

**THE**  
**LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT**

*HELPING LEXINGTON BE WELL SINCE 1904*

*NATIONALLY ACCREDITED SINCE 2014*

**THIS IS PUBLIC HEALTH**

team help  
appreciation  
programs agency  
opportunities educated expected  
process great services  
health learned new  
beyond  
opportunity public



**ANNUAL REPORT 2014**

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LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT | 650 NEWTOWN PIKE | LEXINGTON, KY 40508

**Vision:** The Lexington-Fayette County Health Department is a recognized leader in health promotion, health protection, personal health care and prevention of disease.

**Mission:** The Lexington-Fayette County Health Department will improve the health of the community.

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PREVENT PROMOTE PROTECT  
LETTER FROM THE COMMISSIONER



The annual report that follows describes the services that the Lexington-Fayette County Health Department provides to the people who live here -- the kinds of services that are familiar to many who read these reports. But there is more.

For example, during 2014, this department was involved in three situations where persons returning from

the Middle East and Africa developed symptoms that mimicked Ebola and Middle East Respiratory Syndrome. None of these cases turned out to be the real thing, but each time local physicians, hospitals, the Kentucky Department for Public Health and the CDC worked over weekends (including one holiday) to gather information and manage patients. Together, we were able to prevent possible spread of disease and obtain the laboratory information necessary to exclude serious problems. Staff monitors anyone returning from a country with Ebola for a 21-day period to assure that they remain symptom-free before returning to work. When the Ebola case developed in Dallas, this community had already run the “drill” several times. A meeting with the key participants determined how Lexington would respond if the disease came our way.

In the spring, it appeared that there might be a problem getting school children and others immunized on time because of issues related to rule and funding changes. Appropriate staff from the schools, doctor’s

offices, Medicaid, the state health department and this health department met twice — once to define the dimensions of the issues and possible solutions and a second time to share responses that enabled children to return to school with up-to-date immunizations.

The department completed its share of the administrative work required to enable HealthFirst Bluegrass to separate from the department effective Jan. 31, 2015. By mid-December, the department moved all of the staff to the 650 Newtown Pike facility. This has greatly enhanced internal communication and enabled us to redirect funds from rental payments at Newtown Circle to needed staffing, training and service enhancements.

As commissioner, I am most proud of the way the staff has accepted the strategic vision from the board and management on where we are going. The staff has accepted the challenge of working out how we will get there. This change has increased sharing between and among work units, sharing with our community partners, developed innovative ways to get the work done and was absolutely essential to the team work that led to the department’s accreditation by the Public Health Accreditation Board.

As we move forward, Lexington can expect to see more sharing, more activity and a healthier community.

*Scott White*



# GOALS DISTINGUISHED PROUD

## 2014 MILESTONES & ACHIEVEMENTS

We were named one of the first of 44 public health departments in the country to become **NATIONALLY ACCREDITED** by the Public Health Accreditation Board.

We remained dedicated to **CONTINUOUS QUALITY IMPROVEMENT** by launching new projects to maximize our internal efficiency, and collaborating with external partners to maximize community-wide response when addressing public health issues.

We were able to **VACCINATE 216 CHILDREN** under the age of 18, who were uninsured or underinsured, due to an increase in demand from parents and families searching to get proper vaccinations for their children.

We helped **PROVIDE NUTRITIOUS FOODS, NUTRITION EDUCATION AND REFERRALS** to other services for more than 7,500 low-income women, infants and children up to age 5 through our WIC Program, one of the largest in the state.

We certified 7,464 food handlers and 1,243 food managers this year to assure you are eating at **SAFE AND SANITARY ESTABLISHMENTS WHEN DINING OUT** in Fayette County.

With the help of local establishments, we continued to make improvements in community-wide enforcement of the **CLEAN INDOOR ACT**; we issued 12 citations this year, compared to 419 in 2005.

We **PROTECTED 462 LEXINGTON PETS AGAINST RABIES** by providing 492 low-cost rabies vaccinations at our annual low-cost rabies vaccination clinic.

We helped **PROTECT 1,921 LEXINGTONIANS AGAINST THE FLU** by providing free flu shots to anyone age six months and older at our annual free flu shot clinic.

We helped prevent and/or stop the spread of infections and communicable diseases by **RESPONDING TO MORE THAN 800 REPORTS OF DISEASE AND ILLNESS** in Fayette County.

We controlled the spread of HIV/AIDS and sexually transmitted infections (STIs) by **PROVIDING 1,172 HIV TESTS** through our walk-in testing clinic and community events, and by **INVESTIGATING 551 CASES OF SYPHILIS AND HIV**.

We prevented the spread of Tuberculosis (TB) in our community by **PROVIDING 2,951 TB CLINICAL SERVICE VISITS**.

We improved the opportunity for new babies to be raised in a healthy home by **PROVIDING 5,596 HANDS HOME VISITS TO FIRST-TIME MOMS AND DADS**.

