

Franklin County Health Department

Live. Work. Play. Pray. Healthy!

FISCAL YEAR 2016 ANNUAL REPORT 2017 CALENDAR



Public Health
Prevent. Promote. Protect.

Franklin County Health Department



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
FCPS	Franklin County Public 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
LDOP	Longest Day of Play
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
ALM Class	Active Living Movement Class at Good Shepherd Church 502-695-4266, Dorothy Schroeder



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**Franklin County
Health Department**



Dear Public Health System Partners:

Fiscal Year 2016 was an exciting year with many new programs and efforts to help us reach 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 2016 some of our efforts included:

- **Syringe Exchange Program:** Kentucky legislature passed the landmark anti-heroin bill, SB 192, in March of 2015. Per this bill, Franklin County Board of Health passed a resolution authorizing Franklin County Health Department (FCHD) to operate a syringe exchange program on August 17, 2015 with Fiscal Court and City Commission doing the same on October 16, 2015 and January 25, 2016 respectively. FCHD has now been operating this program since May 6, 2016 and we are proud to work with our partners including, Bluegrass.org, Capital Pharmacy, Kentucky Department for Public Health, Kentucky State University, Franklin County Public Schools, Franklin County Sheriff's Office, Frankfort Regional Medical Center (FRMC), Franklin County Agency for Substance Abuse Policy (ASAP), Frankfort Fire and EMS, Frankfort Police and Frankfort-Franklin County Office of Emergency Management, to decrease the transmission of hepatitis C and HIV and increase referrals to drug treatment centers. See page 6 for more information about the Franklin County Harm Reduction and Syringe Exchange Program.
- **Freedom From Smoking:** We transitioned to a new American Lung Association smoking cessation program called Freedom From Smoking. This program has proven to have better outcomes, including a higher quit rate. We continue to work closely with FRMC to ensure class availability for our community and to combat Kentucky's continued high smoking rates.
- **Diabetes Prevention Program:** While FCHD has long offered Diabetes Self-Management Education, we began a new program called the Diabetes Prevention Program that targets those with risk factors for diabetes, in an effort to prevent the onset the Type 2 Diabetes. See pages 4 and 18 for more information about these programs.
- **Zika Virus:** We are all aware that Zika virus became a concern during Fiscal Year 2016. We were excited to work with the Kentucky Department for Public Health and the Kentucky Department of Agriculture to ensure that known areas were fogged to reduce the mosquito population. We will continue to monitor this emerging public health threat. See page 16 for steps you can take to help with these efforts.
- **Performance Management System:** FCHD implemented a new Performance Management System, utilizing the Klipfolio software. These performance management goals ensure the monitoring of public health processes, programs, interventions and other activities that contribute to population health improvement. See page 12 for more information.
- **Quality Improvement:** FCHD was honored to receive a Public Health Accreditation Board and Robert Wood Johnson Foundation grant that brought an entirely new model of Quality Improvement (QI), the Kaizen Model, to FCHD. Kaizen literally translates to "change for better". This grant also supported a QI planning week at FCHD where the following were identified as QI goals: Reduce STI rates, Increase 6th grade immunization rates, Increase FCHD leadership skills and Maximize FCHD revenue. See page 12 for more information.
- **Promising Practice Award:** FCHD received a promising practice award from the National Association of County and City Health Officials (NACCHO) for a project entitled, "Forces of Change Assessment using QI Tools." This was part of our Frankfort/Franklin County's MAPP (Mobilizing for Action through Planning and Partnerships) Community Health Assessment and now provides a model for other communities to follow. FCHD has now received three model practice awards and four promising practice awards from NACCHO since 2011.

Please be sure to peruse the following pages for other FCHD Fiscal Year 2016 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 Health and Happiness in 2017!

Sincerely,

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

Judy A. Mattingly, MA
Public Health Director

Visit Us



Franklin County Health Department
100 Glenn's Creek Road
Frankfort, KY 40601

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

Business Office

Phone: 502-564-4269

Fax: 502-564-9586

After Hours Emergencies: 502-875-8582

Clinic Services

Phone: 502-564-7647

Fax: 502-564-9640

School Health

Phone: 502-564-7647

Fax: 502-564-9640

Franklin County Public Health Center
851 East-West Connector
Frankfort, KY 40601

Mon. - Fri. 8:00 - 4:30

Community Health Education

Phone: 502-564-5559

Fax: 502-564-5672

Emergency Preparedness

Phone: 502-564-9336

Fax: 502-564-5672

Environmental Health

Office Hours 8:00 - 9:30am

Phone: 502-564-7382

Fax: 502-564-5672

Franklin County Home Health Agency

Phone: 502-564-7383

Fax: 502-564-9587

HANDS Services

Phone: 502-564-5559

Fax: 502-564-5672



Connect With Us



Live. Work. Play.
Pray. Healthy!

Vision Mission & Values

Prevent. Promote. Protect.
Franklin County.

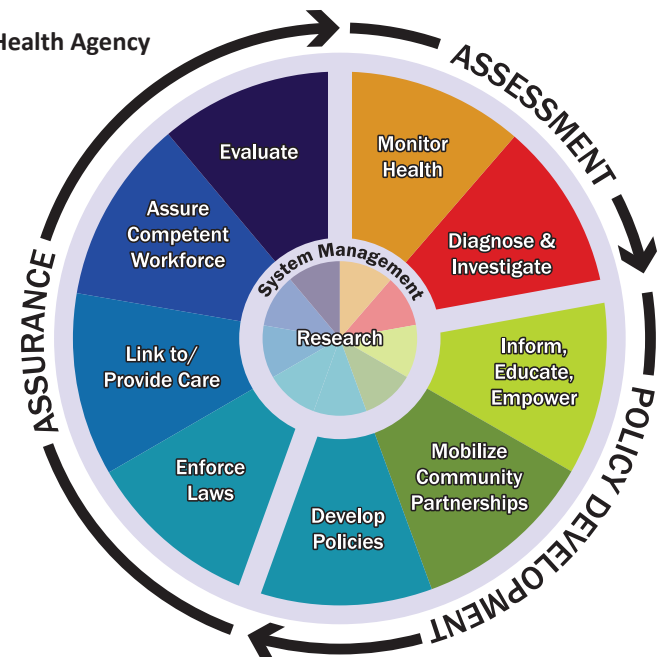
Accountability, Dedication,
Empowerment, Equity,
Excellence, Flexibility,
Integrity and Respect



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**Franklin County
Health Department**

10 Essential Public Health Services





U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

A life-changing class that can help you lose 5-7% of your body weight and cut your risk for diabetes in half! For 16 weeks, a trained lifestyle coach will work with you, one-on-one and in a group setting to help you learn simple changes for lowering your risk.

Your Commitment:

Your class will meet once a week for an hour, ON-SITE! After 16 weeks, you'll have 6 monthly follow-up sessions to help you stay motivated and maintain your healthy lifestyle.

Discussions will include:

- Stress Reduction
- Improving Food Choices
- Increasing Physical Activity
- Using Coping Skills to Maintain Weight Loss

Is this program for you?

