franklin County over the next 18 months.

Leah Aubrey, FCHD Clinic Nurse and Jennifer Robinson, FCHD Health Educator were invited to provide comprehensive sex education and STD prevention presentations to PE/Health Classes at Franklin County High School during the month of May. Topics discussed with students during the presentation included: various STDs, methods available to prevent the spread of STDs and pregnancy, human trafficking and the role of drug and alcohol use as it relates to increasing risk for STD transmission.

Students were encouraged to ask questions and provided incentives to do so. Many thanks to Randy Blevins and Joshua Graves, Health teachers at FCHS for creating a welcoming and safe environment to share a sensitive topic!



APRIL 2018

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	DATES
1 HAPPY EASTER	2	3	4	5	6	7	
							1 APRIL FOOLS DAY 1 EASTER SUNDAY
8	9	10	11	12	13	14	2-8 NATIONAL PUBLIC HEALTH WEEK 22 EARTH DAY 23-29 NATIONAL ENVIRONMENTAL HEALTH
15	16	17	18	19	20	21	25-27 KPHA ANNUAL CONFERENCE 25 ADMINISTRATIVE SUPPORT/PROFESSIONALS DAY
EARTH DAY	23	24	25	26	ARBOR DAY	28	27 ARBOR DAY 27 SCHOOL HEALTH CONTRACTS DUE TO DPH FOOD HANDLER CLASS AT PHC
29	30						9 AM - \$5.00 WED 4, 11, 18, 25

- APRIL FOOLS DAY
- EASTER SUNDAY
- 2-8 NATIONAL PUBLIC HEALTH WEEK
- EARTH DAY
- 23-29 NATIONAL ENVIRONMENTAL HEALTH EDUCATION WEEK
- 25-27 KPHA ANNUAL CONFERENCE
- ADMINISTRATIVE SUPPORT/PROFESSIONALS DAY
- ARBOR DAY
- SCHOOL HEALTH CONTRACTS DUE TO DPH



^{**}ALL TIME, DATES AND LOCATIONS ARE SUBJECT TO CHANGE, PLEASE CALL TO VERIFY.**

DPH HEALTHY COMMUNITIES GRANT awarded to MAPP WORGROUP: Health Education

MAPP HEALTH EDUCATION WORKGROUP GOAL 1:

Increase participation of WIC, Senior Farmers' Market Nutrition Program (SFMNP) and SNAP voucher use at the FC Farmer's Market by 25%.

Through the community conversations we discovered that Frankfort and Franklin County had approximately 10 barriers related to use of the Farmers' Market. These barriers consisted of: lack of knowledge about healthy foods and market; time; low income families/high cost of healthy food; old habits; fast food nation; transportation; hours and

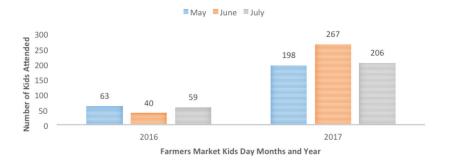
FARMERS MARKET

FRESH. LOCAL. LIVELY.

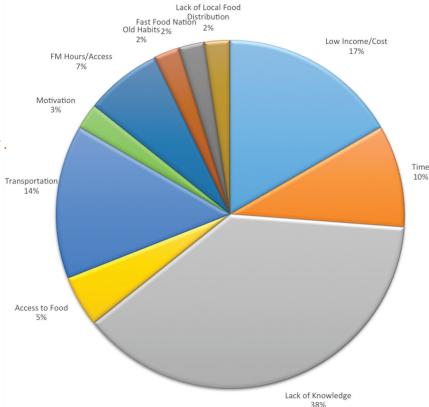
location of the market; access to healthy food; motivation; and lack of local food distribution. Of these 10 barriers, we discovered the two main barriers according to these conversations were lack of knowledge and low income families/high cost of healthy food.

One of the major ways organizations and community members can improve access to healthy foods through the Farmers' Market is to be included in the Kid's Days that occur the 2nd Saturday of each month, May-December. Throughout this community engagement process, attendance at the first 3 Kid's Days this year has significantly increased. Each event is sponsored by a community organization, while other organizations participate with activities and healthy information for children that attend. Sponsorships for Kid's Days thus far this year have included: Franklin County Farm Bureau, Bluegrass Realty, and Earth Tools. In addition, the following community organizations have participated this year in providing activities for the children: Franklin County Health Department, United Way of Franklin County, Kids Grow Kentucky, Kentucky Hartwood, Inside Out Design, Thorn Hill Education Center, and Paul Sawyier Public Library. The importance of these events cannot be understated. Hundreds of children come to the Market with their families, and while each child participates in a fun activity; the exposure to the fresh, local, healthy food will be enjoyed as well.