We partnered with community agencies to get the message out about diabetes prevention by **PROMOTING THE EVIDENCED-BASED DIABETES PREVENTION PROGRAM** that encourages healthy lifestyles to delay or prevent type 2 diabetes.

We advocated for the health, safety and nutrition of children when cared for outside of the home by **PROVIDING TRAININGS TO ABOUT 600 LICENSED CHILD CARE PROVIDERS** in Lexington.

We were **AWARDED WITH A BLUEGRASS WELLNESS AT WORK HEALTHIEST PLACES TO WORK AWARD** for the second year in a row for innovations in worksite wellness programs; we also received special **RECOGNITION FROM THE WORKSITE WELLNESS COUNCIL OF LOUISVILLE**, a partner of the Louisville Mayor's Healthy Hometown.

We **IMPROVED THE NUTRITION OF ADULTS AND CHILDREN** by hosting more than 100 presentations and attending more than 30 health fairs to teach topics such as MyPlate, food labels, cooking, diabetes meal planning, senior nutrition and healthy weight loss strategies.

We **HELPED INDIVIDUALS QUIT USING TOBACCO** by offering a series of cessation classes, yielding a 60 percent average graduation rate, double the national average for similar programs.

We **ELIMINATED HEALTH INEQUITIES** by participating in cultural diversity workshops and community events; hosting youth programs in schools to focus on the risks and consequences of early sexual involvement; conducting immunization audits in daycares, preschools and private schools; and working with a variety of community organizations and coalitions.

We **REMAINED ATTENTIVE TO THE HEALTH OF MORE THAN 40,000 PUBLIC SCHOOL STUDENTS** so they could be seen on-site for acute illness, in turn allowing for parents to remain at work.

# CHANGE PASSIONATE SUPPORT

## CLINICAL SERVICES

This was the year of restructure and rebuilding for the Public Health Clinical Services Department due to a reduction in force by about 50 percent. The public health world is consistently changing, and once again, our staff pulled together to maximize our available resources and exhibited exceptional teamwork in delivering core public services.

**We improve the health of our community by providing services and education in the areas of adult and pediatric preventative services and adult immunizations to control the spread of diseases.**

We partner with local primary care agencies to continue to further pediatric preventative and women's health services. Our clinical team collaborates daily with our Epidemiology Unit to track many of the diseases we work to control.

Our clinic has also worked diligently to develop a strong presence with more than 25 local businesses and organizations to contract our services, such as adult immunizations and TB skin testing to help prevent the spread of diseases.

**We step up to meet community demands as public health continues to change.**

This year, as parents and families demonstrated a demand for a place to get proper vaccinations for their children, we took part in the Vaccines for Children (VFC) program to provide vaccines to eligible patients who lived in Fayette County; were under the age of 18; were uninsured, underinsured or had Medicaid. Because of the VFC program, we were able to vaccinate 216 children in just a few short months.

**Our team is passionate about helping our community's residents find the best possible healthcare.**

On March 23, 2010, President Barack Obama signed into law the Affordable Care Act. With this law, the Kynect website was created as a way for Kentuckians to choose healthcare coverage that works for them. Our clinic designated a Kynect representative to remain onsite in order to assist those who needed healthcare coverage. Since October 2013, our Kynect representative has assisted hundreds of people in choosing a plan. We will continue our efforts to enroll those who still do not have insurance coverage.

### CLINICAL SERVICES VISITS, 2014

AREA OF SERVICE	TOTAL VISITS
Tuberculosis	2,951
STIs	2,700
Adult Preventative	1,284
Annual Total	6,935

**We are committed to making improvements, like working toward an electronic medical records system.**

Moving forward, our team hopes to achieve faster data processing and fewer error rates by implementing an electronic medical records system in the near future. Our clinic will continue to be a liaison for those in need of insurance and will ensure that those in the community have access to healthcare coverage. Our team remains dedicated to offering high quality services to meet the demands of our growing population and adhere to the standards set by the Public Health Accreditation Board.

**We offer services to help safeguard the health of women, infants and children.**

Our Women, Infants and Childrean (WIC) Supplemental Nutrition Program is one of the largest in the sate, serving 7,500 participants. We provide nutritious foods, nutrition education and referrals to other services for low-income women, infants and children up to age 5. We are also proud to participate in the Farmer's Market Nutrition Program, where we can improve access to fresh Kentucky grown fruits and vegetables at local farmers' markets for WIC participants by issuing redeemable vouchers.

Breastfeeding education and support are also essential services of this program. We promote breastfeeding as an optimal way to feed infants for at least the first year of life. Fayette County ranks among the top in percentage of infants who were breastfed for at least the first year of life.



INFORM EMPower EDUCATE  
ENVIRONMENTAL HEALTH

Environmental Health (EH) addresses the interrelationship between human health and the environment by enforcing rules and regulations to promote public health and inform, empower and educate the community and local establishment personnel to make a positive impact on environmental health.