- Participants must be 18 years of age or older and have Body Mass Index of >24
- Participant provides a recent blood-based diagnostic test indicating prediabetes

Examples:

- A. Fasting glucose of 100-125 mg/dL
- B. A1C of 5.7—6.4
- C. Diagnosed with Gestational Diabetes during pregnancy
- D. Participant screens positive for prediabetes based on the CDC scorecard

FCHD has completed 2, 16-week Core Curriculum for our worksite Diabetes Prevention Program (DPP)!

Our first class was offered at the Capital Plaza Tower worksite on Wednesdays from 11:30am-12:30pm. There were four Kentucky Employee Health Plan (KEHP) members that completed the first portion of the program. We will continue to meet monthly through September.

Our second program is taking place at the Kentucky Transportation Cabinet! There are seven KEHP employees eager to meet their program goals! This group will be meeting through February 2017 as part of their Post Core Program.

Both groups have been striving toward the program goals of achieving a 5-7% weight loss and acquiring at least 150 minutes of physical activity per week to prevent Type 2 Diabetes. We are so proud of their hard work! To date FCHD's DPP has generated \$4719.00!!! Not bad for our first year.

Testimonials:

"Having a group of people with the same goals as me really motivated me to jump start healthy lifestyle changes."




— Phyllis Perkins, 53, Program Participant

"It's not about how long you live, it's about how well you live."

— Cynthia Johnson, 54, Program Participant



January 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
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	26	27	28
29	30	31				

Dates

- 1 FCHD Closed
New Year's Day
- 17 KHDA Meeting 9:00am
- 16 FCHD Closed
MLK Day
- 30 6 month budget projection due to DPH

Food Handler Class at PHC
9:00am - \$5.00
Wed 4, 11, 18, 25

****All time, dates and locations are subject to change. Please call to verify.****



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

#CleanNeedlesSaveLives

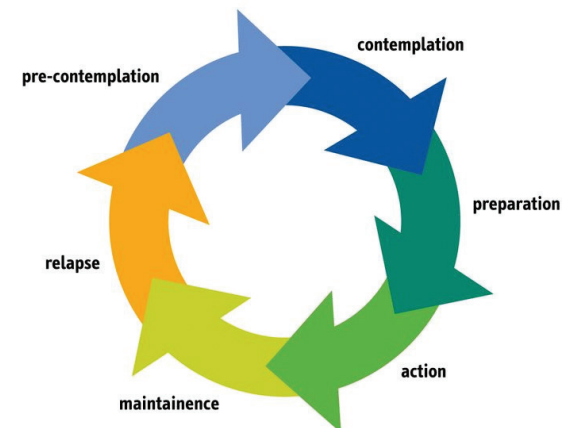
HARM REDUCTION ACTIVITIES

- Welcome participant to Franklin County Harm Reduction and Syringe Exchange Program (HRSEP)
- 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 Naloxone/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 PWID
- SEPs reduce the improper disposal of syringes
- Syringe re-use declines when syringes are provided by need-based distribution or one-for-one-plus exchanges
- PWID are 5 times more likely to enroll in rehab when participating in a SEP
- SEPs reduce needlesticks in law enforcement officers

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 drug 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 Naloxone/Narcan education.









Transtheoretical Model of Change
Prochaska & DiClemente



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February 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			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
26	27 	28 				

Dates

- 2 Groundhog Day
- 3 National Wear Red Day
- 14 Valentine's Day
- 20 President's Day
- 21 KHDA Meeting 9:00am
- 27 4th Accreditation Anniversary
- 28 Shrove Tuesday / Mardi Gras

Food Handler Class at PHC
9:00am - \$5.00
Wed 1, 8, 15, 22

****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 journey. The program 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. 🛒

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 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. 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 babies' 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 to have greater school success.



We painted pumpkins on October 12th and invited parents to have a pizza lunch with us. We made no-sew fleece baby blankets on December 2nd. These events were to allow families the chance to do something fun with their children and to socialize with each other.



Referrals for HANDS can come from any source, including self-referrals. Most of our referrals come from the 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!

HANDS PROGRAM GOALS

- ➔ Positive pregnancy outcomes
- ➔ Optimal child growth and development
- ➔ Children live in healthy and safe homes
- ➔ Family decision-making and self-sufficiency








In Franklin County, we provided 2,235 home visits to 147 families last year!



Every parent needs a second pair of **HANDS**

March 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			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
26	27	28	29	30	31	

Dates

- 1 Ash Wednesday
- 2 Read Across America Day
- 3 Employee Appreciation Day
- 12 Daylight Saving Time Starts
- 17 St. Patrick's Day
- 21 KHDA meeting 9:00am
- 22 County Health Rankings Release
- 23 Diabetes Alert Day
- 31 PHAB Annual Report Due

Food Handler Class at PHC
9:00am - \$5.00
Wed 1, 8, 15, 22, 29

****All time, dates and locations are subject to change. Please call to verify.****

What is LDOP?

The Longest Day of Play (LDOP) is an event that encourages physical activity in an effort to decrease rates of diabetes, obesity, cancer and cardiovascular disease. Kentucky has some of the highest rates of these diseases. Research shows that losing as little as 10% of one's body weight can lead to huge health benefits and becoming more physically active is a wonderful place to start!






Over the last 10 years LDOP has hosted an average of 40 vendors per year and 7,718 participants since we began in 2007!



On behalf of the LDOP Steering Committee and FCHD, we would like to extend our sincere thanks for all of your time, support, and contributions to LDOP over the last 10 years.

When we first began this venture 10 short years ago, our initial purpose was to help our community redefine exercise by making it fun. Due to each of you, we achieved that goal. While the event has officially come to an end, the purpose will continue! Again, on behalf of the Longest Day of Play Steering Committee, we thank you for the part you played in this event. You have helped to make it a success!

April 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						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	26	27	28 	29
30						

Dates

- 1 April Fools Day
- 3-9 National Public Health Week
- 9 Palm Sunday
- 11-13 KPHA Annual Conference
- 14 FCHD Closed at 11:45am
Good Friday
- 16 Easter Sunday
- 22 Earth Day
- 26 Administrative Support/ Professionals Day
- 28 Arbor Day
- 28 School Health Contracts due to DPH

Food Handler Class at PHC
9:00am - \$5.00
Wed 5, 12, 19, 26

All time, dates and locations are subject to change. Please call to verify.

