

2012-13 MILESTONES & ACHIEVEMENTS

We continued to make strides on the track toward **ACCREDITATION** from the Public Health Accreditation Board, all in an effort to assure accountability to you, the community we serve; to meet our mission of improving the health of Lexington; to build on our strengths and improve upon our weaknesses; and to place our health department in a competitive position to seek and apply for additional funding.

We continued to make **CONTINUOUS QUALITY IMPROVEMENT** a priority by launching new projects that helped increase WIC patient satisfaction; increased internal staff knowledge about health department services; and trained staff on basic principles of quality improvement.

We implemented **QUALITY ASSURANCE** activities in all of our programs to assure the services we offer you are up to correct measures and standards.

We built an even stronger group of **COMMUNITY PARTNERS** to improve Lexington's health and tackle the issues of obesity, unsafe neighborhoods and unemployment.

We worked to improve **NUTRITION** of adults and children by hosting 129 presentations and attending 36 health fairs at schools, businesses and other locations.

We helped provide **HEALTHIER HOMES FOR BABIES** by pairing mentors with first-time moms and dads through 6,586 home visits.

We were dedicated to **ELIMINATING 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; and conducting immunization audits in daycares, preschools and private schools.

We offered **HEALTH SERVICES IN SCHOOLS** to 40,000 public school students so they could be seen on-site for acute illnesses, allowing parents to remain at work.

We encouraged people to **QUIT USING TOBACCO** by offering a series of classes that yielded a 60-percent graduation rate, well above the national average.

what is public health?

We helped Lexington go **TUBERCULOSIS - FREE** for a brief period this year and for the first time since the 1950s, as no patients were being treated for active TB.

We promoted **HIV & STI PREVENTION** by performing 1,480 free rapid HIV tests through our walk-in clinic and community events, and by investigating 345 cases of sexually transmitted infections within Fayette County and 62 other counties.

We advocated for **CHILD CARE HEALTH** by providing more than 40 trainings to 600 licensed child care providers to promote the importance of health, safety and nutrition when children are cared for outside of the home.

We aimed to reduce new cases of **DIABETES**, and encourage behavior changes for those living with diabetes or pre-diabetes by hosting monthly classes, support groups and special events.

We created an **EMPLOYEE WELLNESS PROGRAM** that helped us be named one of the Healthiest Places to Work in the Bluegrass, and that resulted in 51 percent of employee participants improving their overall health.

We responded to **CHANGE IN OUR CLINICS** by stepping up efforts to partner with local primary care agencies and more than 25 local businesses and organizations.

We assured **SAFE FOOD ESTABLISHMENT PRACTICES** by training 6,000 permitted establishment personnel online and in-person, teaching them proper handwashing and the best hygiene and sanitary precautions.

We protected family pets by giving out nearly 600 low-cost **RABIES SHOTS** at our annual vaccination clinic.

We improved our ability to **RESPOND TO EMERGENCIES** by allowing our staff to participate in several emergency preparedness trainings and exercises, and by doubling the number of medical and general volunteers willing to assist in response efforts through the Fayette County Medical Reserve Corps.

We continued to update our **STRATEGIC PLAN**, showing where we will go, and guided by The 10 Essential Public Health Services.

As this report was being compiled, we asked staff who help deliver our services and participants who have been a part of our services to take a moment and reflect on the great things they witnessed through our programs:

“I want to say thank you for all the work and dedication shown to me and my son while in your WIC Office. I have only been clean a little over a month and I was feeling insecure and broken during the time of my visit. I received information on anything a mother would need to know. They were interested in me and the baby. I felt I was equal to the staff and not beneath them. Others always made me feel like a failure. I left that day feeling empowered and that I could turn my situation around. I felt like there was still hope for me. At the end of my visit, the nutritionist even gave me a hug. This was the first hug I have received in years.”

- FROM A WIC CLIENT

“A few years ago, one of our HANDS family support workers provided prenatal services to a new family. The pregnancy went well. However, when baby ‘Jane’ was born, she had hydrocephalus, or water on the brain. She continued to have multiple seizures on a daily basis and was not reaching any developmental milestones. The mom brought ‘Jane’ to the health department, and as a result, made arrangements for a referral to a children’s hospital in Cincinnati. ‘Jane’ can now walk, no longer has seizures and attends school!”

- A HELPING HANDS STORY

this is public health.

“I have been attending the bi-monthly weight management meetings for over a year. I started attending the meetings in support of my journey in losing weight and thought maybe I could gain some knowledge. I received so much more. I need not only the educational aspect of the program but most importantly the support I receive from the dietitian. Knowing I have this place to go to voice my concerns and fears helps in the process. Knowing I will receive warmth, caring support and encouragement means a lot to me. Gradually the support of the other members has been important as well. I realize how important a program like this is due to all the bad information out there. This program is practical and teaches a sensible way of eating. No gimmicks. The program offers education and support. Not having this program available to me would be like a death of a close and dear friend. Proper nutrition, losing weight or proper weight control are not simple matters. It is very complex and a program such as this program is needed to not only provide the education but the support as well.”