We are available 24 hours-a-day, seven days-a-week whenever the public has concerns regarding situations that they feel might be adverse to their health.

Our team responds to concerns or complaints about rodent infestations, indoor air quality, mosquitoes, sewage, food-borne illnesses, odors pest infestations and more. Upon receiving these complaints, we investigate each to verify if a health concern does exist, and then take enforcement actions to assure that the health concern is remediated. We have programs that raise awareness about bed bugs and radon. Each summer, we also conduct mosquito-spraying activities throughout Fayette County to help prevent mosquitoes.

We issue operating permits and conduct safety and sanitation inspections of food service establishments, retail food establishments, public swimming pools, hotels/motels, public and private schools, tattoo studios, ear and body piercing studios, bed and breakfasts and mobile home and recreational vehicle parks. We also conduct animal bite investigations and respond to any public health-related complaints we receive.

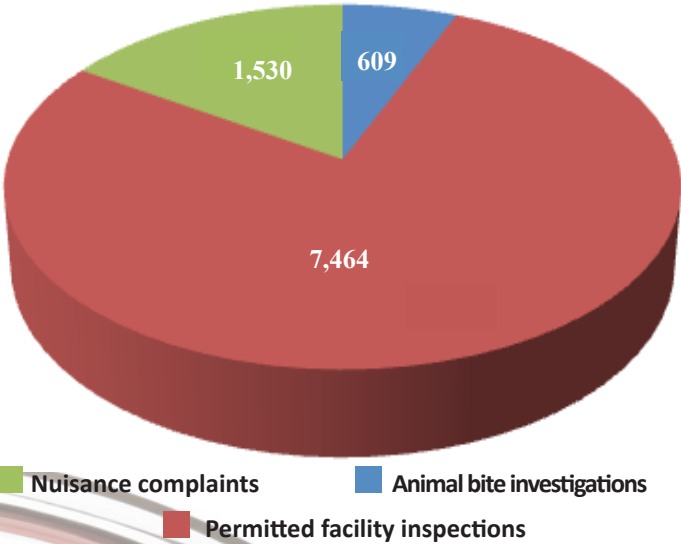
We enforce regulations within public food service establishments to ensure safe and sanitary work practices are followed and facilities are well-maintained.

- During food establishment inspections, we look for:
- correct food storage and preparation,
  - employee work practices and cleanliness;
  - proper operation of equipment; and
  - general cleanliness and maintenance of the facility.

Each food service establishment in Lexington must be inspected by our staff at least twice each year. Establishments must post their inspection scores in a place visible to patrons. Scores of 85 or higher with no three-, four- or five-point violations will be posted with a numeric value in green, while scores of 84 or lower or those with three-, four- or five- point violations will be posted in red.

This year, our team served on a city task force to develop a Lexington-Fayette County Urban County Government ordinance change to allow mobile food service vendors to operate in public properties of downtown Lexington with few restrictions.

FY 2014 FIELD SERVICES



Public education is a crucial part of what we do.

We require all food industry workers with jobs that involve food handling or preparation to obtain food handler certifications. We certified 7,464 food handlers last year. We are now able to offer this training online, in addition to in-person.

We also require each food service facility to have at least one certified food manager on staff at all times of operation. Our certified food manager classes places great emphasis on teaching proper hand washing and personal hygiene as these factors are the leading cause of the spread of food-borne illness. We certified 1,243 food managers this year.

Our team also provides swimming pool operator certification courses. These courses teach personnel who work at public swimming facilities to safely operate and maintain swimming pools in ways that are not potentially detrimental to the health and welfare of patrons.

ISSUED LEXINGTON SMOKING ORDINANCE VIOLATIONS, BY YEAR

YEAR	'05	'06	'07	'08	'09	'10	'11	'12	'13
CITATIONS	419	225	206	178	56	37	19	22	12

Our city continues to experience greater compliance with the local Clean Air Ordinance.

EH staff serve as sworn citation officers and enforce the ordinance in all public venues in Lexington. Citations are issued to property owners if violations are observed during enforcement visits. The table above illustrates a steady decrease in issued citations each year since 2005. During 2014, discussions and efforts regarding regulating E-cigarettes in public places also ramped up and the Lexington-Fayette County Board of Health issued a letter of support to the Lexington-Fayette Urban County Government to include E-cigs in the city's smoke-free ordinance.

Our staff works to prevent the occurrence and spread of rabies within the human and animal population in Fayette County.

We respond to reports from medical providers whenever patients are treated who have been bitten by animals. These reports prompt an investigation and EH staff serves notices of quarantines to the animal owners. After a determined period of quarantine, staff examines the animals for symptoms of rabies.

We also helped protect 462 Lexington pets against rabies at this year's annual low-cost rabies clinic, a chance for the public to have their dogs and cats vaccinated against rabies for a minimal fee. For the first time, this year's clinic was held at Douglass Park with the help of the Lexington Division of Parks and Recreation, the Lexington Humane Society, the Lexington Police and local veterinarians.