2016 Quality Improvement Plan: FCHD

Table 2

Drivers

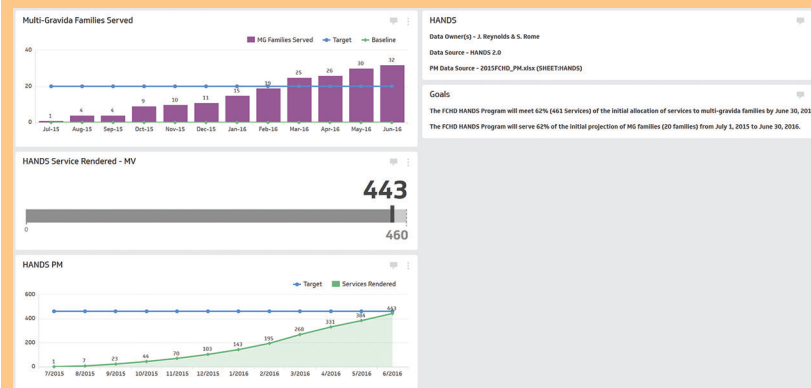
Outcomes

Project: STD Reduction TO: Reduce STD rates in the next 18 months BY: • Increasing STD case reporting • Improving STD education • Increasing STD prevention Measures/Targets: • TBD by the team Project Leader, Team Members: • TL: Sally • Leah, Jennifer, Kim, Flo (KSU rep), Susan, Ashley, Ina	Project: Sixth Grade Immunization TO: Increase Tdap, MCV, and Varicella vaccinations in the 6th grade population BY: • Kaizen and partnership with the schools Measures/Targets: • Tdap - 75% improvement • MCV 55.6% improvement • Varicella 60.1% - 75% improvement Project Leader, Team Members: • TL: Michelle • Vicky, Kyle (school rep), Savannah, Natalie, Jeanette, Leann, Sally or Lisa H.	Reduce Infectious Disease <table border="1"> <thead> <tr> <th>Measure</th><th>Baseline</th><th>Target</th></tr> </thead> <tbody> <tr> <td>STD (chlamydia, gonorrhea, syphilis) cases from FCHD 007 Report</td><td>291 cases from July 2014 to Dec 2015</td><td>277 cases from Jan 2015 to June 2017</td></tr> <tr> <td>Immunization Rate Sixth Grade</td><td>Tdap 55.6% MCV 54.6% Varicella 60.1%</td><td>75% for all three vaccines</td></tr> </tbody> </table>	Measure	Baseline	Target	STD (chlamydia, gonorrhea, syphilis) cases from FCHD 007 Report	291 cases from July 2014 to Dec 2015	277 cases from Jan 2015 to June 2017	Immunization Rate Sixth Grade	Tdap 55.6% MCV 54.6% Varicella 60.1%	75% for all three vaccines									
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Immunization Rate Sixth Grade	Tdap 55.6% MCV 54.6% Varicella 60.1%	75% for all three vaccines																		
Project: Workforce Development TO: Increase leadership potential/skills BY: • Increasing participation in educational opportunities Measures/Targets: • Leadership institute attendance (10 to 20) Project Leader, Team Members: • TL: Sally • Leah, Jennifer, Kim, Flo (KSU rep), Susan, Ashley, Ina	Project: Maximize Revenue TO: Increase collection of service fees BY: • Following the PDCA improvement process Measures/Targets: • Tdap - 75% improvement • MCV 55.6% improvement • Varicella 60.1% - 75% improvement Project Leader, Team Members: • TL: Michelle • Vicky, Kyle (school rep), Savannah, Natalie, Jeanette, Leann, Sally or Lisa H.	Workforce Development <table border="1"> <thead> <tr> <th>Measure</th><th>Baseline</th><th>Target</th></tr> </thead> <tbody> <tr> <td>Leadership Institute Attendance</td><td>10</td><td>20</td></tr> <tr> <td>QI Project Participation</td><td>27</td><td>55</td></tr> <tr> <td>Staff Satisfaction Survey — neutral to pride working at HD</td><td>6</td><td>0</td></tr> </tbody> </table> Financial Stability <table border="1"> <thead> <tr> <th>Measure</th><th>Baseline</th><th>Target</th></tr> </thead> <tbody> <tr> <td>FY15 Amount Billed — Amount Paid</td><td>TBD</td><td>TBD FY17</td></tr> </tbody> </table>	Measure	Baseline	Target	Leadership Institute Attendance	10	20	QI Project Participation	27	55	Staff Satisfaction Survey — neutral to pride working at HD	6	0	Measure	Baseline	Target	FY15 Amount Billed — Amount Paid	TBD	TBD FY17
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Measure	Baseline	Target																		
FY15 Amount Billed — Amount Paid	TBD	TBD FY17																		
Leadership Team Members: Judy, Debbie, Cindy, Becki, Shannan, Lisa C., Kendra, Ken, Tammie, Lisa H., Sally, Michelle, Brittany, Margie	Leadership Team Conditions:																			

Achieving an agency-wide culture of Quality Improvement (QI) has been a main focus of FCHD's QI Team for FY16. This year has been full of QI events such as our very first Kaizen (rapid QI process) event taking place in August of 2015 and QI planning week taking place in February of 2016. During the QI planning week, 26 FCHD employees were trained in a QI Contributors Course where they came up with real problems and used QI techniques and tools to work through their own personal QI project. In addition to training staff, FCHD's Leadership team spent an entire day looking through data, FCHD's Strategic Plan, Community Health Assessment, etc. to prioritize where QI efforts would be focused from February 2016 - June 2017. The outcome of the all-day planning session can be found above.

Trainings for Accreditation/ Quality Improvement

- National Association for County and City Health Officials (NACCHO) Annual Conference
- National Network of Public Health Institutes (NNPHI) Open Forum
- KHDA Retreat
- QI Leaders Training – QI Planning
- Kentucky Public Health Association (KPHA) Conference
- Providing QI Trainings for local Kentucky health departments
- CHIM (Community Health Improvement Model) training from NACCHO







Performance Management

FY16 began a new chapter at FCHD for performance management. In public health, performance management means actively using performance data to improve the public's health, including the strategic use of performance standards, measures, progress reports, and ongoing quality improvement efforts to ensure an agency achieves desired results.

FCHD adopted a new performance management plan and system. The system used to house the performance management goals is called Klipfolio and it creates visually appealing dashboards that are updated quarterly at the click of a button. All of FCHD's departments were tasked with developing at least one goal.

May 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	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	26	27
28	29 	30	31			

Dates

- 5 Cinco de Mayo
- 6 National Nurses Day
- 6-12 National Nurses Week
- 14 Mother's Day
- 16 KHDA Meeting 9:00am
- 17 Happy Birthday FCHD
- 29 FCHD Closed
Memorial Day
- 30 Home Health License Renewal Due
- 30 RD License Renewal Due
- TBA Budgets Due to DPH
- TBA Rabies Clinics
- TBA Contracts due to DPH
- Food Handler Class at PHC
9:00am - \$5.00
Wed 3, 10, 17, 24, 31

****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 2015-2016 will be sent home by the school nurse.



Franklin County School Nursing Program is administered by the Franklin County Health Department. There are currently 13 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	2015-2016
Frankfort City School System Enrollment	787
Franklin County School System Enrollment	6,353
Total Pupil Enrollment	7,140
Total Visits	57,917
Unduplicated Visits	50,638
Number of Students (PEF'd)	39,943
Students Sent Home	1,547
Number of IEP Students	6,096
Vision and Hearing Screenings	163
Referrals	1,025
Social Service Notifications	21
Assisted with Social Service Call	33
School Staff Visits	1,153

June 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				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	26	27	28	29	30	

Dates

1 Kentucky Statehood Day

14 Flag Day

18 Father's Day

20 KHDA Meeting 9:00am

TBA National Nursing Assistants Week

Food Handler Class at PHC
9:00am - \$5.00
Wed 7, 14, 21, 28

****All time, dates and locations are subject to change. Please call to verify.****



FIGHT THE BITE DAY AND NIGHT

The summer of 2016 can be known as the summer of the Mosquito. With the fear of the Zika virus, the state of Kentucky as well as every other state, became even more wary and concerned with mosquitos. The Zika virus has not been found anywhere in Kentucky but there are other serious mosquito-borne diseases (encephalitis, West Nile virus) we should all be aware of and protect our family and pets from.

