Dear Public Health System Partners:

The following pages present a recap of Fiscal Year 2015 as well as a calendar of events for 2016 that we hope you find helpful. Fiscal Year 2015 was definitely a year of assessment for Franklin County Health Department (FCHD) with efforts focused on agency wide strategic planning as well as analyzing the health of our community.

**Strategic Planning:** All FCHD team members and Board of Health members were engaged in a year-long strategic planning process. This included assessing numerous data sources such as customer satisfaction data, service statistics, budgets, Mobilizing for Action through Planning and Partnerships (MAPP) assessments of our local public health system, community partner surveys concerning FCHD’s contribution to our public health system, mandated services and regulations, staff satisfaction data, etc. This data was utilized to determine FCHD’s strengths, weaknesses, opportunities and threats (SWOT) and to identify strategic issues. Six overall goals emerged: improve health outcomes of Frankfort/Franklin County, increase branding, increase workforce development, increase funding/revenue, improve infrastructure (including technology) and improve culture of Quality Improvement.

Through this process FCHD retained our mission: Prevent. Promote. Protect. Franklin County. However, our vision was revised to: Live. Work. Play. Pray. HEALTHY! This vision represents our desire to collaborate with community partners from all sectors of Frankfort and Franklin County. Also incorporated in this vision is our desire that everyone who lives, works, plays or prays here will have the opportunity to enjoy health and incorporate healthy practices into all aspects of their lives. Our values were also revised to: Accountability, Dedication, Empowerment, Equity, Excellence, Flexibility, Integrity and Respect.

**Community Health Assessment:** We are very grateful to our many MAPP partners for contributing information and data for Frankfort/Franklin County’s updated Community Health Assessment (CHA). This assessment contains data on our demographics, socioeconomic characteristics, behavioral risk factors, environmental health indicators, health resource availability, communicable diseases, social and mental health, maternal and child health and morbidity and mortality. This data also includes a community wide Quality of Life Survey and Forces of Change Assessment completed by numerous community partners. Much like our agency strategic planning, this data will be utilized by MAPP to develop a five year Community Health Improvement Plan (CHIP).

**Public Health:** FCHD’s Strategic Plan and MAPP’s Community Health Assessment are both scheduled to be completed in early 2016. Stayed tuned to www.FCHD.org and/or like FCHD on Facebook to receive updates. Public health must be responsive to community needs so this type of agency and community strategic planning is an essential first step to fulfilling the 10 Essential Public Health Services (see inside for information about each Essential Service).

We wish you Health and Happiness in 2016!

Sincerely,

Dr. Charles P. Bradshaw, DMD, Chair
Franklin County Health Department Board of Health
10 Essential Public Health Services

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

Home Health
Phone: 502-564-7383
Fax: 502-564-9587

Connect With Us

Vision
Mission
& Values

Prevent. Promote. Protect.
Franklin County.

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


ASSESSMENT
POLICY DEVELOPMENT
ASSURANCE
Mobilizing for Action through Planning and Partnerships (MAPP) is a community-wide strategic planning process for improving public health. Its framework assists communities in prioritizing public health issues, identifying resources for addressing them and taking action to improve conditions that support healthy living. MAPP is a community-owned process made up of over 80 local partners in Franklin County. In 2014 a new evaluation cycle of our community’s health status began based on MAPP’s four Assessments: Community Health Status Assessment, Community Themes and Strengths Assessment (Quality of Life Survey), Local Public Health System Assessment (NPHPS) and Forces of Change Assessment.
**JANUARY 2016**

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Health Goals for 2016
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**NOTES:** *Cervical Health Awareness Month*

***All times, dates and locations are subject to change. Please call to verify.***
Year | Doses Collected
--- | ---
2010 | 53,601
2011 | 173,025
2012 | 182,851
2013 | 178,450
2014 | 360,096
2015 | 219,629

Since 2010, FCHD Preparedness staff has worked with local law enforcement to dispose of unused medications in an environmentally safe manner. The purpose of the program is to keep medications out of the water supply and prescription drugs off the streets of our community. The health department has partnered with the Frankfort Police Department and the Drug Enforcement Administration to conduct quarterly medication take back days.

The FCHD 007 Surveillance Sharing QI Team addresses the sharing of surveillance data to surveillance sites, community partners, and FCHD staff. At the time of initial PHAB accreditation, FCHD was not routinely sharing epidemiological data with others, and the Site Visit Report noted the need for a formal mechanism to routinely share such data. The 007 team consists of the Director of Nursing, Personnel Manager, Clinic Nurse, Clinic Nurse Supervisor, Emergency Preparedness Planner, Clinic Senior Support and the School Health Nurse Supervisor.

The AIM statement for FCHD 007 is, “FCHD will routinely share mandated reportable disease surveillance data with surveillance site partners and others.” The outcomes of this project included developing a list of surveillance sites, gathering reportable disease data on a monthly basis, and preparing a newsletter and surveillance report to be sent out on a quarterly basis. Not only has a list of surveillance sites been created but contact information for these sites has been collected and organized by the team to keep updated so that information can be regularly sent out and received. The majority of surveillance sites and community partners receive the quarterly report and newsletter via email. Those unable or unwilling to receive via email receive via fax blast. The surveillance report is also sent to all Board of Health members and all FCHD staff.