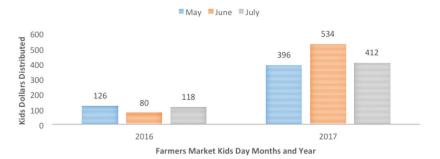
FRANKLIN COUNTY FARMERS' MARKET KID'S DAY ATTENDANCE (2016 VS 2017)



Farmers' Market Grant-Barriers to Healthy Foods



FRANKLIN COUNTY FARMERS' MARKET KID'S DAY KID DOLLARS DISTRIBUTED (2016 VS 2017)



MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	CINCO DE MAYO
6	7	8	9	10	11	12
HAPPY MOTHER'S DAY	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 MEMORIAL DAY	29	30	31		

	DATES
5	CINCO DE MAYO
6	NATIONAL NURSES DAY
6-12	NATIONAL NURSES WEEK
13	MOTHERS DAY
15	KHDA MEETING 9 AM
17	HAPPY BIRTHDAY FCHD
28	FCHD CLOSED MEMORIAL DAY
31	HOME HEALTH LICENSE RENEWAL DUE
31	RD LICENSE RENEWAL DUE
TBA	BUDGETS DUE TO DPH
TBA	RABIES CLINICS
TBA	CONTRACTS DUE TO DPH
	HANDLER CLASS AT PHC - \$5.00
	2. 9. 16. 23. 30

^{**}ALL TIME, DATES AND LOCATIONS ARE SUBJECT TO CHANGE. PLEASE CALL TO VERIFY.**

School Nurses benefit schools by

- Improving Attendance: which is a huge benefit. This is done through health promotion and prevention of disease.
- Improved Academics: a healthy student learns better and reduced drop out rates
- Saves time for Teachers, Principal and all staff by addressing issues and taking care of the students
- Improve staff wellness
- · Increase accountability

School nurses are responsible for

- Individual student care: first aid, assessment
- Promoting the health and well being of the school community
- Conducting health surveillance and managing infectious diseases
- Managing chronic disease
- Promoting healthy behaviors
- Assisting families to access health care resources
- Addresses the social determinants of health and health disparities
- · Public health reporting
- Classroom Education: puberty lessons, sexuality education



An average of 5% or less of students who visit the school nurse during the school year 2016-2017 will be sent home by the school nurse.



Franklin County School Nursing Program is administered by the Franklin County Health Department. There are currently 15 Registered Nurses that are divided among both school districts to provide services.

STATISTICS

The National Survey of Children with Special Healthcare Needs has determined that 11.2 million U.S. children are at risk for chronic physical, developmental, behavioral, or emotional conditions. These students may require health related services in schools (DHHS, Maternal and Child Health Bureau, 2013).

- Each year, children spend 1000+ hours at school
- Kentucky ranks in the bottom 10 states in the nation for multiple health indicators, including overall health status, poor physical health days, poor mental health days, smoking, preventable hospitalizations, diabetes, childhood obesity, and children with oral health problems
- Kentucky has the highest rate in the nation of children with special health care needs (24%, CDC)
- Kentucky also has the highest percentage of children with asthma in the United States (25%, CDC)

School Health Services	2016 - 2017
Frankfort City School System Enrollment	799
Franklin County School System Enrollment	6,243
Total Pupil Enrollment	7,042
Total Visits	20,662
Unduplicated Visits	17,487
Number of Students (PEF'd)	13,852
Students Sent Home	447
Number of IEP Students	2,193
Vision and Hearing Screenings	34
Referrals	283
Social Service Notifications	5
Assisted with Social Service Call	5
School Staff Visits	494

JUNE 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	TLAG DAY	15	16
FATHER'S DAY	18	19	20	21	22	23
24	25	26	27	28	29	30

DATES

- 1 KENTUCKY STATEHOOD DAY
- 14 FLAG DAY
- 10-17 NATIONAL NURSING ASSISTANTS WEEK
- 17 FATHER'S DAY
- 18 BOARD OF HEALTH MEETING 6 PM AT PHC
- 9 KHDA MEETING 9 AM

FOOD HANDLER CLASS AT PHC 9 AM - \$5.00 WED 6. 13. 20. 27







Health Education Presentations

The Community Health Education Team at FCHD is qualified to provide presentations on a variety of health topics. On a monthly basis, we receive requests for classes that will provide instruction and tips for participants on many of the following:

- Handwashing
- Hygiene
- Healthy Eating
- Portion Distortion
- Stress Management
- Heart Health

And these are just the most common! The last year has proven anything but normal and has challenged the staff to become experts in new fields. Check out some of these sessions!

 $Visit\ www.fchd.org/CommunityHealth/REQUESTFORPROGRAMORMATERIALS.aspx$

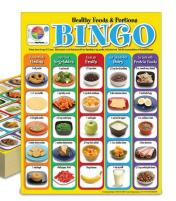
OSTEOPOROSIS AND FALLS PREVENTION WITH MORNING POINTE RESIDENTS:



Jennifer Robinson worked closely this year with Morning Pointe Assisted Living facility in providing residents with several monthly health programs. During the month of September, Falls Prevention Awareness Month, Jennifer provided a presentation concerning falls risks and ways to safe-proof your homes/rooms to decrease risk of injury.

NUTRITION BINGO AT GIRLS NIGHT IN AT CHOATEVILLE CHRISTIAN CHURCH:

Debbie Bell provided a nutrition presentation with a bingo game during dinner at the Annual Choateville Christian Church, Girls Night In program. Approximately 60 young ladies from ages 6 – 18 were present and enjoyed learning about how foods are grouped together and what wonderful things they can do for your body!



CONQUERING HIGH CHOLESTEROL AT KACO

On March 8th, Community
Health Education provided a
Lunch and Learn, Cholesterol,
The Good, the Bad and the
Ugly, for Kentucky Association
of Counties. There were over
40 employees that participated
in two sessions during our
visit. Our favorite comment of
the day, "We were told you were
bringing donuts."