The Franklin County Health Department worked closely with several agencies to correct drainage issues, clean out culverts, remove debris, etc. A tremendous amount of gratitude goes to The Department of Agriculture, who fogged areas identified as mosquito positive. We would like to thank: Frankfort/Franklin County Emergency Management, City Commission, Frankfort Public Works, County Road Department, Franklin County Public Schools, and Fiscal Court.

Without the assistance of all of these fine partners we would not have been able to address the many calls and concerns of the community.

In many areas, mosquito populations can be drastically reduced by methods which are often referred to as “source reduction” and “cultural control.” The idea of source reduction is to eliminate places where mosquitoes can breed and reproduce. All mosquitoes need water to develop through their larval stages. This does not necessarily mean a pond or stream, but also includes bird baths, kiddie pools, and even discarded pop cans. One way people can help reduce the risk of mosquito borne diseases in their neighborhoods is to help reduce some of these types of mosquito breeding habitats. It’s a good idea to start these practices early in the season— just because the mosquitoes aren’t biting yet, doesn’t mean that they’re not developing.

The three Ds of Zika prevention:

Dress: It is best to wear long-sleeved shirts and long pants, when you are able.


Drain: The best way to control mosquito habitats is to eliminate all standing water that the mosquitos need to breed. The easiest way is to place items where water cannot collect in them. If you cannot keep water from collecting in these containers, remember to dump water frequently, as well as scrub the containers to remove the eggs and keep them from hatching.

Defend:

- Use an approved insect repellent.
- Apply repellents only to exposed skin and/or clothing.
- Do not apply near eyes and mouth, and apply sparingly around ears.
- When using sprays, do not spray directly into face; spray on hands first and then apply to face.
- Never use repellents over cuts, wounds, or irritated skin.



July 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						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	26	27	28	29
30	31					

Dates

4 FCHD Closed
Independence Day
Fireworks
Where: _____
Time: _____

11-13 NACCHO Annual Conference

18 KHDA Meeting 9:00am

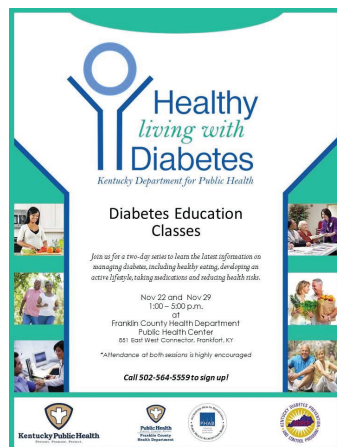
Food Handler Class at PHC
9:00am - \$5.00
Wed 5, 12, 19, 26

****All time, dates and locations are subject to change. Please call to verify.****

Diabetes Self-Management Education (DSME)

According to the American Diabetes Association, "Diabetes self-management education (DSME) is the ongoing process of facilitating the knowledge, skill, and ability necessary for diabetes self-care." This process incorporates the needs, goals, and life experiences of the person with diabetes and is guided by evidence-based standards. The overall objectives of DSME are to support informed decision-making, self-care behaviors, problem-solving and active collaboration with the health care team and to improve clinical outcomes, health status, and quality of life.

The Franklin County Health Department has been pleased to offer DSME Classes to the public. It is presented by a Certified Diabetes Educator and Registered Dietitian. Attendance at the entire session is highly encouraged. The material covered during the 8 hour session will include the following: healthy coping for diabetes, monitoring & management, acute complications, nutrition and physical activity, preventing long term complications and sick day management. We had a terrific turnout for our Spring 2016



DSME Classes at Good Shepherd Church! FCHD in collaboration with Good Shepherd Church hosted a DSME series March 3rd, 10th and 17th from 5-7pm in the Parish Life Center. We had seven individuals complete the entire series.

Some of the feedback received from the program included: "I am very happy with my experience in the class/program"; "My diabetes educator answered my questions in a way I could understand and use."

More exciting DSME news: The KDPH reached out to FCHD requesting their participation as a Diabetes Education Accreditation Program site! On April 18th our Certified Diabetes Educator attended a training to get us started! Stay tuned for more information.



The Franklin County Diabetes Coalition continues in their efforts to increase awareness of diabetes and diabetes prevention education resources available within Frankfort and Franklin County.

Coming soon! Our Diabetes Coalition is morphing into a Diabetes Support Group and Coalition outreach program! The hour meeting will start with a 30 minute topic discussion followed by a Q and A session and end the evening discussing coalition outreach efforts.




Franklin County Home Health provides skilled services in the home allowing individuals to recover in their own environment. In some cases the patient may qualify for assistance with personal care and homemaking through our Medicaid Home and Community Based Waiver Program. It is our goal to provide the patient with personal, compassionate, professional services to prevent re-hospitalizations and nursing home placements.

Our Quality Services Include, but are not limited to:

- Pediatric, Maternal, and Geriatric Care
- IV infusions, wound care, cardiac care and management
- Diabetes care and management, ostomy teaching and care
- Patient and caregiver education
- Rehabilitation to include physical and occupational therapy and pediatric speech therapy
- Aide services
- Home and Community Based Waiver Services
- Nurse on call 24 hours
- Community Presentations on services

Medicare, Medicaid and most insurances accepted. Start the conversation about home health care with your physician or call 502-564-7383 to speak with our Home Health Nurse Administrator.

August 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		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	26
27	28	29	30	31		

Dates

2-4 NALBOH Conference
Cleveland, OH

15 KHDA Meeting 9:00am

21 Senior Citizen's Day

Food Handler Class at PHC
9:00am - \$5.00
Wed 2, 9, 16, 23, 30

****All time, dates and locations are subject to change. Please call to verify.****



Pink County Grant



Purpose

- Provide outreach, promote, educate and navigate all women to receive breast and cervical cancer screenings with special emphasis on uninsured women at or below 250% of the Federal Poverty Level (FPL) and women with Medicaid coverage at or below 138% of the FPL.
- Increase mammogram screenings by 10% to those enrolled in expanded Medicaid in Franklin County. Baseline data is provided to each LHD.
- Identify challenges which have prevented women from receiving breast and cervical cancer screening and diagnostic services.

Goal of the Project

- To increase awareness of need for breast and cervical cancer screening in Franklin County through the use of a media blitz which includes billboard, TV, radio and newspaper. This media campaign should reach at least 80% of county residents which would be approximately 40,000 residents.

Target Audience

- This initiative targeted the medically underserved population of Franklin County 21-64 years of age through a media campaign and incentive program.
- In Franklin County 1,340 women were eligible for mammogram screenings through Medicaid. Data reports that less than 21% of the eligible population was screened in 2014-2015. Franklin County Health Department's goal is to increase this by 10% which would be 173 mammograms by June 30, 2016.

Evaluation

- To evaluate the effectiveness of this initiative the numbers of mammograms, and cervical and breast screenings will be evaluated both before the media blitz and after the implementation. The goal is to reach a 10% increase in screenings and mammograms.



Family Planning Program



The Family Planning Program

has continued to serve women for annual exams, cancer screening, STD screening and initiation of birth control methods. We encountered many uninsured women who were able to meet with the KyNect representative to obtain insurance benefits. If the woman was either unable or uninterested in the insurance resource, we continued to provide quality exams and counseling with birth control pills, Depo Provera, and condoms.