A real world functional exercise was conducted to test the ability of the health department to perform mass dispensing of medication during a public health emergency. If a major disease outbreak should occur or an incident of bioterrorism, the health department would be required to medicate the entire population of Franklin County during a short window of opportunity. Working with our response partners and volunteers; the department has chosen the drive through clinic as the most efficient method of dispensing. The annual drive through flu clinic is used to test the throughput rate and to test our ability to dispense to a large population in a restricted time frame. Additionally, this event provides an excellent opportunity to support our community by collecting food for the Food Pantry of Franklin County. In 2014 two truckloads of food was collected for the Emergency Food Pantry and 248 flu shots were administered.
NOTES: National Children’s Dental Health Month

***All times, dates and locations are subject to change. Please call to verify.***
For 15 years, the Franklin County Health Department has offered the HANDS program to first-time parents. As of July 1, 2015, the program will now be available to parents of more than one child. HANDS visitors see families during the prenatal period through the child’s second birthday. This fun and supportive program teaches parents about healthy pregnancy, child development, and ways to have fun with their child as they grow and learn together.

The Franklin County HANDS program uses Growing Great Kids, Inc., an evidence-based curriculum, during every visit with families. Expectant families and parents of infants and toddlers benefit from the Growing Great Kids™ materials developed by Linda K. Elliot, ACSW, and Kathryn Flanagan, MSW. The curriculum advocates for healthy relationships and healthy development and covers subjects such as prenatal development, healthy pregnancy, labor and delivery, family strengths, basic care of infants and toddlers, social and emotional development, cues and communication, play and stimulation, and physical and brain development.

Franklin County Home Health provides skilled services in the home allowing individuals to recover in their own environment. The services provided are Nursing, Physical Therapy, and Occupational Therapy. In some cases the patient may qualify for assistance with personal care and homemaking through their 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. Some examples of services provided are wound care, medication and diagnosis teaching, intravenous infusions, assessments, teaching caregivers how to care for their loved one, rehabilitative exercises after knee and hip replacements, strengthening and self care after hospitalizations or surgery.

FCHD has partnered with Franklin County Public Schools (FCPS) and Frankfort Independent Schools (FIS) to provide nursing services in the schools. There are currently 13 Registered Nurses that are divided among both school districts to provide the following services if necessary: first aid, assessment of injuries or complaints with referral as needed, over the counter medication administration, health assessments/physical exams when requested by the parent/guardian, screenings such as vision and height/weight and health education services. The nurses also provide healthcare related to asthma, diabetes, severe allergies, epilepsy, ADHD, ADD, episodic/acute conditions, and services linked to chronic health conditions. Our goal is early detection and prevention of disease and to eliminate barriers to learning. Our mission is to protect the health and well-being of all students, thereby promoting student success.

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.

Discussions will include:
- Stress Reduction
- Improving Food Choices
- Increasing Physical Activity
- Using Coping Skills to Maintain Weight Loss
### NOTES: National Nutrition Month

***All times, dates and locations are subject to change. Please call to verify.***
The new ACA rules mandate that everyone has a form of health insurance. We want to help you fulfill this mandate. We have a KYnect representative at the Franklin County Health Department clinic every Tuesday and Thursday morning from 8AM to 11AM. She can help you get signed up for medical insurance or Medicaid. Walk-ins are welcome or you may call and set up a time to come in.

We want to be user friendly for our community so Franklin County Health Department Clinic is open until 6:30pm every Wednesday for your convenience. Receive any of our services after your regular workday. We do same day appointments so just give us a call at 8:00am and schedule an appointment for our Wednesday late clinic.

Longest Day of Play 9 served as a pilot year for expanding partnerships. Given the severe weather during the 2014 event, LDOP’s Steering Committee joined forces with Emergency Management to prepare a severe weather evacuation plan. As LDOP 9 began, severe weather once again affected the program site, but with the help of our new partner, both vendors and participants were safely and calmly moved to shelter prior to the severe weather alerts.

During the past year, Franklin County Health Department (FCHD) has collaborated with Kentucky State University (KSU) multiple times each semester to provide free STD and HIV testing on campus. This partnership addresses high rates of infection in two of the most affected population groups, young people aged 15-24 and African Americans. KSU provides event space in their Student Center, HIV and STD test kits, and staff trained to perform rapid HIV testing. FCHD provides nursing staff for STD and HIV testing, other testing supplies, and educational materials used during testing events. These routine testing events provide an affordable, convenient venue for STD and HIV testing, with an average of 20-40 students requesting testing at each event. In addition to providing testing, nurses and other staff are able to answer a variety of health-related questions and refer students to KSU’s student health center or FCHD for follow-up, treatment, and other services such as family planning and immunizations.

An area of concern for Franklin County is the higher than average youth smoking rate. However, it is important to point out that this has been an area of focus for not just Franklin County, but for Kentucky in general. Through these efforts Franklin County has seen a dramatic and continual drop of smoking rates over the past few years. In 2003, Kentucky’s youth smoking rate was at about 32%. The rate dropped to 17.9% in 2013, according to the CDC.

Franklin County and Frankfort Independent are two of the 40 Kentucky school districts leading the initiative to become 100% Tobacco-Free school grounds and school related functions. Frankfort Independent Schools, Franklin County Public Schools, and one Franklin County private school have become 100% tobacco free. There are only two private schools remaining to adopt the tobacco free policy, but are working towards establishing policies to join the endeavor. Kentucky State University has also joined the universities across the nation in adopting a 100% Tobacco Free Campus.
## APRIL 2016

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### NOTES: **Occupational Therapy Month**

***All times, dates and locations are subject to change. Please call to verify.***
The Public Health Preparedness Program is charged with the responsibility of preparing the Franklin County Health Department to respond and mitigate natural and manmade hazards, bioterrorism and disease outbreaks. The Preparedness Coordinator develops response plans and coordinates with response partners to promote the health and safety of the citizens of Franklin County.