JULY 2018 ★

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	HAPPY INDEPENDENCE DAY	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DATES

4 FCHD CLOSED
INDEPENDENCE DAY
FIREWORKS

WHERE: CAPITOL VIEW PARK

TIME: TBD

10-13 NACCHO ANNUAL CONFERENCE

16 KHDA MEETING 9 AM

FOOD HANDLER CLASS AT PHC 9 AM - \$5.00 WED 4. 11. 18. 25





SERVICES PROVIDED BY FCHHA

- Skilled Nursing Adult / Pediatric
- Physical Therapy Adult
- Occupational Therapy Adult / Pediatric
- Speech Therapy Pediatric
- Home Health Aide Services Traditional and Home and Community Based Waiver Services
- Home and Community Based Waiver Services for Case Management and Attendant Care



- Only non-profit agency serving Franklin County
- Provide home and community based waiver services both case management and attendant care
- Referrals to additional public health services through the Health Department
- Can provide flu vaccine to our homebound patients
- Provide care for pediatric patients

AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	SENIOR CITIZEN'S DAY	22	23	24	25
26	27	28	29	30	31	

DATES

8-10 NALBOH CONFERENCE

21 KHDA MEETING 9 AM

21 SENIOR CITIZEN'S DAY

FOOD HANDLER CLASS AT PHC 9 AM - \$5.00

WED 1, 8, 15, 22, 29

ALL SCHOOL-AGE STUDENTS MUST RECEIVE FIRST DOSE OF HEPATITIS A VACCINATION BY AUGUST 14. 2018 SO THAT THE SECOND DOSE CAN BE RECEIVED IN 6 MONTHS AND ENSURING COMPLIANCE PER NEW IMMUNIZATION SCHEDULE BY FEBRUARY 15. 2019. ADDITIONALLY, ALL-STUDENTS AGE 16 AND OLDER MUST RECEIVE ONE DOSE OF THE MENINGITIS VACCINATION BY FEBRUARY 15. 2019.



^{**}ALL TIME, DATES AND LOCATIONS ARE SUBJECT TO CHANGE, PLEASE CALL TO VERIFY.**

Our Public Health System







UPCOMING CLASSES

Offering 7 Series of Classes:

- September 12, 2017
- January 9, 2018
- March 16, 2018
- May 1, 2018

- July 10, 2018
- September 4, 2018
- October 30, 2018

For more information about dates, times, and location contact: Franklin County Health Department Community Health Education

(502) 564-5559



SEPTEMBER 2018 🔊



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	
	LABOR DAY					
9	10	11	12	13	14	1
GRANDPARENTS DAY						
16	17	18	19	20	21	2.
23	24	25	26	27	28	2
30						

ALL TIME. DATES AND LOCATIONS ARE SUBJECT TO CHANGE. PLEASE CALL TO VERIFY.

DATES

- FCHD CLOSED LABOR DAY
- NATIONAL GRANDPARENTS DAY
- KHDA MEETING 9 AM

FOOD HANDLER CLASS AT PHC 9 AM - \$5.00

WED 5, 12, 19, 26



Intensive Involvement with Educating Our Community

- ACCOMPLISHMENTS IN THE CLINIC FOR FY17
- Diabetes Educator assisted with three classes concerning Diabetes Self-Management classes for community participants
- Diabetes Prevention Program classes at a contracted worksite with 7 participants
- Participation in the Kentucky Public Health Leadership Institute by 2 clinic staff members, Vicky Poplin and Amber Mathers and 1 environmental staff, Jenny Bardroff
- Two clinic nurses, Tammie Bertram and Leah Aubrey, traveled with a Merck vaccine representative to Cusco, Peru and volunteered at CerviCusco, a non-governmental organization that meets women's healthcare needs. Two days were spent in a clinic helping with administrative projects related to the clinic's marketing and sustainability. The rest of the week was spent traveling to outlying communities providing pap smears and administering HPV vaccine to local residents.
- Coordination of STD Reduction task force involving Kentucky State University. Franklin County Schools, Kentucky Department for Public Health STD division, and the Franklin County Health Department. This endeavor included staff providing prevention education to the students at Franklin County High School and involvement with orientation presentations to the Kentucky State University Freshmen.
- Continuous tracking of reportable diseases by our Surveillance Team with quarterly newsletters distributed to community partners and medical offices.
- Continuous support and involvement with the Mission Frankfort Clinic.

- 2358+ influenza vaccines given
- 343 flu vaccines at the preparedness event "Three for Free"
- Kentucky Pink County Grant for Cancer Screening over 200 clients who received services
- Monthly visits to the Access Kitchen for vaccinations
- Farmers Market Nutritional Program 1635 vouchers provided
- Harm Reduction Program 252
- FCHD Book Club 6 clinic staff participated in the Energy Bus reading/meetings
- STD testing events at Kentucky State University
- Leadership Frankfort presentation for clinic services
- Longest Day of Play

CONFERENCES & TRAININGS ATTENDED

- ERRT Epi Rapid Response Team Conference
- Intensive STD Conference in Denver
- Kentucky Public Health Association Conference
- Kentucky Health Information Exchange (KHIE)
- Medical Needs Sheltering training

- Kentucky Strengthening Families Summit
- Annual Immunization Conference
- Annual Hepatitis C Conference
- Annual Tuberculosis Conference
- Zika Summit
- Kentucky Public Health Leadership Institute