Our Preparedness Team ensures that if an emergency occurs, we will be prepared to meet the mandated and immediate health concerns for our residents.

We collaborate with internal and external partners to protect the health of the Fayette County community in emergencies. In addition to establishing standard readiness guidelines and procedures, our team often participates in national and local incident command and incident management exercises to practice these procedures and measure effectiveness at the conclusion of each activity. This allows us to adjust future responses and continue improving on our readiness. Our staff also leads the local Medical Reserve Corps, which recruits community members to help in response efforts (we increased our volunteer base by 50 percent this year).

This year, we updated our Continuity of Operations (COOP) and Strategic National Stockpile (SNS) plans. These plans create strategies and processes for us to continue mandated programs and unique mission essential functions during an emergency event, and address how to handle arrival of SNS materials in terms of manpower, receipt, storage, and distribution. We were also recently awarded a state grant that will enable us to better maintain assets and track them as they are deployed.

We continually identify possible point-of-dispensing (POD) sites in our community, like churches, schools and businesses. In fact, we partnered with Imani Family Life Center, a local church, to hold our annual free flu shot clinic and helped protect 1,921 Lexingtonians against the flu. We've also partnered recently with a variety of other organizations like the Citizens Emergency Response Team (CERT), the Kentucky Community Crisis Response Board (KCCRB) and the Hospital Preparedness Program (HPP) in the hopes of mobilizing a community-wide readiness response should it be needed in the future.



# MONITOR INVESTIGATE MITIGATE

## COMMUNICABLE DISEASE

Our Communicable Disease Unit monitors, prevents, investigates and controls infectious and communicable diseases in Fayette County. These diseases can be transmitted from person to person, or animal to human, by direct contact with body fluids, ingesting contaminated food or water, inhalation of contaminated air or the bite of an infected insect.

In Kentucky, health care providers and laboratories are required by law to report infectious and communicable diseases to the local or state health department. Each reported disease requires an investigation by the unit to determine a source of infection, whether additional individuals need to be contacted, and to provide education to the patient regarding their illness.

### We work diligently to enhance our ability to prevent the further spread of disease.

Our Epidemiology Unit cultivates new, and maintains existing, relationships with area healthcare providers to maximize public health information sharing. For instance, using a database of local physician practices, we can quickly distribute pertinent disease-related information so physicians are equipped with CDC recommendations on topics such as laboratory testing, treatment, and isolation. We also work internally with our other health department programs year-round to distribute prevention information throughout the community.

This year, we responded to more than 800 reports of disease and illness in Fayette County, like Salmonella, increased morbidity due to influenza, a Shigellosis outbreak, multiple gastrointestinal outbreaks, and a suspected Middle Eastern Respiratory Syndrome (MERS) case that involved hospitals, the Kentucky Department for Public Health, and the Centers for Disease Control and Prevention.

“HAVE BEEN FOLLOWING KY ACTION ON ILL MOM AND CHILD BY BLACKBERRY - YOU FOLKS ARE TERRIFIC! IT MAY NOT HAVE FELT LIKE IT, BUT TO AN OBSERVER YOU FOLKS LOOKED AS SMOOTH AS SILK. PERHAPS IT’S JUST THE ‘CAN DO’ ATTITUDE THAT SO MANY DERBY WINNERS SEEM TO HAVE.”

- PAUL J. EDELSON, MEDICAL OFFICER  
CDC JFK QUARANTINE STATION

### We’re committed to controlling the spread of sexually transmitted infections (STI) and HIV/AIDS in our community by tracking and investigating infected individuals and their contacts, and by providing public education.

Our Targeted Prevention Unit’s primary focus this year was to take a more active role in locating high-risk populations and identifying where they congregate, as opposed to waiting for this population to reach out to us for testing. We conducted numerous on-site field tests with help from information found through mobile applications and Internet sites used to solicit anonymous sex. We also collaborated with several HIV advocacy agencies, including AIDS Volunteers (AVOL) and the Hope Center, to reach out to areas not previously targeted. We continue to develop relationships with “gatekeepers” who distribute condoms and spread prevention messages in the community.

Our HIV Program offers free rapid HIV testing, condom distribution and community education. This year, we performed a total of 1,172 HIV tests through our walk-in testing clinic and community events. Our team also became a vital part of the Heroin Task Force, resulting in the ability to distribute needle cleaning kits to Injecting drug users in order to decrease the spread of HIV through the sharing of dirty needles.

We investigate cases of syphilis, HIV, gonorrhea and chlamydia within Fayette County and 62 other counties in Northern, Southern, Eastern and Central Kentucky. We ensure proper diagnosis, testing, adequate treatment, partner elicitation and partner notification. Additionally, we provide information regarding STIs to individuals, schools, drug rehabilitation facilities and other agencies throughout Lexington who request our services. We network with hospitals and clinics to provide superior patient care.

This year, we investigated 551 cases of syphilis and HIV.