The RN coordinator of the family planning program monitors rates of unplanned pregnancy. She conducts an "Information and Education (I & E) Committee Meeting" each year. The responsibilities of the I & E Committee are to improve maternal and infant health, lower the incidence of unintended pregnancy, reduce the incidence of teen birth, encourage healthier lifestyles, and lower the rates of sexually transmitted infections. In 2016, our meeting included special members: the Drop-out Prevention Coordinator from Franklin County High School, a Youth Coalition Representative and representation of a diverse population of teens ages 12 to 17, male and female, Hispanic, African American, and Caucasian.

Recommendations from the committee are as follows:

- Investigate the incorporation of current internet technology and social media in education for family planning and pregnancy prevention.
- Suggestion to use the FCHD Facebook page to provide specific family planning and STD prevention information, encouraging the public to "like and share" the page, with ability to register these people for a quarterly incentive drawing "for a gas card or a gift card to the creamery (ice cream)."
- Continue to encourage students to seek information from their school nurse and to utilize the Youth Services Coordinator to to assist with accessing FCHD services as needed.
- Initiate involvement or presentation to the "Girls Rock" group to reach teens who are already involved in the at-risk group interventions.
- Increase the presentation of the Abstinence program content to more schools in Franklin County.

FCHD plans to move forward with as many of these recommendations as possible. We very much appreciated the attention that our community members gave to this meeting.

September 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat	Dates
					1	2	
3	4 	5	6	7	8	9	4 FCHD Closed Labor Day
10 	11	12	13	14	15	16	10 National Grandparents Day
17	18	19	20	21	22	23	19 KHDA Meeting 9:00am
24	25	26	27	28	29	30	Food Handler Class at PHC 9:00am - \$5.00 Wed 6, 13, 20, 27

All time, dates and locations are subject to change. Please call to verify.



The Four MAPP Assessments:

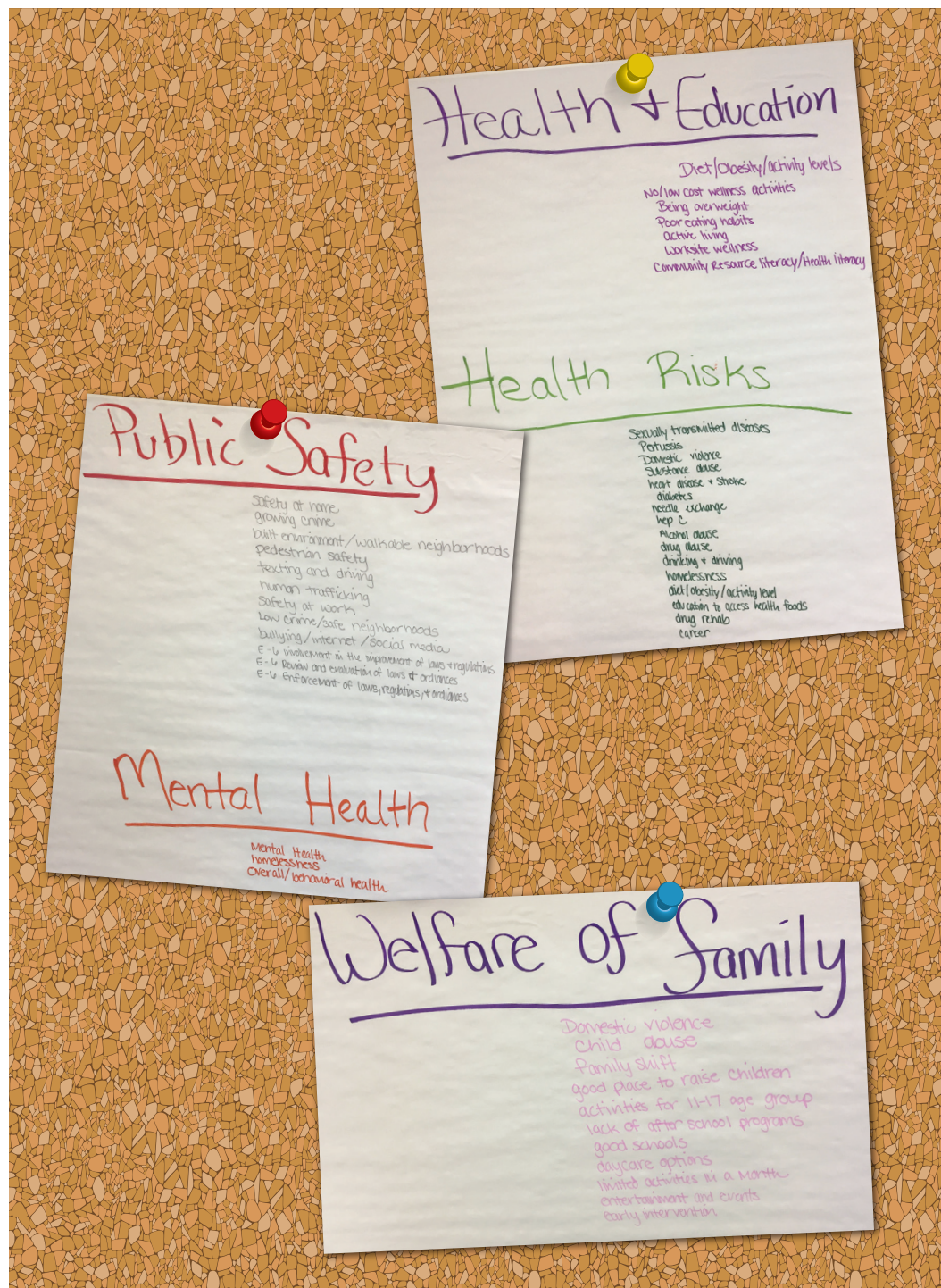
- Community Health Assessment
- Community Themes and Strengths Assessment (Quality of Life Survey)
- Local Public Health System Assessment (National Public Health Performance Standards)
- Forces of Change

These four assessments were completed during FY 16 to form our newest Community Health Assessment (CHA).

Based on community input MAPP determined 5 strategic issues that will be addressed in the new Community Health Improvement Plan:

- Health Risks
- Health and Education
- Welfare of the Family
- Public Safety
- Mental Health

MAPP subcommittees have been formed to address all 5 goal areas. MAPP partners from various disciplines are coming together to design initiatives to address these forces.