During Fiscal Year 2014-2015 the following plans were revised or updated:

- The Continuity of Operations Plan (COOP) was revised and converted to a new format
- The All Hazards Plan is in the process of revision
- The Strategic National Stockpile Points of Dispensing (SNS POD) books were revised and updated
- A Standard Operating Guide for the Department Operations Center was developed

Commonwealth Credit Union (CCU) was the recipient of FCHD’s 2014 Community Partner Award. CCU has long been a preparedness partner providing locations for our annual Three for Free Flu Clinic Drive-Thru. In addition, CCU recognizes their role as a public health system partner providing many services that protect the health of our community such as donations for the backpack snacks program, reading mentors in our schools and financial health classes for parents.

FCHD followed the Buckeye Bluegrass Regional Leadership Academy Strategic Planning Model and included input from all staff who participated in visioning, reviewed data, completed assessments and developed goals and objectives during quarterly all staff meetings. The Steering Committee began meeting to update the Strategic Plan on November 14, 2014 and presented a final plan on December 15, 2015. Including all staff meetings and steering committee meetings there were a total of 12 planning and work sessions.

As a Public Health Emergency Preparedness (PHEP) Program deliverable for FY 2015-16, the Franklin County Health Department will be required to participate in a regional Ebola and other infectious disease support plan. The planning will begin with participation in a regional workshop to provide input into the development of the regional plan. A template will be developed for the local health department (LHD) to develop a Standard Operating Guideline (SOG) for the Ebola response and for monitoring travelers into the jurisdiction. At least 1 LHD staff will be required to participate in an annual Infection Control Boot Camp. A risk assessment for infectious disease outbreaks will be made. Appropriate Personal Protective Equipment (PPE) identified as a result of the risk assessment will be purchased. LHD’s will be required to fit-test staff identified in the assessment.
NOTES: Stroke Awareness Month
***All times, dates and locations are subject to change. Please call to verify.***
Domain 6: Enforce public health laws

Franklin County boasts over 25 pools that are inspected each year by Environmental Health. That’s 1 swimming pool for every 2000 citizens. The much anticipated Frankfort Parks and Recreation Juniper Hills Aquatic Center, was recently opened with much success.

Inspections cover proper water quality, proper sanitization and pH control, accessibility of safety equipment and other important factors to assure the public that pools are safe and healthy. 902 KAR 10:120 establishes uniform standards for public swimming pools and other swimming or bathing facilities. The function of this administrative regulation is to assure the proper design and construction of new facilities as related to water distribution and treatment systems, and the proper operation and maintenance of all such facilities in a manner which will protect public health.

As the number of swimming pools increased in the United States through the 1920-30’s, there was an increased need for better sanitation measures. Originally pools used water filters and changed the actual water frequently. Chlorine was discovered in the early 1900’s but not used in pools. During the polio scare in the late 1930’s and 1940’s chlorine began being used in public swimming pools as a sanitation measure. Polio is transmitted by a oral-fecal route and panic swept the public due to fear that children could be exposed to polio virus in community swimming pools. In 1946 studies showed chlorine was actually one of the few known chemicals that could inactivate the polio virus.

The problem of polio transmission had not been solved until Jonas Salk’s vaccine, but swimming pools regained popularity as a fun summer activity for families. Chlorine became the new face of sanitation and strict regulations on chlorine use in pools was created by the early 1960’s. Chlorine played a monumental role in the public health crisis that panicked the United States in the mid-1900’s and helped bring life back to swimming pools.

Rabies vaccinations protect pets, but they also protect people by preventing rabies in wild animals that may spread to those pets, and then to us. Rabies is a zoonotic infectious viral disease that affects the nervous system. Zoonotic, means the disease can be passed from animals to humans. People get rabies from the bite of an infected, or rabid, animal. Wild mammals like raccoons, skunks, foxes, coyotes or bats as well as domestic animals like dogs, cats, horses and cattle can transmit rabies to people. Franklin County has not reported a rabies case in many years, but it is still very common in the wild in the United States. Per law, KRS 258.015, all cats, dogs and ferrets 4 months of age and older are to have a current and valid rabies vaccination.

Fortunately, rabies is 100% preventable with vaccination. Each year FCHD, in partnership with several local veterinarians, provides rabies vaccination clinics.

A Boil-Water Advisory (BWA) or Boil-Water Order is a public health advisory or directive given by government or health authorities to consumers when a community’s drinking water is, or could be, contaminated by pathogens.

Under a BWA, the Centers for Disease Control and Prevention recommends that water be brought to a rolling boil for one minute before it is consumed in order to kill protozoa, bacteria and viruses. At altitudes above 2,000 meters, boiling should be extended to 3 minutes, as the lower boiling point at high altitudes requires more time to kill such organisms.

BWAs are typically issued when monitoring of water being served to consumers detects Escherichia coli (E-coli) or other microbiological indicators of sewage contamination. Another reason for a BWA is a failure of distribution system integrity evidenced by a loss of system pressure. While loss of pressure does not necessarily mean the water has been contaminated, it does mean that pathogens may be able to enter the piped-water system and thus be carried to consumers.