## EXAMPLES OF INFECTIOUS & COMMUNICABLE DISEASES

Tuberculosis

Sexually Transmitted Infections (STIs)

West Nile Virus

Legionnaires disease

Bacterial meningitis

Brucellosis

Salmonellosis (Salmonella)

E. coli

### We make it a priority to re-educate individuals and their contacts about safe practices and explore the dangers of high-risk behaviors.

Many of the cases we have investigated recently have resulted in individuals being co-infected with other STIs. Because we have identified a rise in co-infections, we have implemented a new approach for all previously infected clients identified in a new case; they must receive re-counseling as a part of our efforts to make a bigger impact to decrease the spread of STIs in the community.

We continue to provide support for clients who request or are court ordered to have HIV testing at the Fayette County Detention Center (FCDC). We work closely with the Fayette County Detention Center to pick up, order and ship client specimens for evaluation. In doing so, our partnership with FCDC has become stronger.

### We screen, evaluate and treat individuals in order to control the prevalence of Tuberculosis (TB) in our community.

Our Tuberculosis (TB) Control & Prevention Program identifies members of our community at greatest risk of developing TB and takes the appropriate measures to prevent and control the spread of the disease in our community.

If someone is found to have a TB infection, we provide a nine-month course of treatment at our public health clinic. When someone with TB infection takes preventive treatment, they can lower their risk of developing TB disease by as much as 90 percent. If we discover an individual has TB disease, our nurses meet with that person to directly observe them taking medication throughout their course of treatment.

OUR EPIDEMIOLOGY UNIT HAS NEAR REAL-TIME LABORATORY SURVEILLANCE IN THE MAJORITY OF LARGE HOSPITALS IN LEXINGTON, ALLOWING FOR A QUICKER RESPONSE TO INITIATE INVESTIGATIONS AND TO MITIGATE THE SPREAD OF INFECTIOUS DISEASE IN THE COMMUNITY.



# TEAM HELP APPRECIATION

## ACCREDITATION

We did it! We crossed the finish line. The Lexington-Fayette County Health Department: Helping Lexington be well since 1904. Nationally accredited by the Public Health Accreditation Board (PHAB) since 2014.

**We are proud to be one first nationally accredited public health departments in the country.**

Our entire team rallied three years ago and embarked on a mission to become one of the first nationally accredited public health departments in the country, all in order to reinforce our commitment to providing the best possible services to Lexington. Internally, we developed a racetrack and horse theme to chart our progress for obvious reason. So, now we're accredited, but what does this mean?

- It means we demonstrated to a national board that we meet our mission of improving and protecting the health of the community through the work we do each day whether by controlling communicable disease such as TB; responding to public health emergencies; enforcement of the sanitation code; inspection of restaurants; providing preventative services such as mass flu clinics or helping with mothers and children's nutritional needs through the WIC Program
- It means we showed improvement in our performance and in the way we do things and that we are committed to continual quality improvement
- And, it means we are recognized for meeting a set of rigorous national standards that have been set for health departments

### THE 10 ESSENTIAL PUBLIC HEALTH SERVICES



**We are committed to providing nationally recognized standards and measures in order to remain accountable to the community we serve.**

The framework for PHAB's Standards and Measures are derived from the 10 Essential Public Health Services and measures the capacity of how the health department delivers the core functions of assessment, policy development and assurance.

To demonstrate our commitment to providing these services, we went through a series of steps during the accreditation process, which included: applications; orientations and in-person trainings; community wide assessments and reports; gathering information that demonstrated proof of providing public health services; and an on-site visit from PHAB officials to confirm that our staff was competent and dedicated to providing top-notch services to the community.

**We are committed to continuous quality improvement.**

The LFCHD Team completed the documentation submission in July 2013 and our work was authenticated during a two-day site visit from PHAB reviewers in February 2014.

The site review team stated our areas of strength included:

- Strong community partnerships
- Significant Board of Health engagement and competent staff

Opportunities for improvement included:

- Clarifying the role of the health department in the community
- A systematic assessment of customer service
- Improving specificity of policies and procedures.

Public Health Accreditation is a continuous quality improvement system and the certification period is for five years. Our team will work to capitalize on our areas of strength while also focusing on making improvements in the areas noted above.

We will also continually work internally, and build relationships externally, to update our Community Health Assessment, Community Health Improvement Plan and our overall agency Strategic Plan. We will also prepare yearly updates outlining our progress in identified areas for improvements.