October 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 Child Health Day	3	4	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 HALLOWEEN				

Dates

2 Child Health Day

4-8 APHA Annual Conference

16-20 National Health Education Week

17 KHDA Meeting 9:00am

31 Halloween
RN and LD License Renewal Due

TBA KHDA and Accreditation Coordinator
Retreat

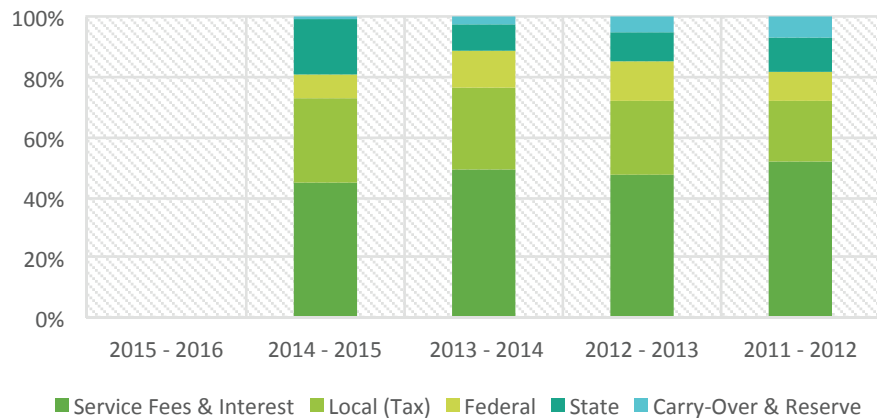
Food Handler Class at PHC
9:00am - \$5.00
Wed 4, 11, 18, 25

****All time, dates and locations are subject to change. Please call to verify.****

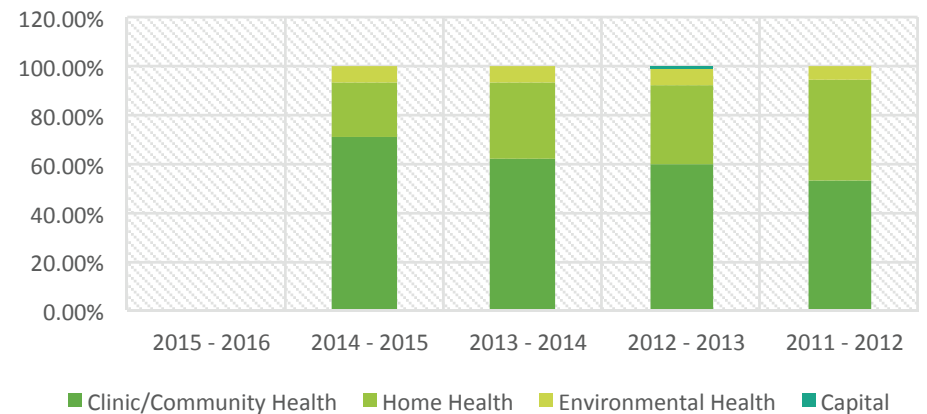
Revenue Sources & Allocations

Revenue Sources	2015-2016	Percent	2014-2015	Percent	2013-2014	Percent	2012-2013	Percent	2011-2012	Percent
Service Fees & Interest	\$2,793,216.77	44%	\$2,744,742.22	45.17%	\$2,735,987.76	49.17%	\$2,626,749.67	47.16%	\$3,485,115.61	52.22%
Local (Tax)	\$1,789,142.66	28%	\$1,671,364.03	27.51%	\$1,533,222.79	27.56%	\$1,382,231.73	24.81%	\$1,304,507.00	19.55%
Federal	\$562,014.76	9%	\$517,398.69	8.51%	\$676,839.93	12.16%	\$717,770.85	12.89%	\$662,006.49	9.92%
State	\$1,121,985.32	18%	\$1,095,340.49	18.03%	\$499,125.46	8.97%	\$539,191.82	9.68%	\$785,244.23	11.77%
Carry-Over & Reserve	\$88,514.81	1%	\$47,481.01	0.78%	\$118,807.35	2.14%	\$304,408.98	5.46%	\$436,585.69	6.54%
Total	\$6,354,874.32	100%	\$6,076,326.44	100%	\$5,563,983.29	100%	\$5,570,353.05	100%	\$6,673,459.02	100%

Revenue Sources







Revenue Allocations



Revenue Allocations	2015-2016	Percent	2014-2015	Percent	2013-2014	Percent	2012-2013	Percent	2011-2012	Percent
Clinic/Community Health	\$4,421,274.99	72%	\$3,831,743.11	70.94%	\$3,325,802.99	61.69%	\$3,273,437.95	60.03%	\$3,496,965.03	53.55%
Home Health	\$1,259,443.47	21%	\$1,222,333.61	22.63%	\$1,704,395.78	31.61%	\$1,761,536.84	32.30%	\$2,653,023.79	40.62%
Environmental Health	\$432,941.51	7%	\$347,309.11	6.43%	\$361,161.02	6.70%	\$369,053.61	6.77%	\$380,757.93	5.83%
Capital	\$-	0%	\$0.00	0.00%	\$0.00	0.00%	\$48,993.00	0.90%	\$0.00	0.00%
Total	\$6,113,659.97	100%	\$5,401,385.83	100%	\$5,391,359.79	100%	\$5,453,021.40	100%	\$6,530,746.75	100%

November 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			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
26	27	28	29	30		

Dates

5 Daylight Saving Time Ends

7 Election Day

11 Veterans Day

13-17 Home Care Aide Week

21 KHDA Meeting 9:00am

23 FCHD Closed
Thanksgiving Day

24 FCHD Closed

Food Handler Class at PHC
9:00am - \$5.00
Wed 1, 8, 15, 22, 29

****All time, dates and locations are subject to change. Please call to verify.****

Meeting Date	Meeting Type	Issues Discussed
8/6/15	KALBOH/ NALBOH (Dr. Kenner present)	KALBOH discussed its purpose and elected new leadership. NALBOH presentation on model public health policies.
8/10/15	Budget Subcommittee (Dr. King, Dr. Hoover, Mr. Morris and Mr. Tanner present)	Close out training was provided including DPH forms and requirements. All restricted and unrestricted reserves were explained and reviewed.
8/17/15	Regular	100 Glenn's Creek Rd. gas submeter. E-cigarette community survey results. Board of Health Quarterly report was presented. Annual NALBOH conference report from Dr. Kenner. Bank resolutions. Building repair costs. FY 2015 close out. New policy and policy revisions. Draft harm reduction and syringe exchange program plan and resolution. BOH subcommittee assignment.
11/16/15	Regular	Quarterly financial reports presented. Progress on needle exchange discussed. Team reports presented. New HH Nurse Administrator introduced. Review of FY 15 BOH actions presented and discussed. School nursing program highlighted and discussed. KALBOH meeting minutes presented. Audits presented for FCHD and Taxing District. BOH subcommittees discussed. BOH expiring terms and nominations discussed.
11/19/15	MAPP Subcommittee (Arba Kenner present)	County Health Rankings 2016 shared; Franklin County's 5 strategic issues developed from nominal group technique; MAPP workgroups were developed for the strategic issues
2/29/16	Regular	Updates on needle exchange and program policy was presented. Video monitor estimates presented and amount approved. Quarterly report and environmental food and onsite programs highlighted. 2016 public health tax rate approved. BOH positions elected. Quarterly financial reports presented for FCHD and taxing district.
2/29/16	Building Subcommittee (Mr. Morris, Judge Wells, Mr. Tanner, Dr. Hoover and Dr. Kenner)	Toured interior of PHC noting stained carpet, peeling wallpaper, humidity issues, unstable conference room wall and entrance security.
3/22/16	Budget Subcommittee (Dr. King, Dr. Hoover, Dr. Bradshaw and Mr. Morris present)	Six month budget projections were presented, including DPH's projections as well as internal calculations.
6/6/16	Regular	Needle exchange update. BOH quarterly report. HANDS program highlight. FY 17 FCHD and taxing districts budgets presented and approved, including annual increment and merit payment percentages. Use of unrestricted reserves approved for closeout if needed. Quarterly financial reports for FCHD and taxing district presented.
6/6/16	Building Subcommittee (Mr. Morris, Mr. Grider, and Mr. Tanner)	Viewed PHC roof and parking lot



Board of Health	2015-2016	2014-2015	2013-2014
Meetings			
Regular Meetings	4	4	4
Special Meetings	0	0	2
Subcommittee Meetings			
MAPP	1	1	N/A
Strategic Planning	N/A	2 ad hoc	N/A
Budget	2	1	N/A
KALBOH/NALBOH	1		
Building	2		
Policies			
New Policies	11	3	0
Revised Policies	4	110 (All)	2



FY 16 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

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

December 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 Christmas Eve	25 Merry Christmas	26	27	28	29	30
31						

Dates

19 KHDA Meeting 9:00am

24 Chirstmas Eve

25 FCHD Closed
Christmas Day

26 FCHD Closed

29 FCHD Closed for New Year's

Food Handler Class at PHC
9:00am - \$5.00
Wed 6, 13, 20, 27

All time, dates and locations are subject to change. Please call to verify.