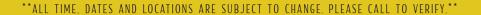
OCTOBER 2018

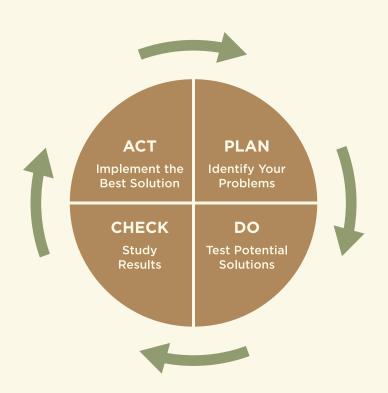
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
	1	2	3	4	5	6				
	CHILD HEALTH DAY									
7	8	9	10	11	12	13				
14	15	16	17	18	19	20				
21	22	23	24	25	26	27				
28	29	30	31 HAPPY HALLOWEEN							

DATES

- 1 CHILD HEALTH DAY
- 15-19 NATIONAL HEALTH EDUCATION WEEK
- 16 KHDA MEETING 9 AM
- 31 HALLOWEEN
 RN AND LD LICENSE RENEWAL DUE
- TBA KHDA AND ACCREDITATION COORDINATOR RETREAT

FOOD HANDLER CLASS AT PHC 9 AM - \$5.00 WED 3. 10. 17. 24. 31



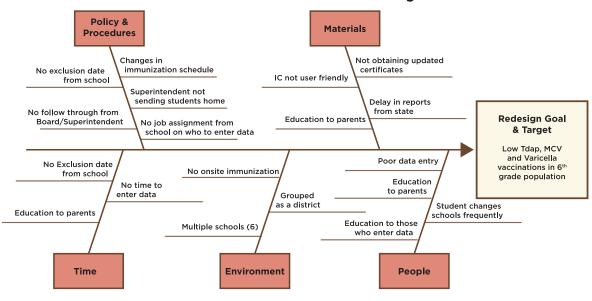


Quality Improvement

FY17 Quality Improvement (QI) teams worked hard to wrap up the 2016-2017 QI plan. Three of the four projects have extended into FY18 – STD Reduction, Workforce Development and Maximize Revenue teams.

The Sixth Grade Immunization team did some great work during FY17 developing a plan to help increase immunization compliance in 6th graders at Franklin County Schools and Frankfort Independent Schools. Letters were sent home at the beginning of the 2016/2017 school year to all parents with children who were listed as non-compliant, school staff were trained on how to enter the data into the system and the health department advertised the most up-to-date immunization charts at back to school bashes. While immunization compliance did increase through these efforts, compliance numbers were still not at state recommended levels. In QI we know that it is a cyclic process and that when you don't meet your goal, you either adapt or abandon. This group adapted their approach to try and meet it the second time. That said, the team has worked through the Plan phase and moved onto the Do stage for the 2017/2018 school year of hosting on-site immunization clinics at the schools in August 2017.

Cause & Effect Analysis



NOVEMBER 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
FAIL BACK	5	6	7	8	9	10
11 VETERANS DAY	12	13	14	15	16	17
18	19	20	21	HAPPY THANKSGIVING	23	24
25	26	27	28	29	30	

DATES

- DAYLIGHT SAVINGS TIME ENDS
- **ELECTION DAY**
- 10-14 APHA ANNUAL CONFERENCE
- VETERANS DAY
- 12-16 HOME CARE AIDE WEEK
- KHDA MEETING 9 AM
- FCHD CLOSED THANKSGIVING DAY
- FCHD CLOSED

FOOD HANDLER CLASS AT PHC

9 AM - \$5.00

WED 7, 14, 21, 28



BOARD OF HEALTH

Appointments/Membership

The Secretary of the Cabinet for Health and Family Services appoints members to 118 of the 120 county or city-county boards of health based on KRS 212.020 and KRS 212.640. Fayette and Jefferson County board members are appointed by the mayor and fiscal court respectively.

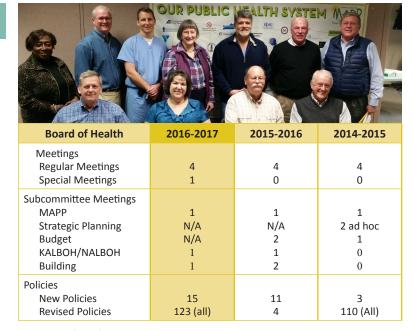
- Membership is for 2 years and there is no restriction on the number of terms a member may serve, and includes the county judge executive or designee, the mayor, city manager or designee of the city-county containing a city of the second class and a fiscal court appointee.
- Physicians, dentists, pharmacists and fiscal court appointees are appointed in even-numbered years; nurses, engineers, optometrists, veterinarians and laypersons are appointed in odd-numbered years.
- If one or more of the professionals do not reside in the county or are unwilling to serve, the Secretary
 may appoint a resident layperson in lieu of the vacancy.
- Members of boards of health receive no compensation for their services.
- Board of health members must reside in the county in which they serve KRS 212.855.
- The Secretary of the Cabinet for Health and Family Services shall remove any member, other than the
 county judge/executive or fiscal court appointee, who fails to attend three (3) consecutive scheduled
 meetings and may remove board members according to KRS 65.007. The fiscal court may remove its
 appointee in like fashion.
- A member of a county or city/county board within that particular district must fill membership on the district board of health KRS 212.855
- If the term of a county board of health member expires or the member cannot complete his/her term, the seat on the district board of health is declared vacant and the county or city-county board of health appoints another of its members to fill any un-expired portion of the term on the district board.
- Appointed members of district boards may not begin to serve on the district board until the Secretary
 has certified their eligibility to serve on the district board.
- District board members hold office for a term of two (2) years or until the successors are appointed.
- In accordance with KRS 212.020 and KRS 212.640 each county and city/county board of health must contain twelve (12) members.
- In accordance with KRS 212.855 each district board (except the Northern Kentucky District) must include the county judge/executive or his designee from each county in the district as an ex officio voting member, and one (1) additional resident per county per (15,000) population or fraction thereof, which must include the mayor, city manager, or designee of the city manager of each second class city as an ex officio voting member, except that the total number of members from any county cannot exceed seven (7) members.
- The composition of the boards must be in accordance with KRS 212.020, KRS 212.640 and KRS 212.855.