# OPPORTUNITY LEARNED SERVICE

## WE DID IT!

You may have noticed a series of words faded in the background throughout this report. For instance, the "word clouds" that appear on the opposite page, as well as the front cover, represent what our staff thought of as they reflected on their contributions made during the accreditation process. The larger the word appears in the cloud, the more frequently staff thought of it as part of the process. In addition, we also asked our team to share brief stories about what the process meant to them. Here are a few excerpts that demonstrate how making strides toward accreditation benefitted our own team internally:

**"I LEARNED WE WORK MUCH BETTER AS A TEAM."**

**"WE HAVE DEMONSTRATED TO OURSELVES THAT WE REALLY ARE VERY GOOD IN MANY AREAS AND WE HAVE FOUND THAT THERE SEVERAL OPPORTUNITIES FOR IMPROVEMENT. THERE IS GENERAL ACKNOWLEDGEMENT THAT WE HAVE ALL LEARNED MORE ABOUT WHAT OTHERS DO AND WE HAVE BECOME A MORE COHESIVE TEAM IN THE PROCESS."**

**"IT HAS REINFORCED TO ME THAT OUR PROGRAM IS HEADED ON THE RIGHT TRACK. THE ACCREDITATION PROCESS HAS HELPED ALL FAYETTE COUNTY PUBLIC HEALTH EMPLOYEES REALIZE WHAT IS EXPECTED OF US AS A LOCAL PUBLIC HEALTH AGENCY, AS WELL AS SEE THE GREAT ACCOMPLISHMENTS WE HAVE DONE AMONG MANY LEADERSHIP CHANGES. WE PERSEVERED WITH OUR FOCUS NO MATTER WHAT ISSUES WERE IMPACTING OUR AGENCY. WE STILL MADE IT HAPPEN!"**

**"EACH TIME THAT YOU BROWSE THROUGH EACH DOMAIN OBJECTIVE, IT BECOMES EVEN CLEARER HOW NECESSARY IT IS FOR EACH PART OF THE "PUZZLE" IN OUR ORGANIZATION TO CONNECT IN ORDER TO DELIVER WHAT WE DO TO THE COMMUNITY."**



BEYOND DUTIES GREAT  
COMMUNITY HEALTH SERVICES

Our Community Health Services Division, made up of Community Health Equity and Education and Community Nursing, focuses on generating partnerships to extend our reach in Lexington in order to maximize the community’s health.

We are committed to making sure the children of first-time moms and/or dads have the best possible start at life.

Our HANDS Program, or Health Access Nurturing Development Services, is a voluntary home visitation program designed for first-time moms and/or dads with one or more risk factors for drug abuse, child abuse, domestic violence, anger management, housing and employment stability, and parent-infant bonding.

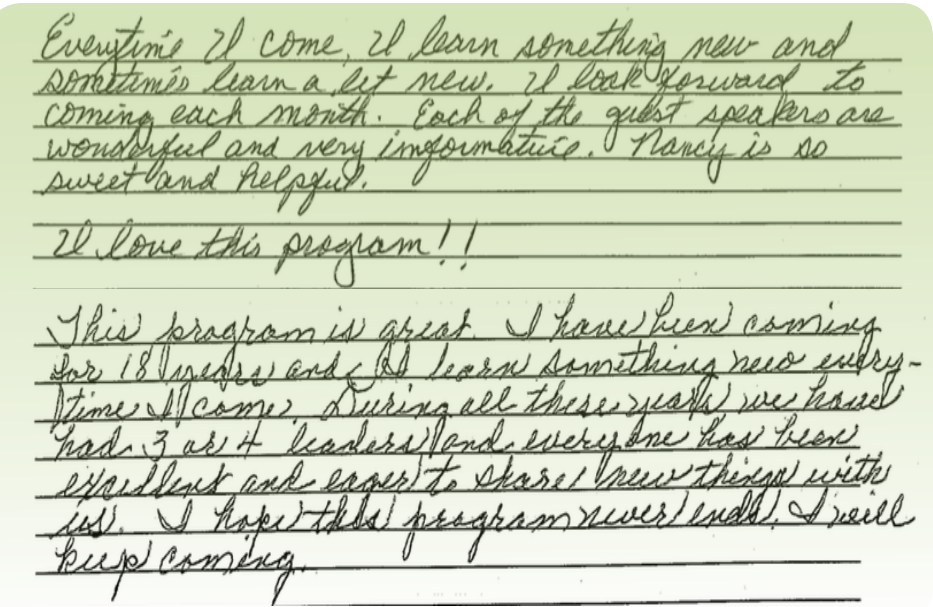
Our HANDS home visitors meet with families on a weekly basis, beginning in early pregnancy and continuing until the child reaches two years of age. We work with families to link them to early prenatal care and support them in parenting; child development; parent-infant bonding; stress and anger management; discipline and limit-setting with toddlers; and in reaching small and large successes in parenting. The three main goals of the program are positive pregnancy outcomes, safe and healthy homes and family self-sufficiency and optimal child growth and development

This year, we made 5,596 home visits in Lexington-Fayette County. In the last two years, 90 percent of the families who graduated from our program have either reduced or eliminated the risk factors that were present upon admission to the program.