COMMUNITY HEALTH EDUCATION SERVICES	2015-2016	2014-2015	2013-2014	2012-2013	2011-2012
Presentations Misc. public health topics (does not include those listed below)	60	18	32	33	29
Diabetes Program					
Education Classes	3	7	5	15	18
Healthy Start Child Care					
Classes	3	4	7	9	8
Child Passenger Safety Seat Program					
Car Seats Inspected	8	34	25	16	23
Car Seats Distributed/Leased	N/A	N/A	N/A	3	6
Car Seat Check Events	0	1	1	1	1
Smoking Cessation					
Classes (*includes classes taught outside of FCHD)	2	3	5	3*	2
Participants	13	26	47	38	18
Media Outreach					
Working On Wellness Cable 10 TV Show	10	10	12	11	12
State Journal Articles	38	50	51	51	52
Coalition Meetings					
MAPP Coalition Meetings	4	3	3	4	5
Diabetes Coalition Meetings	4	4	6	9	9
UK Mobile Pediatric Dental Services					
Schools	2	3	6	6	7
Children treated	66	52	152	162	193
Total dental procedures	438	672	1,319	1,125	1,527
Total fee value of dental services	N/A	\$33,353.00	\$61,373.00	\$46,393.00	\$66,090.40
Longest Day of Play					
Number of Meetings	10	3	4	4	4
Number of Vendors	40	40	40	42	40
Number of Attendees	625	(Cancelled Rain)	600 (rain)	1450	1100
ENVIRONMENTAL SERVICES					
Food Service/Retail Food Activities	1,562	1,603	1,641	1,519	1,271
Animals Vaccinated at Rabies Clinics	498	850	1,100	1,202	1,118
Onsite Sewage Activities	716	804	767	786	273
Nuisance Complaint Investigations	140	85	234	127	60
Animals Quarantined	40	64	109	107	261
Public Facilities Activities	1,015	1,521	1,548	849	609

CLINICAL SERVICES	2015-2016	2014-2015	2013-2014	2012-2013	2011-2012
Pediatric	8,806*	46,320	38,605	39,031	28,610
Family Planning	8,024	10,905	12,631	15,994	21,517
Prenatal	538	423	466	421	485
WIC/Nutrition Services	12,348	13,206	13,745	15,261	16,972
Tuberculosis	2,504	1,831	1,346	2,744	5,179
Sexually Transmitted Diseases	5,671	6,274	6,133	8,210	10,136
Adult Health	8,013	8,127	9,495	12,324	20,302
Preventive Cancer	902	1,001	1,476	2,752	3,540
SCHOOL HEALTH					
Total Visits	57,917	N/A	N/A	N/A	N/A
Unduplicated Visits	50,638	N/A	N/A	N/A	N/A
Number of Students (PEF'd)	39,943	N/A	N/A	N/A	N/A
Students Sent Home	1,547	N/A	N/A	N/A	N/A
Number of IEP Students	6,096	N/A	N/A	N/A	N/A
Referrals	1,025	N/A	N/A	N/A	N/A
Social Service Notifications	21	N/A	N/A	N/A	N/A
HANDS					
Families Enrolled	147	165	123	116	120
Home Visits	2,235	2,131	2,026	1,454	1,799
HOME HEALTH					
Nursing	3,252	3,057	3,906	6,196	6,916
Home Health Aide	672	474	716	5,377	6,152
Physical Therapy	3,267	3,372	4,025	4,816	5,735
Speech Therapy	35	0	0	240	376
Occupational Therapy	573	461	632	829	933
Social Services	0	0	0	21	30
Home and Community Based Waiver Units					
Assessment and Reassessment	19	22	24	47	42
Case Management	293	361	423	1,110	915
Homemaker	725	1,020	1,410	1,895	1,792
Personal Care	1,498	2,050	2,454	2,145	1,761
Respite	0	0	117	157	555
Unduplicated Patient Count					
Traditional	520	491	566	418	566
Waiver	2	2	10	8	11
EPSDT	3	0	0	0	6
Veterans Administration	0	0	0	0	9

*Prior years School Health Services was combined with Clinical Pediatric Services

Positive Potential

Positive Potential (PP) is an evidence-based* curriculum specifically tailored for 6th - 8th grade students. The program encompasses a wide variety of age appropriate subjects, such as bullying, self confidence, and risky behavior, that are pertinent to their needs as the students grow and mature.

FCHD was awarded approximately \$30,000.00 from the Kentucky Department for Public Health to deliver an Abstinence Program in our local middle schools. Given our unique and extremely successful School Health Program, which makes a Registered Nurse available during the school day in all public schools, we were able to utilize our middle school RN's to deliver the PP Program to 6th graders at



Bondurant Middle School and Second Street School. Over 264 6th graders participated in discussions related to:

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

FY 17 looks to be another great year as we expand the program to reach 7th graders and incoming 6th graders in all 3 middle schools in Frankfort and Franklin County. Stay tuned!

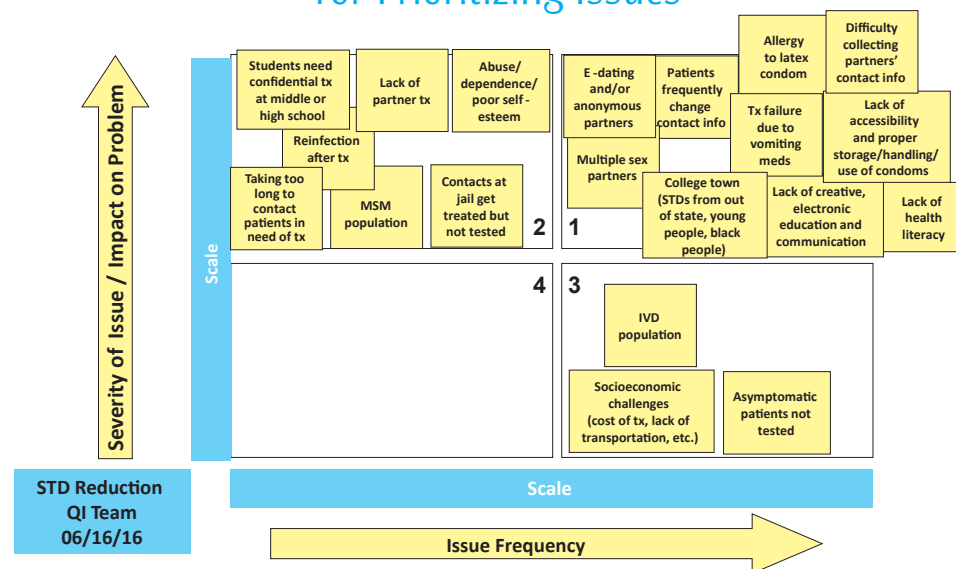
*www.positiveteenhealth.org



Connecting the Dots

As part of EPHS 3: Inform, educate and empower people about health issues, PP allows us to begin discussion early with students in middle school in order to improve their decision making skills in sensitive life situations. It is never too early to address the root causes of elevated STD rates!