FY 18 Board of Health Meeting Schedule (Meetings held at 6 PM at PHC) Sept. 18, 2017 | Dec. 18, 2017 | March 19, 2018 | June 18, 2018

FY 17 Members | Representation

Charles Bradshaw, DMD, Chair | Dentist Representative Wayne Morris, RPH, Vice-Chair | Pharmacist Representative Paula Hoover, OD, Treasurer | Optometrist Representative Houston Wells, Judge Executive | County Judge Executive

Joseph F. Grider, PE | Engineer Representative Stephen K. Hall, MD | Physician Representative Arba Kenner, MD | Physician Representative Denis King, DVM | Veterinarian Representative



A governing board must:

- Assure that the services provided meet the needs of the local citizenry, to protect and promote public health.
- Establish priorities and objectives based on a community assessment and resources of the agency for:
 - Service delivery, considering federal and state disease prevention and health promotion objectives; and
 - Specific health and safety needs of the community.
- Assure that financial controls and program evaluation measures are ongoing to facilitate effective and efficient agency services and operations.
- Interview and hire an agency director in accordance with KAR 8:040 through 902 KAR 8:140.
- Communicate board policies and priorities to the agency director:
 - Evaluate the performance of the agency director, at least annually. The director/administrator must have clear direction from the board and is accountable for execution of board policies;
 - Review information and data provided by the agency director to assess the
 effectiveness and efficiency of the agency in complying with federal and
 state public health laws, regulations, and board policies; and
 - Promote professionalism in health department operations in fulfilling its public health mission.

Pamela J. Melton, RN | Nurse Representative Constance E. Morgan, RN | Consumer Representative Richard Tanner | Fiscal Court Representative Mark Wainwright, DO | Physician Representative

DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 MERRY CHRISTMAS	26	27	28	29
30	31			CHANCE DIFACE O		

DATES

18 KHDA MEETING 9 AM

24 FCHD CLOSED CHRISTMAS EVE

25 FCHD CLOSED CHRISTMAS DAY



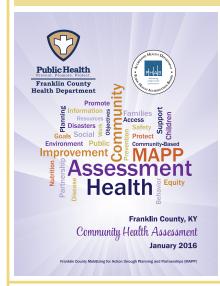
ALL TIME, DATES AND LOCATIONS ARE SUBJECT TO CHANGE, PLEASE CALL TO VERIFY.

COMMUNITY HEALTH EDUCATION SERVICES	2016-2017	2015-2016	2014-2015	2013-2014	2012-2013	
Presentations Misc. public health topics (does not include those listed below)	125	60	18	32	33	
Diabetes Program						
Education Classes	4	3	7	5	15	
Healthy Start Child Care						
Classes	0	3	4	7	9	
Child Passenger Safety Seat Program						
Car Seats Inspected	36	8	34	25	16	
Car Seats Distributed/Leased	0	N/A	N/A	N/A	3	
Car Seat Check Events	0	0	1	1	1	
Smoking Cessation						
Classes (*includes classes taught outside of FCHD)	4	2	3	5	3*	
Participants	10	13	26	47	38	
Media Outreach						
Working On Wellness Cable 10 TV Show	2	10	10	12	11	
State Journal Articles	2	38	50	51	51	
Coalition Meetings						
MAPP Coalition Meetings	22	4	3	3	4	
Diabetes Coalition Meetings	2	4	4	6	9	
UK Mobile Pediatric Dental Services						
Schools	0	2	3	6	6	
Children treated	0	66	52	152	162	
Total dental procedures	0	438	672	1,319	1,125	
Total fee value of dental services	0	N/A	\$33,353.00	\$61,373.00	\$46,393.00	
Longest Day of Play						
Number of Meetings	0	10	3	4	4	
Number of Vendors	0	40	40	40	42	
Number of Attendees	0	625	(Cancelled Rain)	600 (rain)	1450	
ENVIRONMENTAL SERVICES						
Food Service/Retail Food Activities	1,086	1,562	1,603	1,641	1,519	
Animals Vaccinated at Rabies Clinics	0	498	850	1,100	1,202	
Onsite Sewage Activities	759	716	804	767	786	
Nuisance Complaint Investigations	57	140	85	234	127	
Animals Quarantined	46	40	64	109	107	
Public Facilities Activities	791	1,015	1,521	1,548	849	