WE WERE ABLE TO HELP ONE OF OUR FAMILIES WHO FLED THEIR WAR-TORN COUNTRIES BY FINDING THEM PRENATAL CARE; SECURING A MEANS OF TRANSPORTATION FOR GETTING TO AND FROM WORK; APPLYING TO WIC AND LOCAL AGENCIES FOR FOOD; PROVIDING A CRIB FOR THE BABY; AND GETTING BEDDING AND FURNITURE FOR MOM AND DAD. UPON ARRIVAL TO LEXINGTON, THE MOTHER WAS ABLE TO FIND EMPLOYMENT, BUT THE FATHER WAS DIAGNOSED WITH A LIFE-THREATENING ILLNESS. WE REFERRED HIM FOR MEDICAL CARE AND HE NOW HAS A MEDICAL HOME. THEIR SON, WHO WILL BE A YEAR OLD IN OCTOBER, IS HEALTHY, ACTIVE, DEVELOPMENTALLY ON-TARGET AND RECEIVING REGULAR WELL-CHILD CHECKS AND IMMUNIZATIONS. THE MOM SAID, AND I QUOTE, “GOD BLESSED ME WHEN HE SENT ME THE HANDS PROGRAM.”

- A STORY FROM ONE OF OUR HANDS MENTORS

NOTES FROM DIABETES SUPPORT GROUP PARTICIPANTS



We can help individuals prevent and manage diabetes.

We aim to reduce new cases of diabetes and encourage behavior changes for those living with pre-diabetes or diabetes.

We partner with community agencies to get the message out about diabetes prevention by promoting the evidenced-based Diabetes Prevention Program that encourages healthy lifestyles to delay or prevent type 2 diabetes. For instance, we have worked with the Lexington Senior Citizen Center to offer a diabetes support group for more than 15 years to give seniors an opportunity to talk with a certified diabetes educator and ask questions about their diabetes management at home.

Our next push involves training our staff to begin offering A1C testing to small groups to identify individuals that may fall in the pre-diabetes category, allowing us the opportunity to provide them with educational and informational tools to prevent the progression of this disease.

We advocate for the health, safety and nutrition of children in child care.

Our Child Care Health Consultation (CCHC) Program provides trainings to about 600 licensed child care providers in Lexington to promote the importance of health, safety and nutrition when children are cared for outside of the home.

Our trainings focus heavily on Pediatric Abusive Head Trauma (PAHT), a mandatory training for all child care providers. Participants learn the early signs of maltreatment and the various injuries and conditions that may result from vigorous shaking, slamming or impacting the head of an infant or young child.

Training objectives are to review the statistics of abusive head trauma; to define and describe abusive head trauma and its associated injuries; to discuss risk factors and prevention; and to understand the outcomes for victims.

We are there to assist our employees in achieving their personal wellness goals.

Our Wellness Committee, for the second year in a row, received the Bluegrass Wellness at Work Healthiest Places to Work Platinum Award. Organizations awarded at this level are engaged in at least four worksite wellness initiatives in various categories (physical fitness, culture, health and nutrition) and are recognized as the very best of the best. Our innovations in worksite wellness programs were also recognized, like incentives offered to employees, including time off; the option to

redeem wellness points for a variety of gift cards; and the ability to receive discounts on utility bills.

The Wellness Committee also received special recognition for the success of its program from the Worksite Wellness Council of Louisville, a partner of the Louisville Mayor’s Healthy Hometown, at its annual meeting.

We work to improve the nutrition of adults and children in Fayette County.

Our teams provide presentations and resources focused on healthy eating choices to groups at schools and businesses, as well as offering group and individual Medical Nutrition Therapy appointments in our clinic. This year, we hosted more than 100 presentations and attended more than 30 health fairs to teach topics such as MyPlate, food labels, cooking, diabetes meal planning, senior nutrition and healthy weight loss strategies.

We continue to be a proud sponsor of the Tweens Nutrition & Fitness Coalition’s Better Bites Program to improve access to healthy foods at concession venues around Lexington.

In addition, we participate in the Farm to School Coalition to teach school children, staff and parents the nutritional benefits of eating local produce, where food comes from (which has been shown to decrease obesity rates) and provide taste testings and farm field trips for schools.





I HAD AN INDIVIDUAL WHO FREQUENTLY ATTENDED OUR SMOKING CESSATION CLASSES AND CONSISTENTLY RELAPSED SIX MONTHS AFTER GRADUATING THE PROGRAM. SHE FELT HER INABILITY TO COPE WITH STRESS CAUSED HER TO RELAPSE. I FACILITATED PROMPT TREATMENT WITH HER PROVIDER AND URGED HER TO TRY THE MEDICATIONS. I ALSO ASKED ONE OF OUR STAFF, WHO IS ALSO AN EXPERIENCED YOGA INSTRUCTOR, TO VISIT MY COOPER-CLAYTON CLASS AND DEMONSTRATE SOME SIMPLE RELAXATION AND BREATHING EXERCISES. THE PERSON RESPONDED QUICKLY TO THE ANXIETY MEDICATION, FOUND SUCCESS WITH THE YOGA TECHNIQUES AND WAS ABLE TO DEVOTE MORE ENERGY TO CESSATION. SHE IS NOW ABLE TO WORK FULL-TIME AGAIN BECAUSE HER BREATHING HAS IMPROVED.