Rabies Clinics 2015

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<th>Date</th>
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JUNE 2016

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DATES

10 • FIS Last Day of School
14 • Flag Day
15 - 19 • National Nursing Assistants Week
16 • Longest Day of Play
19 • Father’s Day
21 • KHDA Meeting 9:00am

ALM Class 10:30-11:30
Good Shepherd Church
Every Mon and Fri

Food Handler Class at PHC
At 9:00am ($5.00)
Wed 1, 8, 15, 22, 29

NOTES: National Safety Month
***All times, dates and locations are subject to change. Please call to verify.***
Domain 7: Promote strategies to improve access to health care services

WIC stands for Woman, Infants, and Children and is a special program that provides supplemental foods, nutrition education, breastfeeding promotion and support and healthcare referrals to women that are pregnant, breastfeeding and postpartum, and their infants and children from birth all the way until age 5.

WIC is effective and helps:
- Reduce premature births
- Reduce low and very low birth-weight babies
- Reduce fetal and infant deaths
- Reduce the incidence of low-iron anemia
- Increase access to prenatal care earlier in pregnancy
- Increase pregnant women’s consumption of key nutrients such as iron, protein, calcium, and Vitamins A and C
- Increase immunization rates
- Improve diet quality
- Increase access to regular health care

United States Department of Agriculture (USDA) introduced a pilot program in 1972 called WIC (Women, Infant, Children) as a supplemental food program aimed at improving the health of pregnant mothers, infants and children. Kentucky became the first state to adopt and use the WIC program. Kentucky had some of the nation’s highest percentages of premature births and low birth weight babies. During 1974 WIC was operating in 45 states. WIC was established as a permanent program by legislation in 1975. During 1978 legislation added new components into the program including additional nutrition education provided to participants, supplemental foods that contain nutrients found lacking in the target population and relatively low levels of fat, sugar and salt. In addition states could coordinate referrals to social services to include immunizations, alcohol and drug abuse prevention, child abuse counselling, and family planning assistance. To qualify for WIC you will be asked for proof of residence, identity, and income. Current Medicaid can be used instead of these if available.

Please call to make your appointment today.

FCHD is committed to the overall health and wellness of lives in Franklin County. We are continually trying to find innovative ways to make our community a healthier place to live, work, play, and pray. Given Franklin County’s ranking of 58 out of 120 counties in health behaviors, which includes but is not limited to: adult smoking, adult obesity, physical inactivity, and excessive drinking, FCHD is offering a sustainable Worksite Wellness Program. FCHD is partnering with businesses to begin creating a healthier workforce.

We come onsite and provide a multi-step process including:
- Biometric Screening profile of each employee
- Developing an overall workforce profile
- Health Risk Assessment and Needs Interest Surveys from Employees
- Comprehensive Report to management staff
- Integration of programs, policies, materials
- Re-evaluation in six months for progress growth

The biometric screening portion consists of a finger-stick and body measurements. Measurements include height, weight, waist circumference, blood pressure, blood sugar levels, and Total Cholesterol Panel.

Employers within the Kentucky Employees Health Plan and using the Humana Vitality Wellness Incentive program, will incur no cost. Employers that are under different insurance plans will be offered a low set cost. Screenings can be done in the clinic, EVERYDAY!

WIC is effective and helps:
- Reduce premature births
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- Reduce the incidence of low-iron anemia
- Increase access to prenatal care earlier in pregnancy
- Increase pregnant women’s consumption of key nutrients such as iron, protein, calcium, and Vitamins A and C
- Increase immunization rates
- Improve diet quality
- Increase access to regular health care
NOTES:
***All times, dates and locations are subject to change. Please call to verify.***
**Domain 8: Maintain a competent public health workforce**

### Trainings Attended by Staff

#### Accreditation/Quality Improvement
- National Network of Public Health Institutes (NNPHI Open Forum)
- Indiana Public Health Association (INPHA) Conference
- QI Leaders Academy Training
- NACCHO Conference
- Technology of Participation (ToPS) Facilitation Training
- KHDA Retreat

#### Clinic
- Harm Reduction/Needle Exchange Program Education
- Advanced Nurse Practitioner Annual Conference
- Maternal Child Health School Coordination Training
- Lexington-Fayette County Needle Exchange Forum
- Nevada Public Health Conference
- Hepatitis C Training
- HIV Training

#### Community Health
- Not-on-Tobacco (N-O-T) Tobacco Education for youth
- Freedom From Smoking
- Diabetes Prevention Program (DPP) Diabetes Prevention Training
- MAPP Assessment Training
- Shaping Policy for Health Training
- Worksite Wellness Program Development Trainings
- Public Information Officer In An All-Hazards Incident Certification

#### Environmental Health
- Public Health Pest Control Conference
- KY Epi Rapid Responders Conference

#### HANDS
- Multigravida Education

#### Overall Staff
- Quarterly Staff Trainings—Health Equity, Strategic Planning, Continuity of Operations Planning, Quality Improvement, Teambuilding, Ebola, FCHD Programs, Performance Management
- Kentucky Public Health Association Conference

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**Kentucky Public Health Leadership Institute**
Susan Nesslerode, Pamela Tate (FCPS Family Resource Center), Lisa Helton, Maribeth Lines, Tammie Bertram (Mentor), Ashley Kratzer and Missy Sency.
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| 10 - 16 | NALBOH Conference  
St. Louis, Missouri | 16 | KHDA Meeting 9:00am | ALM Class 10:30-11:30 | Good Shepherd Church  
Every Mon and Fri | Food Handler Class at PHC  
At 9:00am ($5.00)  
Wed 3, 10, 17, 24, 31 |

**NOTES: Breastfeeding Awareness Month**

***All times, dates and locations are subject to change. Please call to verify.***
Domain 9: Evaluate and continuously improve health department processes, programs, and interventions

2015 has been a big year for FCHD in Quality Improvement (QI)!