CLINICAL SERVICES	2016-2017	2015-2016	2014-2015	2013-2014	2012-2013
Pediatric	7,433	8,806*	46,320	38,605	39,031
Family Planning	8,087	8,024	10,905	12,631	15,994
Prenatal	522	538	423	466	421
WIC/Nutrition Services	11,223	12,348	13,206	13,745	15,261
Tuberculosis	2,448	2,504	1,831	1,346	2,744
Sexually Transmitted Diseases	3,260	5,671	6,274	6,133	8,210
Adult Health	5,652	8,013	8,127	9,495	12,324
Preventive Cancer	1,009	902	1,001	1,476	2,752
SCHOOL HEALTH					
Total Visits	64,133	57,917	N/A	N/A	N/A
Unduplicated Visits	54,341	50,638	N/A	N/A	N/A
Number of Students (PEF'd)	42,906	39,943	N/A	N/A	N/A
Students Sent Home	1,621	1,547	N/A	N/A	N/A
Number of IEP Students	6,621	6,096	N/A	N/A	N/A
Referrals	973	1,025	N/A	N/A	N/A
Social Service Notifications	19	21	N/A	N/A	N/A
HANDS					
Families Enrolled	155	147	165	123	116
Home Visits	2,468	2,235	2,131	2,026	1,454
HOME HEALTH					
Nursing	4,505	3,252	3,057	3,906	6,196
Home Health Aide	641	672	474	716	5,377
Physical Therapy	4,482	3,267	3,372	4,025	4,816
Speech Therapy	43	35	0	0	240
Occupational Therapy	781	573	461	632	829
Social Services	0	0	0	0	21
Home and Community Based W	aiver Units				
Assessment and Reassessment	11	19	22	24	47
Case Management	213	293	361	423	1,110
Homemaker	1,320	725	1,020	1,410	1,895
Personal Care	1,877	1,498	2,050	2,454	2,145
Respite	0	0	0	117	157
Unduplicated Patient Count					
Traditional	825	520	491	566	418
Waiver	41	2	2	10	8
EPSDT	5	3	0	0	0
Veterans Administration	0	0	0	0	0

^{*}Prior years School Health Services was combined with Clinical Pediatric Services

FCHD'S PLANS



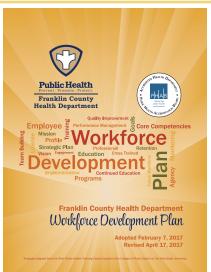
Community Health Assessment (CHA)

Franklin County MAPP was formed in December 2008, and is supported by the Franklin County Health Department (FCHD). Coalition members consist of community members and key stakeholders within Franklin County. Members followed a community health improvement planning model, Mobilizing for Action through Planning and Partnerships (MAPP). It is developed by the National Association of County and City Health Officials (NACCHO) in cooperation with the Centers for Disease Control and Prevention (CDC). The coalition assessed Frankfort/Franklin County's strengths and needs and formulated a plan to address identified concerns. This is Franklin County MAPP's second iteration of the MAPP cycle. The first iteration started in 2008 with the formation of the MAPP group and the CHA was completed in September of 2011.

Community Health Improvement Plan (CHIP) According to the National Association of County and City Health Officials (NACCHO), a CHIP is a long-term, systematic effort to address public health problems based on the results of a community health assessment (CHA) and a community health improvement process. CHIP's help to provide support for developing new policies and determining health promotion strategies. It should define a shared vision for community health through collaboration with diverse partners and address the broad range of strengths, weaknesses, challenges, and opportunities that exist within the community to improve health. A CHIP looks outside of the performance of FCHD to the way in which the activities of many organizations contribute to community health improvement.







Workforce Development Plan

FCHD has adopted the June 2014 Core Competencies for Public Health Professionals developed by The Council on Linkages Between Academia and Public Health Practice available at www. phf.org/corecompetencies. The Core Competencies are organized into eight domains, reflecting skills areas within public health, and three tiers, representing career stages for public health professionals. The Domains are:

- 1. Analytical/Assessment Skills
- 2. Policy Development/Program Planning Skills
- 3. Communication Skills
- 4. Cultural Competency Skills
- 5. Community Dimensions of Practice Skills
- 6. Public Health Sciences Skills
- 7. Financial Planning and Management Skills
- 8. Leadership and Systems Thinking Skills

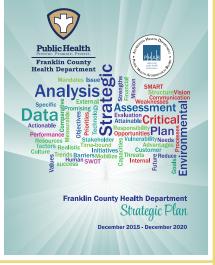
Additionally, FCHD recognizes that emergency preparedness is an integral part of all public health position descriptions and has adopted the CDC 2002 Bioterrorism and Emergency Readiness Competencies for all public health workers.

Strategic Plan

Driven by data, FCHD's Strategic Plan sets long-term goals that are targeted, specific and achievable. These goals build on and leverage relationships with internal and external stakeholders. Six goals were presented, revised and agreed upon during an all–staff meeting.

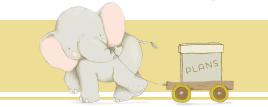
- 1. Improve health outcomes of Frankfort/Franklin County.
- 2. Increase branding.
- 3. Increase workforce development.
- 4. Increase funding/revenue.
- 5. Improve infrastructure (including technology).
- 6. Improve culture of QI.





Quality Improvement (QI) Plan

The purpose of FCHD's QI plan and Accreditation and QI Policy is to foster a culture of quality improvement through continuous improvement of programs, services and administration. This goal is also reflected in FCHD's 2015-2020 Strategic Plan.