2x2 Ranking Matrix For Prioritizing Issues



Talking About STD Reduction

As part of continuous Quality Improvement at FCHD, the STD Reduction QI Team was chartered in Spring 2016 with the purpose of decreasing STD rates in Franklin County over the next 18 months. Some of the approaches the team will be using to solve the problem include:

- Collect and validate STD data
- Conduct lessons learned on past STD reduction efforts
- Review root-cause issues (see figure above)
- Identify resources that are currently in place within the community

THE MORE THEY BURN THE BETTER THEY LEARN



YOUR
CHILD

AMOUNT OF
ACTIVITY

VARIOUS
ACTIVITIES

ACADEMIC
ACHIEVEMENT

**Did you know that
kids who are
physically active
get better grades?**

Research shows that students who earn mostly **A**s are almost twice as likely to get regular physical activity than students who receive mostly **D**s and **F**s.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. Their grades will thank you!



FOR MORE INFORMATION, VISIT
MakingHealthEasier.org/BurnToLearn

SOURCES

CDC. Physical Inactivity and Unhealthy Dietary Behaviors and Academic Achievement.

CDC. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. DHHS; 2010.

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

CDC Prediabetes Screening Test

COULD YOU HAVE PREDIABETES?
Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

TAKE THE TEST—KNOW YOUR SCORE!
Answer these seven simple questions. For each "Yes" answer, add the number of points listed. All "Yes" answers are 0 points.

Are you a woman who has had a baby weighing more than 9 pounds at birth?

Do you have a sister or brother with diabetes?

Do you have a parent with diabetes?

Find your height on the chart. Do you weigh no more than 10% more than the weight listed for your height?

Are you younger than 65 years of age and get little or no exercise in a regular day?

Are you between 45 and 64 years of age?

Are you 65 years of age or older?

Add your score and check the back of this page to see what it means.

Height	Weight	Height	Weight
4'10"	120	5'7"	172
4'11"	130	5'8"	177
5'0"	138	5'9"	182
5'1"	142	5'10"	188
5'2"	147	5'11"	193
5'3"	152	6'0"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		6'4"	221

National Center for Chronic Disease Prevention and Health Promotion
Department of Health and Human Services

CDC

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 prediabetes 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.



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.



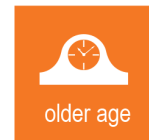
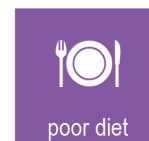
1 OUT OF 3 U.S. ADULTS HAS ONLY 11% KNOW THEY HAVE IT.

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.

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 delay type 2 diabetes.

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



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



County Health Rankings & Roadmaps

A Healthier Nation, County by County



Public Health
Prevent. Promote. Protect.

**Franklin County
Health Department**



	Franklin Co.	Kentucky
Demographics		
Population	49,880	4,413,457
% below 18 years of age	20.90%	22.90%
% 65 and older	16.30%	14.80%
% Non-Hispanic African American	10.80%	8.00%
% American Indian and Alaskan Native	0.30%	0.30%
% Asian	1.80%	1.40%
% Native Hawaiian/Other Pacific Islander	0.00%	0.10%
% Hispanic	3.00%	3.40%
% Non-Hispanic white	82.00%	85.40%
% not proficient in English	1%	1%
% Females	51.80%	50.80%
% Rural	27.60%	41.60%
Health Outcomes		
Diabetes prevalence	12%	12%
HIV prevalence	134	154
Premature age-adjusted mortality	430	440
Infant mortality	6	7
Child mortality	50	60
Frequent physical distress	13%	16%
Frequent mental distress	12%	15%
Health Behaviors		
Food insecurity	16%	16%
Limited access to healthy foods	8%	5%
Drug overdose deaths	20	24
Drug overdose deaths - modeled	14.1-16.0	24.7
Motor vehicle crash deaths	11	18
Drug poisoning deaths	11	20
Health Care		
Uninsured adults	21%	21%
Uninsured children	8%	6%
Health care costs	\$13,856	\$10,384
Other primary care providers	1,160:1	922:1
Social & Economic Factors		
High school graduation	84%	88%
Some college	56%	59%
Unemployment	5.40%	6.50%
Children in poverty	21%	26%
Income inequality	4.8	5.1
Children in single-parent households	39%	34%
Social associations	22.4	10.8
Violent crime	274	235
Injury deaths	73	82

	Franklin County	Error Margin	Top U.S. Performers*	Kentucky	Rank (of 120)
HEALTH OUTCOMES					
33					
Length of Life					
30					
Premature death	8,200	7,300-9,100	5,200	8,800	
Quality of Life					
46					
Poor or fair health	18%	18-19%	12%	24%	
Poor physical health days	4.3	4.1-4.5	2.9	5	
Poor mental health days	3.9	3.7-4.0	2.8	4.6	
Low birthweight	10%	10-11%	6%	9%	
HEALTH FACTORS					
28					
Health Behaviors					
30					
Adult smoking	21%	21-22%	14%	26%	
Adult obesity	33%	28-38%	25%	32%	
Food environment index	6.8		8.3	7.1	
Physical inactivity	29%	24-33%	20%	29%	
Access to exercise opportunities	81%		91%	70%	
Excessive drinking	12%	12-13%	12%	14%	
Alcohol-impaired driving deaths	27%	17-37%	14%	29%	
Sexually transmitted infections	483.9		134.1	391.2	
Teen births	43	40-47	19	47	
Clinical Care					
52					
Uninsured	17%	15-19%	11%	17%	
Primary care physicians	2,480:1		1,040:1	1,500:1	
Dentists	1,280:1		1,340:1	1,610:1	
Mental health providers	940:1		370:1	560:1	
Preventable hospital stays	79	72-87	38	85	
Diabetic monitoring	85%	77-92%	90%	86%	
Mammography screening	44%	37-51%	71%	58%	
Social & Economic Factors					
33					
High school graduation	84%		93%	88%	
Some college	56%	51-61%	72%	59%	
Unemployment	5.40%		3.50%	6.50%	
Children in poverty	21%	15-27%	13%	26%	
Income inequality	4.8	4.0-5.5	3.7	5.1	
Children in single-parent households	39%	32-45%	21%	34%	
Social associations	22.4		22.1	10.8	
Violent crime	274		59	235	
Injury deaths	73	63-84	51	82	
Physical Environment					
27					
Air pollution - particulate matter	13.3		9.5	13.5	
Drinking water violations	No		No		
Severe housing problems	15%	13-17%	9%	14%	
Driving alone to work	82%	80-85%	71%	82%	
Long commute - driving alone	20%	17-23%	15%	28%	

2016

* 10th/90th percentile, i.e., only 10% are better.

Note: Blank values reflect unreliable or missing data.

** Data should not be compared with prior years due to changes in definition/methods.