We were the recipient of a grant through the Public Health Accreditation Board (PHAB) and the Robert Wood Johnson Foundation to be involved in a QI Leaders Academy. One part of this academy was teaching our Accreditation and QI Coordinator how to facilitate a new QI tool technique – Kaizen. Kaizen is a rapid improvement process that focuses on eliminating waste in a work process. FCHD’s Environmental Team was the chosen department to participate in our first (of many) Kaizen events. The team focused on ensuring that all retail food establishments receive one regular inspection every 6 months, per the KAR. To do this the team has developed a new work process that protects the Environmentalist’s daily schedule. One part of the new work process is implementing 8:00am—9:30am office hours to the public Monday - Friday. The second piece of the QI Leaders Academy is Annual QI Planning and we are scheduled for our site visit in February of 2016.

• Enviro Pigs - A new process concerning how Boil Water Advisories are handled and a flowchart involving appropriate steps to take.

• School Health Charting - A new process to involve the School Nurses and School Staff in working together when children transfer schools within the district to ensure charts are received to the new school and nurse in a timely manner.

• New Fleet – FCHD received a new fleet of cars in 2015. Once receiving the new cars a new process of tracking miles, car assignments, and gas logs was created.

• Home Health Oasis – FCHD Home Health has been working on increasing their OASIS scores (a survey completed by the nurse at admission and discharge).

• FCHD 007 – A Surveillance Team developed because of a weakness we had in our PHAB Site Visit and Report has been working hard all year to provide quarterly newsletters and surveillance reports to surveillance sites of reportable diseases.

• Health Education – Several projects have been developed. One involving a Who’s Who project that is developing a list of employees at FCHD and the services that we provide so when someone calls the office you know “Who’s Who” and where the call should be directed. A survey has been developed to provide feedback to FCHD on how we can work on increasing MAPP participation.

• HANDS - They have organized their supply cabinets to include ready to grab kits and packets to take on their home visits decreasing their search and office time daily.
**SEPTEMBER 2016**

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**DATES**

- 5 • Labor Day
- 5 • FCHD Closed
- 20 • KHDA Meeting 9:00am
- ALM Class 10:30-11:30
  - Good Shepherd Church
  - Every Mon and Fri
- Food Handler Class at PHC
  - At 9:00am ($5.00)
  - Wed 7, 14, 21, 28

**NOTES:** *National Preparedness Month*

***All times, dates and locations are subject to change. Please call to verify.***
Domain 10: Contribute to and apply the evidence base of public health

The Quality of Life Survey identifies assets in the community and issues that are important to local residents.

**Age**
- 25 or Less: 26%
- 26 - 39: 24%
- 40 - 54: 25%
- 55 - 64: 32%
- 65 or Over: 26%

**Sex**
- Male: 76%
- Female: 24%

**Ethnicity**
- White/Caucasian: 88%
- African American/Black: 9%
- Native American: 1%
- Hispanic/Latino: 2%
- Asian/Pacific Islander: 1%

**Marital Status**
- Married/Co-Habitating: 37%
- Not Married/Single: 63%

**Education**
- Less Than High School: 65%
- High School Diploma or GED: 33%
- College Degree or Higher: 2%

**Household Income**
- Less than $20,000: 45%
- $20,000 to $29,000: 23%
- $30,000 to $49,000: 13%
- Over $50,000: 9%
- Prefer not to answer: 10%

**How would you rate your own physical health?**
- Very Healthy: 42%
- Healthy: 42%
- Somewhat Healthy: 10%
- Unhealthy: 7%
- Very Unhealthy: 1%

**How would you rate your own mental health?**
- Very Healthy: 22%
- Healthy: 57%
- Somewhat Healthy: 11%
- Unhealthy: 1%
- Very Unhealthy: 2%

**How would you rate our community as a “Healthy Community?”**
- Very Safe: 30%
- Safe: 37%
- Somewhat Safe: 11%
- Unsafe: 11%
- Very Unsafe: 1%

**How would you rate your personal safety in your home?**
- Very Safe: 37%
- Safe: 45%
- Somewhat Safe: 11%
- Unsafe: 11%
- Very Unsafe: 2%

**Where do you currently receive your health information?**
- Community Education: 33%
- Doctor/Medical Provider: 25%
- Health Department: 8%
- Internet: 10%
- Magazine: 7%
- Newspaper: 4%

**What do you think are the three most important factors for a “healthy community?”**
- Good Jobs and Healthy Economy: 43.5%
- Good Schools: 41.1%
- Good Place to Raise Children: 36.9%

**What do you think are the three most important “health problems” in our community?**
- Disease and Stroke: 41.0%
- Cancers: 38.6%
- Diabetes: 32.0%

**What do you think are the three most important “risky behaviors” in our community?**
- Drug Abuse: 66.9%
- Being Overweight: 45.6%
- Alcohol Abuse: 41.6%
NOTES: Physical Therapy and Breast Cancer Awareness Month
***All times, dates and locations are subject to change. Please call to verify.***
## Domain 11: Maintain administrative and management capacity