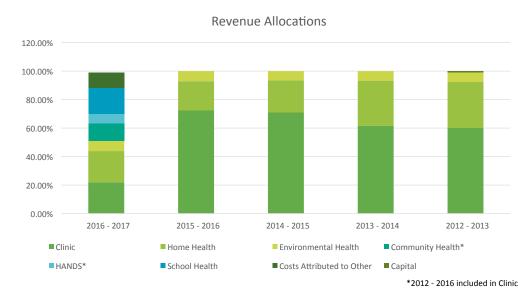


REVENUE SOURCES & ALLOCATIONS

Revenue Sources	2016-2017	Percent	2015-2016	Percent	2014-2015	Percent	2013-2014	Percent	2012-2013	Percent
Service Fees & Interest	\$3,134,544.05	44.40%	\$2,793,216.77	43.95%	\$2,744,742.22	45.17%	\$2,735,987.76	49.17%	\$2,626,749.67	47.16%
Local (Tax)	\$1,823,982.58	25.83%	\$1,789,142.66	28.15%	\$1,671,364.03	27.51%	\$1,533,222.79	27.56%	\$1,382,231.73	24.81%
Federal	\$501,171.62	7.10%	\$562,014.76	8.84%	\$517,398.69	8.51%	\$676,839.93	12.16%	\$717,770.85	12.89%
State	\$1,555,933.16	22.04%	\$1,121,985.32	17.66%	\$1,095,340.49	18.03%	\$499,125.46	8.97%	\$539,191.82	9.68%
Carry-Over & Reserve	\$44,794.60	0.63%	\$88,514.81	1.39%	\$47,481.01	0.78%	\$118,807.35	2.14%	\$304,408.98	5.46%
Total	\$7,060,426.01	100.00%	\$6,354,874.32	100.00%	\$6,076,326.44	100%	\$5,563,983.29	100%	\$5,570,353.05	100%

Revenue Allocations	2016-2017	Percent	Revenue Allocations	2015-2016	Percent	2014-2015	Percent	2013-2014	Percent	2012-2013	Percent
Clinic	\$1,339,473.51	21.98%	Clinic/Community Health	\$4,421,274.99	72.32%	\$3,831,743.11	70.94%	\$3,325,802.99	61.69%	\$3,273,437.95	60.03%
Home Health	\$1,334,067.15	21.89%	Home Health	\$1,259,443.47	20.60%	\$1,222,333.61	22.63%	\$1,704,395.78	31.61%	\$1,761,536.84	32.30%
Environmental Health	\$441,983.89	7.25%	Environmental Health	\$432,941.51	7.08%	\$347,309.11	6.43%	\$361,161.02	6.70%	\$369,053.61	6.77%
Community Health *	\$804,617.87	13.20%									
HANDS *	\$405,245.44	6.65%									
School Health *	\$1,108,552.41	18.19%									
Costs not attributable to above	\$659,665.11	10.83%									
Capital	\$-	0.00%	Capital	\$-	0.00%	\$0.00	0.00%	\$0.00	0.00%	\$48,993.00	0.90%
Total	\$6,093,605.38	100.00%	Total	\$6,113,659.97	100.00%	\$5,401,385.83	100%	\$5,391,359.79	100%	\$5,453,021.40	100%

* In prior years these were included with Clinic/Community Health.



Revenue Sources 100% 90% 80% 70% 60% 50% 40% 30% 20% 10% 0% 2016 - 2017 2015 - 2016 2014 - 2015 2013 - 2014 2012 - 2013 Service Fees & Interest Local (Tax) Federal State Carry-Over & Reserve

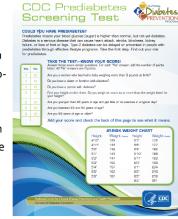
THINK YOU MAY BE AT RISK FOR PREDIABETES OR TYPE 2 DIABETES?

If you think you may be at risk for prediabetes or type 2 diabetes, take the CDC Prediabetes Screening Test which can be found online at

www.cdc.gov/DIABETES/ prevention/pdf/ prediabetestest.pdf

If the test indicates you are at risk, take this brochure to a health care provider and ask to be tested. Have the health care provider fill out the form on the right, then contact your local health department.

If you do not have a



health care provider, simply contact the Franklin County Health Department at 502-564-5559 to find out more about qualifying for the Detouring Diabetes Prevention Program.

You **DO NOT** have to be referred by a health care provider to qualify for the program!



By making the *right* lifestyle choices to Detour Diabetes

HOW THE DETOURING DIABETES PREVENTION PROGRAM WORKS



The FCHD Detouring Diabetes Prevention Program is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC). It features an approach that is proven to prevent or delay type 2 diabetes. If you have prediabe-

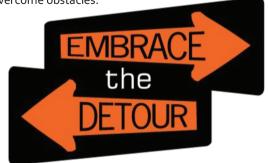
tes or other risk factors for type 2 diabetes, its time to take charge of your health. **Detouring Diabetes Prevention Program** can help you make lasting changes to reduce your risk of type 2 diabetes.

by **Humana**

All KEHP members who attend 12 of the first 16 classes will earn **350** Humana Vitality/Go365 Points!

Detouring Diabetes Prevention Program

groups meet for 16 weekly / bi-weekly sessions for the first 6 months, then once a month for 6 months to help you maintain your healthy lifestyle changes. By meeting with others who have or are at risk for prediabetes you can celebrate each other's successes and work together to overcome obstacles.



Tout 3 U.S. ADULTS

PREDIABETES,

No. 11% KNOW

THEY HAVE IT.