- A STORY FROM ONE OF OUR HEALTH EDUCATORS

We educate on the dangers of tobacco use and help individuals stop using tobacco.

Our Tobacco Education and Cessation Program aims to prevent youth and adults from using tobacco; to encourage people to stop using tobacco; and to protect individuals from the dangers of secondhand smoke by providing presentations and classes, attending community events and networking with community leaders throughout Lexington.

The program continues to expand by hosting classes at new locations throughout the community. We’ve seen a recent increase in invites from employers to host smoking cessation classes on-site to help improve the health of their employees.

In fact, our 12-week Cooper-Clayton Method to Stop Smoking Program yields a 60 percent graduation rate, double the national average for similar programs. Participants receive education, support and nicotine replacement therapy, and are only considered graduates if they complete the program nicotine-free.

We value maintaining a strong presence in the community in order to eliminate health inequities.

Our Community Health Equity and Education (CHEE) Team offers and participates in cultural diversity workshops, health fairs, events and community partnerships to raise awareness for, and eliminate, health inequities.

We continue to maintain and build relationships with wonderful community partners like the Lexington Division of Parks and Recreation, the Health Equity Network, Sisters Fighting BACC (Breast and Cervical Cancer), Kentucky Cancer Link, Race Community Child Welfare, the Lexington Pride Festival and more, to host and co-sponsor events throughout the community.

Our Postponing Sexual Involvement (PSI) and Reducing the Risk (RTR) programs reach out to youth in schools to focus on the risks and consequences of early sexual involvement and provide lessons about birth control, STIs, HIV/AIDS and refusal skills building. Together, these programs reach more than 6,500 students.

Our Daycare Immunization Auditor Program audits nearly 200 daycares, preschools and private schools to ensure children have valid immunization certificates on file.

Our school nurses have developed an innovative model to care for sick students in public schools.

Our school nurses care for students throughout Fayette County Public Schools, in turn, allowing parents to remain at work. Nurses are able to provide medical attention to students with chronic conditions like diabetes, asthma, allergies and seizures, and train school staff to administer medications. They also collaborate with other internal programs to distribute important health education materials to students and parents, especially when there are disease outbreaks in our community.

In addition, our nurses monitor school attendance, assist with communicable disease outbreak investigation, monitor immunization compliance and provide a team to assist in emergency preparedness.

“THE [SCHOOL NURSES] ARE THE BEST OF THE BEST; THEY PROVIDE KNOWLEDGE ON ILLNESSES, CHILDHOOD DISEASES, TB AND TAKING CARE OF CHILDREN WITH CHRONIC CONDITIONS AND/OR SPECIAL NEEDS.”

- JUDI CONRAD, PREVIOUS HOST OF PARENTS IN ACTION

BALANCE SHEET

ASSETS	
Total current assets	\$4,782,309
Capital assets, net	2,993,309
Receivable - HealthFirst Bluegrass, Inc	2,494,078
Total assets	\$10, 269,696
LIABILITIES	
Total current liabilities	\$1,850,771
Total long-term liabilities	839,569
Total liabilities	2,690,340
Total net position	7,579,356
Total liabilities & net position	\$10,269,696

AUDITED FINANCIAL SUMMARY  
JULY 1, 2013 - JUNE 30, 2014

STATEMENT OF CASH FLOWS

CASH FLOW	
Net cash provided by (used in) operating activities	\$2,003,658
Net cash provided by (used in) capital & related financing activities	357,303
Net cash provided by investing activities	2,287
Net increase in cash and cash equivalents	1,648,642
CASH AND CASH EQUIVALENTS - BEGINNING OF THE YEAR	2,844,356
CASH AND CASH EQUIVALENTS - END OF YEAR	\$4,492,998

STATEMENT OF REVENUES,  
EXPENSES AND CHANGES  
IN NET ASSETS

OPERATING REVENUES	
State grants	\$2,001,437
Federal pass-thru grants	3,536,664
Tax appropriations	7,463,357
Donations	-
Medicare service fees	9,520
Medicaid service fees	1,305,013
School board contract	1,396,865
Fees and contracts	361,705
Insurance	59,506
Other fees and contracts	142,016
Total operating revenues	\$16,276,083
OPERATING EXPENSES	
Personnel	\$9,088,417
Operating	5,353,448
Depreciation	343,956
Total operating expenses	\$14,785,821
OPERATING INCOME (EXPENSE)	\$1,490,262
TOTAL NON-OPERATING INCOME (EXPENSE) (764,124)	
Changes in net position	726,138
NET POSITION	6,851,750
Prior year grant activity	1,468
NET ASSETS - END OF YEAR	\$7,579,356



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**859.252.2371**

**650 NEWTOWN PIKE | LEXINGTON, KY 40508**