### Revenue Sources

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<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Service Fees &amp; Interest</td>
<td>$2,744,742.22</td>
<td>45.17%</td>
<td>$2,735,987.76</td>
<td>49.17%</td>
<td>$2,626,749.67</td>
<td>47.16%</td>
<td>$3,485,115.61</td>
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<td>$3,613,067.96</td>
<td>54.29%</td>
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<td>Local (Tax)</td>
<td>$1,671,364.03</td>
<td>27.51%</td>
<td>$1,533,222.79</td>
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<td>$1,382,231.73</td>
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<td>19.55%</td>
<td>$1,275,081.00</td>
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<tr>
<td>Federal</td>
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<td>$717,770.85</td>
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<td>$662,006.49</td>
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<td>$763,989.38</td>
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<td>State</td>
<td>$1,095,340.49</td>
<td>18.03%</td>
<td>$499,125.46</td>
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<td>$539,191.82</td>
<td>9.68%</td>
<td>$785,244.23</td>
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<td>$822,107.29</td>
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<tr>
<td>Carry-Over &amp; Reserve</td>
<td>$47,481.01</td>
<td>0.78%</td>
<td>$118,807.35</td>
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<td>$304,408.98</td>
<td>5.46%</td>
<td>$436,585.69</td>
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<td>$180,651.26</td>
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<td>$54,100</td>
<td>.9%</td>
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<tr>
<td>Total</td>
<td>$6,076,326.44</td>
<td>100%</td>
<td>$5,563,983.29</td>
<td>100%</td>
<td>$5,570,353.05</td>
<td>100%</td>
<td>$6,673,459.02</td>
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<td>$6,654,896.89</td>
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<td>$6,416,977</td>
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### Revenue Allocations

#### 2014-2015

- **Clinic/Community Health**: $3,831,743.11 (70.94%)
- **Home Health**: $1,222,333.61 (22.63%)
- **Environmental Health**: $347,309.11 (6.43%)
- **Capital**: $0.00 (0.00%)

#### Total

- **Total**: $5,401,385.83 (100%)

#### Percentages

- **Clinic/Community Health**: 70.94%
- **Home Health**: 22.63%
- **Environmental Health**: 6.43%
- **Capital**: 0.00%

#### Revenue Sources

- **Service fees & Interest**: $2,744,742.22 (45.17%)
- **Local (Tax)**: $1,671,364.03 (27.51%)
- **Federal**: $517,398.69 (8.51%)
- **State**: $1,095,340.49 (18.03%)
- **Carry-Over & Reserve**: $47,481.01 (0.78%)

#### Total

- **Total**: $6,076,326.44 (100%)
NOTES: Lung Cancer and Home Care/Hospice Month

***All times, dates and locations are subject to change. Please call to verify.***
### Domain 12: Maintain capacity to engage the public health governing entity

#### FY 15 Members
- Dr. Charles Bradshaw, DMD, Chair
- Wayne Morris, RPH, Vice-Chair
- Dr. Paula Hoover, OD, Treasurer
- Houston Wells, Judge Executive
- Joseph F. Grider, PE
- Stephen K. Hall, MD
- Arba Kenner, MD
- Denis King, DVM
- Pamela J. Melton, RN
- Constance E. Morgan, RN
- O.M. Patrick, MD
- Richard Tanner

<table>
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<th>Representation</th>
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<tbody>
<tr>
<td>Dentist Representative</td>
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<tr>
<td>Pharmacist Representative</td>
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<tr>
<td>Optometrist Representative</td>
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<td>County Judge Executive</td>
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<tr>
<td>Engineer Representative</td>
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<td>Physician Representative</td>
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<td>Physician Representative</td>
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<tr>
<td>Veterinarian Representative</td>
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<tr>
<td>Nurse Representative</td>
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<tr>
<td>Consumer Representative</td>
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<tr>
<td>Physician Representative</td>
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<td>Fiscal Court Representative</td>
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#### Board of Health 2014-2015 vs 2013-2014
<table>
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<th></th>
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<td>Meetings</td>
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<td>Regular Meetings</td>
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<td>Special Meetings</td>
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<td>Subcommittee Meetings</td>
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<td>Policies</td>
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<tr>
<td>New Policies</td>
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<td>Revised Policies</td>
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#### Issues Discussed

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<tr>
<th>Meeting Date</th>
<th>Meeting Type</th>
<th>Issues Discussed</th>
</tr>
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<tbody>
<tr>
<td>8/18/2014</td>
<td>Regular</td>
<td>Board voted on all internal control policy revisions that were presented in April 2014. Closeout projections were presented noting school health, family planning and STD cost centers as the highest utilizers of local funding. Home Health (HH) showed a $111,123 deficit and a change in therapy contracts was presented as a possible solution. Quarterly FCHD and Taxing District statements were reviewed. Team reports were presented with the greatest discussion around HH billing. New accreditation coordinator introduced. Partition wall at PHC discussed and two additional estimated were requested by the Board of Health (BOH). Enterprise presented and BOH approved the lease. Taxing District bank change discussed. BOH subcommittees assigned. BOH meeting dates set for FY 15.</td>
</tr>
<tr>
<td>12/8/2014</td>
<td>Regular</td>
<td>Partition wall at PHC discussed and BOH requested an architect design. Receipt of fleet vehicles discussed. Financial reports for FCHD and Taxing District were presented along with addendums and amendments including new DPH pass thru employees with 15% indirect and FCHD staff time coded directly to cost center for PO and travel arrangements. Audits for both FCHD and Taxing District were presented. DPH budget compliance review presented. FY 14 BOH actions reviewed and it was noted that the lack of policy review is what stimulated the large policy review that was voted on at the Aug. 2014 meeting. The need for BOH nominations was discussed. Team reports were presented. BOH completed MAPP Quality of Life survey. The gas line issue with the Sheriff's office was presented along with the need for a submeter since the estimate for running a separate gas line was $50,000. Ebola training and preparation discussed. Emergency Situations policy revisions presented.</td>
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<tr>
<td>2/23/2015</td>
<td>Regular/Board of Health Orientation</td>
<td>An orientation was offered for all BOH members in light of two new BOH members and new director. Franklin County Code of Ethics reviewed and signed. ASAP presented e-cig dangers and policy options. PHC wall discussed with third estimate presented along with KAR showing that advertising for competitive bids was not necessary. BOH asked to have contractor present plans at the next meeting. Gas line discussed and awaiting estimate from plumber after gas company reviewed. Financial reports for FCHD and Taxing District presented. 2015 Public Health Tax Rate approved by BOH at 5.75%. Team reports were presented in a new &quot;newsletter&quot; format. BOH members who were unable to attend staff meeting completed strategic planning survey. BOH officers were selected and approved.</td>
</tr>
<tr>
<td>5/18/2015</td>
<td>Regular/Budget</td>
<td>Gas meter estimate presented and approved contingent on a second estimate. E-cig survey completed by BOH and BOH updated on Fiscal Court request for this survey. Team reports presented in newsletter included needle exchange update and QI evaluation project update as well notice of Kaizen QI grant award. Financial reports for FCHD and Taxing District budgets were approved. FY 16 Budget was presented and approved with 3% increment and .5% and 1% lump sum payments for evaluation scores of 4 and 5. Use of unrestricted reserves approved for closeout. FY 16 Taxing District budget approved.</td>
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NOTES: Safe Toys Awareness Month