Without weight loss and moderate physical activity, many

people with prediabetes will develop type 2 diabetes within 5 years. Type 2 diabetes is a serious condition that can lead to health issues such as the following: heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

The lifestyle changes you make in Detouring Diabetes Prevention Program will help you prevent or

Youmay have prediabetes and be at risk for Type 2 diabetes if you:

- ✓ Have a family history of type 2 diabetes
- Maintain a non-balanced, high calorie diet
- Are overweight

delay type 2 diabetes.

- ✓ Are 45 years of age or older
- ✓ Are physically active less than 3 times per week
- Ever had diabetes while pregnant
- ✓ Smoking increases risk

Having prediabetes means your blood sugar level is higher than normal, but not high enough to be diagnosed as diabetes. This raises your risk of Type 2 Diabetes, heart disease, and stroke.













Community Health Education 851 East West Connector Frankfort , KY 40601 502-564-5559 • Debbiey.bell@ky.gov



	1-3-1-A	Franklin Co.	Kentucky
	Demographics		,
	Population	50,375	4,425,092
	% below 18 years of age	21.00%	22.90%
)	% 65 and older	16.70%	15.20%
	% Non-Hispanic African American	10.90%	8.10%
	% American Indian and Alaskan Native	0.30%	0.30%
	% Asian	2.00%	1.40%
7	% Native Hawaiian/Other Pacific Islander	0.00%	0.10%
	% Hispanic	3.10%	3.40%
Ļ	% Non-Hispanic white	81.70%	85.10%
J	% not proficient in English	1%	1%
ľ	% Females	51.80%	50.80%
	% Rural	27.60%	41.60%
	Health Outcomes		
	Diabetes prevalence	13%	12%
)	HIV prevalence	145	159
	Premature age-adjusted mortality	420	450
	Infant mortality	6	7
	Child mortality	70	60
4	Frequent physical distress	13%	15%
	Frequent mental distress	12%	14%
ą	Health Behaviors		
l	Food insecurity	16%	17%
	Limited access to healthy foods	8%	5%
	Drug overdose deaths	25	25
	Motor vehicle crash deaths	10	17
	Health Care		
J	Uninsured adults	11%	12%
	Uninsured children	5%	5%
	Health care costs	\$13,562	\$10,320
	Other primary care providers	1,574:1	992:1
4	Social & Economic Factors		V//
	High school graduation	79%	89%
	Some college	57%	59%
ď	Unemployment	4.4%	5.4%
	Children in poverty	23%	25%
	Income inequality	4.1	5.1
	Children in single-parent households	41%	35%
	Social associations	21.3	10.7
1	Violent crime	268	215
	Injury deaths	69	85
ſ	,,	63	//

	Franklin County	Error Margin	Top U.S. Performers*	Kentucky	Rank (of 120)
HEALTH OUTCOMES					3!
Length of Life					34
Premature death	8,600	7,600-9,500	5,200	8,900	70
Quality of Life					53
Poor or fair health	17%	17-18%	12%	21%	X
Poor physical health days	4.4	4.2-4.6	3	4.7	3
Poor mental health days	3.9	3.8-4.1	3	4.4	
Low birthweight	11%	10-12%	6%	9%	7 (
HEALTH FACTORS					4!
Health Behaviors					29
Adult smoking	21%	20-21%	14%	26%	
Adult obesity	33%	28-38%	26%	33%	70
Food environment index	6.9	26-36/6	8.4	7.1	A
Physical inactivity	25%	21-30%	19%	28%	02
Access to exercise opportunities	81%	21 30%	91%	70%	
Excessive drinking	13%	13-14%	12%	16%	4 /
Alcohol-impaired driving deaths	26%	14-39%	13%	28%	7 Y
Sexually transmitted infections	586.1	70 7	145.5	401.9	
Teen births	41	38-45	17	44	一才
Clinical Care	-				5!
Uninsured	9%	8-10%	8%	10%	
Primary care physicians	2,490:1	0 1070	1,040:1	1,500:1	1 4
Dentists	1,360:1		1,320:1	1,620:1	TO
Mental health providers	970:01:00		360:01:00	560:01:00	70
Preventable hospital stays	86	78-94	36	77	<u> </u>
Diabetic monitoring	83%	76-90%	91%	86%	02
Mammography screening	45%	38-52%	71%	59%	
Social & Economic Factors					55
High school graduation	79%		95%	89%	7
Some college	57%	52-62%	72%	59%	
Unemployment	4.40%	Λ Λ	3.30%	5.40%	
Children in poverty	23%	17-28%	12%	25%	9 1
Income inequality	4.1	3.5-4.7	3.7	5.1	a (/)
Children in single-parent households	41%	34-49%	21%	35%	
Social associations	21.3		22.1	10.7	V ()
Violent crime	268		62	215	. A
Injury deaths	69	59-79	53	85	02
Physical Environment					78
Air pollution - particulate matter	10.2	770	6.7	10	4 1/1
Drinking water violations	No	R			N Y
Severe housing problems	17%	14-19%	9%	14%	
Driving alone to work	84%	81-86%	72%	82%	一
Long commute - driving alone	19%	17-22%	15%	29%	A



Public Health Prevent. Promote. Protect.

Franklin County **Health Department**

* 90th percentile, i.e., only 10% are better. Note: Blank values reflect unreliable or missing data

* Data supplied on behalf of state Note: Blank values reflect unreliable or missing data