***All times, dates and locations are subject to change. Please call to verify.***
### Community Health Education Services

<table>
<thead>
<tr>
<th>Year</th>
<th>Presentation Misc. public health topics (does not include those listed below)</th>
<th>Diabetic Program Education Classes (Decrease in staff and funding)</th>
<th>Healthy Start Child Care Classes</th>
<th>Child Passenger Safety Seat Program Car Seats Inspected</th>
<th>Car Seats Distributed/Leased</th>
<th>Car Seat Check Events</th>
<th>Smoking Cessation Classes</th>
<th>Participants</th>
<th>Media Outreach</th>
<th>Working On Wellness Cable 10 TV Show</th>
<th>State Journal Articles</th>
<th>Coalition Meetings</th>
<th>MAPP Coalition Meetings</th>
<th>Diabetes Coalition Meetings</th>
<th>UK Mobile Pediatric Dental Services Schools</th>
<th>Children treated</th>
<th>Total dental procedures</th>
<th>Total fee value of dental services</th>
<th>Longest Day of Play</th>
<th>Number of Meetings</th>
<th>Number of Vendors</th>
<th>Number of Attendees (Cancelled Rain)</th>
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### Clinical Services

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<th>Pediatric</th>
<th>Family Planning</th>
<th>Prenatal</th>
<th>WIC/Nutrition Services</th>
<th>Tuberculosis</th>
<th>Sexually Transmitted Diseases</th>
<th>Adult Health</th>
<th>Preventive Cancer</th>
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<td>2014-2015</td>
<td>46,320</td>
<td>38,605</td>
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<td>13,206</td>
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<td>6,274</td>
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<td>2013-2014</td>
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<td>1,346</td>
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<td>2012-2013</td>
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<td>552</td>
<td>17,438</td>
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<td>9,064</td>
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<td>5,252</td>
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<td>958</td>
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<td>3,165</td>
<td>11,517</td>
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<td>5,161</td>
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### HANDS

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<tr>
<th>Year</th>
<th>Families Enrolled</th>
<th>Home Visits</th>
<th>Home Health Services</th>
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<td>165</td>
<td>2131</td>
<td>Nursing</td>
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<tr>
<td>2013-2014</td>
<td>123</td>
<td>2,026</td>
<td>Home Health Aide</td>
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<tr>
<td>2012-2013</td>
<td>116</td>
<td>1,454</td>
<td>Physical Therapy</td>
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<tr>
<td>2011-2012</td>
<td>120</td>
<td>1,799</td>
<td>Speech Therapy</td>
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<td>119</td>
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<td>Occupational Therapy</td>
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<td>2009-2010</td>
<td>114</td>
<td>1,774</td>
<td>Social Services</td>
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### Home Health Services

<table>
<thead>
<tr>
<th>Year</th>
<th>Home Health Visits</th>
<th>Home and Community Based Waiver Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014-2015</td>
<td>3,057</td>
<td>Assessment and Reassessment</td>
</tr>
<tr>
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<td>3,906</td>
<td>Case Management</td>
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<td>6,196</td>
<td>Homemaker</td>
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<td>2011-2012</td>
<td>6,916</td>
<td>Personal Care</td>
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<td>2010-2011</td>
<td>6,394</td>
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<tr>
<td>2009-2010</td>
<td>6,629</td>
<td>Unduplicated Patient Count</td>
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### Environmental Services

<table>
<thead>
<tr>
<th>Year</th>
<th>Food Service/Retail Food Activities</th>
<th>Animals Vaccinated at Rabies Clinics</th>
<th>Onsite Sewage Activities</th>
<th>Nuisance Complaint Investigations</th>
<th>Animals Quarantined</th>
<th>Public Facilities Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014-2015</td>
<td>1,603</td>
<td>1,100</td>
<td>808</td>
<td>85</td>
<td>64</td>
<td>1,525</td>
</tr>
<tr>
<td>2013-2014</td>
<td>1,641</td>
<td>1,202</td>
<td>767</td>
<td>234</td>
<td>109</td>
<td>1,548</td>
</tr>
<tr>
<td>2012-2013</td>
<td>1,519</td>
<td>1,118</td>
<td>786</td>
<td>127</td>
<td>107</td>
<td>849</td>
</tr>
<tr>
<td>2011-2012</td>
<td>1,271</td>
<td>1,075</td>
<td>273</td>
<td>60</td>
<td>261</td>
<td>609</td>
</tr>
<tr>
<td>2010-2011</td>
<td>1,268</td>
<td>1,057</td>
<td>637</td>
<td>56</td>
<td>149</td>
<td>655</td>
</tr>
<tr>
<td>2009-2010</td>
<td>1,632</td>
<td>2,130</td>
<td>1,041</td>
<td>100</td>
<td>88</td>
<td>1,225</td>
</tr>
</tbody>
</table>
Kitchen Activities

Get your preschooler to try new foods by having them help you in the kitchen. Kids feel good about doing something “grown-up.” Give them small jobs to do. Praise their efforts. Children are less likely to reject foods that they help to make.

As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.

At 2 years:
- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Tear lettuce or greens
- Help “read” a cookbook by turning the pages
- Make “faces” out of pieces of fruits and vegetables
- Rinse vegetables or fruits
- Snap green beans

At 3 years:
All that a 2-year-old can do, plus:
- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir pancake batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza

At 4 years:
All that a 3-year-old can do, plus:
- Peel eggs and some fruits, such as oranges and bananas
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads

At 5 years:
All that a 4-year-old can do, plus:
- Measure liquids
- Cut soft fruits with a dull knife
- Use an egg beater

Go to www.ChooseMyPlate.gov for more information.

USDA is an equal opportunity provider and employer.

Center for Nutrition Policy and Promotion
July 2015
Providing skilled care in the comfort of your home

Our Quality Services Include, but not limited to:

- Pediatric, Maternal, and 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

Medicare, Medicaid and most insurances accepted. Start the conversation about starting services with your physician or call 502-564-7383 to speak with our Home Health Nurse Administrator!!
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/prediabetes.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!

HUMANA VITALITY

EARN POINTS

All KEHP members who attend 12 of the first 16 classes will earn 350 Humana Vitality 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.

EMBRACE THE DETOUR

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

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.

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.

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

**Demographics**

<table>
<thead>
<tr>
<th></th>
<th>Franklin Co.</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>49,648</td>
<td>4,395,295</td>
</tr>
<tr>
<td>% below 18 years of age</td>
<td>21.1%</td>
<td>23.1%</td>
</tr>
<tr>
<td>% 65 and older</td>
<td>15.6%</td>
<td>14.4%</td>
</tr>
<tr>
<td>% Non-Hispanic African American</td>
<td>10.8%</td>
<td>8.0%</td>
</tr>
<tr>
<td>% American Indian and Alaskan Native</td>
<td>0.3%</td>
<td>0.3%</td>
</tr>
<tr>
<td>% Asian</td>
<td>1.7%</td>
<td>1.3%</td>
</tr>
<tr>
<td>% Native Hawaiian/Other Pacific Islander</td>
<td>0.0%</td>
<td>0.1%</td>
</tr>
<tr>
<td>% Hispanic</td>
<td>2.9%</td>
<td>3.3%</td>
</tr>
<tr>
<td>% Non-Hispanic white</td>
<td>82.3%</td>
<td>85.6%</td>
</tr>
<tr>
<td>% not proficient in English</td>
<td>1.2%</td>
<td>1.0%</td>
</tr>
<tr>
<td>% Females</td>
<td>51.8%</td>
<td>50.8%</td>
</tr>
<tr>
<td>% Rural</td>
<td>27.6%</td>
<td>41.6%</td>
</tr>
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</table>

**Health Outcomes**

<table>
<thead>
<tr>
<th></th>
<th>Franklin Co.</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>11%</td>
<td>12%</td>
</tr>
<tr>
<td>HIV prevalence</td>
<td>118</td>
<td>145</td>
</tr>
<tr>
<td>Premature age-adjusted mortality</td>
<td>413.2</td>
<td>446.1</td>
</tr>
<tr>
<td>Infant mortality</td>
<td>6.5</td>
<td>6.9</td>
</tr>
<tr>
<td>Child mortality</td>
<td>61.1</td>
<td>61.3</td>
</tr>
</tbody>
</table>

**Health Behaviors**

<table>
<thead>
<tr>
<th></th>
<th>Franklin Co.</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food insecurity</td>
<td>15%</td>
<td>17%</td>
</tr>
<tr>
<td>Limited access to healthy foods</td>
<td>8%</td>
<td>5%</td>
</tr>
<tr>
<td>Motor vehicle crash deaths</td>
<td>10</td>
<td>18</td>
</tr>
<tr>
<td>Drug poisoning deaths</td>
<td>11</td>
<td>20</td>
</tr>
</tbody>
</table>

**Health Care**

<table>
<thead>
<tr>
<th></th>
<th>Franklin Co.</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uninsured adults</td>
<td>18%</td>
<td>20%</td>
</tr>
<tr>
<td>Uninsured children</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Health care costs</td>
<td>$12,196</td>
<td>$10,578</td>
</tr>
<tr>
<td>Could not see doctor due to cost</td>
<td>14%</td>
<td>17%</td>
</tr>
<tr>
<td>Other primary care providers</td>
<td>1,307:1</td>
<td>1,025:1</td>
</tr>
</tbody>
</table>

**Social & Economic Factors**

<table>
<thead>
<tr>
<th></th>
<th>Franklin Co.</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td>Median household income</td>
<td>$46,309</td>
<td>$43,307</td>
</tr>
<tr>
<td>Children eligible for free lunch</td>
<td>42%</td>
<td>47%</td>
</tr>
<tr>
<td>Homicides</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

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