- A WEIGHT-LOSS SUPPORT GROUP PARTICIPANT

“In Early 2013, Faith Lutheran Church members requested a public health diabetes nurse educator to meet with us. One Sunday, she offered a ‘Myths and Facts of Diabetes,’ and 17 people attended – many with diabetes, pre-diabetes or family members diagnosed with chronic health conditions. When the participants discovered the actions needed to take care and manage their diabetes, several of our members took diabetes educational classes offered by the health department.

Since that time, we have identified within our church, six people with diabetes or pre-diabetes willing to become diabetes advisors, available to offer support and information to church members and others. The nurse educator has continued to mentor and provide this team with support, encouragement and up-to-date diabetes information.

Several members and non-members have taken action steps to manage their diabetes and have personally seen improved A1Cs, weight loss, increased physical activity and lower cholesterol and blood pressure numbers.”

- A LOCAL CHURCH CONTROLLING DIABETES

“Karen was quite ill with recurrent bronchitis when she came to Cooper-Clayton and had some other health issues being exacerbated by smoking. Karen told me how she watched her mother and other family members die from smoking-related illness. She spoke of how difficult it was to stop smoking, and how coming to the class every week helped because she knew we would be all over her if she skipped; class members held each other accountable. Now, she no longer needs half of her medications, her diabetes is under control and she exercises regularly and has missed fewer days of work due to illness. Her insurance premiums have gone down, and she has not been in the hospital since she quit. She was regularly hospitalized and under treatment for breathing difficulties beforehand. It may be impossible to put a price tag on the benefits stopping smoking had to Karen. In cigarette costs alone, it has saved her nearly \$10,000. She says it saved her life. Recently, Karen trained to be a Cooper-Clayton facilitator.”

- SMOKING CESSATION TEACHER TALKS STUDENT

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OUR PUBLIC HEALTH LOCATIONS

Administrative Office

650 Newtown Pike
Lexington, KY 40508

Environmental Health Office

804A Newtown Circle
Lexington, KY 40511

Public Health Clinic North

805A&B Newtown Circle
Lexington, KY 40511

WIC Clinic South

2433 Regency Road
Lexington, KY 40502

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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For more information about hours of operation, services, classes, events and health news:

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The Lexington-Fayette County Health Department is reinventing itself to accomplish its mission of helping Lexington be well in a rapidly changing world. Changes in the patterns of health risk, changes in the ways services are provided and changes in funding mean that we must change. In many respects, we are “going back to the future” as we emphasize work to help the whole population and transfer clinical activities to practitioners who can do more for a patient than the health department.

In 1913, 100 years ago, the Board of Health dealt with safe food, dairies, water and good sewers as well as tuberculosis and other contagious conditions. By mid-century, antibiotics, polio vaccine and other effective treatments reduced these problems so the emphasis shifted to primary care for people without health insurance. Fundamental public health activity was overshadowed by the clinical work and the health department was perceived as the place where disadvantaged people go to see a doctor.

The Affordable Health Care Act allowed many more people to have health insurance so the Board of Health decided in March 2013 to re-double its efforts in basic public health and to let others apply for the grant to be the Federally Qualified Health Center.

As you read this report, you will see examples of our work. However there is more to our work than just the descriptions. For example, one of our objectives is to be accountable to those we serve, those whose tax money we use and those who live here.

On **PAGE 5**, you’ll see what it means to be accredited, but being accredited is much more than just a process. It requires teamwork and sharing internally,

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and it requires us to document our work. Accredited health departments can be compared to national standards and to other health departments for the first time in the history of the country.

PAGE 7 talks about communicable disease control. In addition to treating several conditions, staff are expected to find out where the condition came from and who else might have it. This is the work that prevents epidemics and allows doctors to take care of their patients while we look after the community.

On **PAGE 11**, you’ll read about a school nursing program that has reinvented itself twice in the last two years in response to new requirements from the school system and a tobacco cessation program that has expanded into the community to help businesses control employee health insurance costs. These innovative changes and others like them have led other health department to ask us for help as they adapt to change.

Finally, those of you who watch local news programs have seen our food safety, communicable disease and health promotion team on the air talking about how to maintain good health and how to be safe and healthy in potentially risky situations. Lexington can be proud of its health department and proud of its Board of Health.

Dr. Rice C. Leach
Commissioner of Health
Lexington-Fayette County Health Department

MAKING STRIDES TOWARD ACCREDITATION

The Lexington-Fayette County Health Department (LFCHD) began seeking Accreditation from the Public Health Accreditation Board (PHAB) in June 2011 and has made great strides with the goal of completing the process in the near future.

WHAT IS THE PROCESS OF ACCREDITATION AND WHAT DOES IT INVOLVE?

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

The **10 Essential Public Health Services** describe the public health activities that all communities should undertake. Public health systems should:

- Monitor health status to identify and solve community health problems
- Diagnose and investigate health problems and health hazards in the community
- Inform, educate and empower people about health issues
- Mobilize community partnerships and action to identify and solve health problems
- Develop policies and plans that support individual and community health efforts
- Enforce laws and regulations that protect health and ensure safety
- Link people to needed personal health services and assure the provision of health care when otherwise unavailable
- Assure competent public and personal health care workforce
- Evaluate effectiveness, accessibility, and quality of personal and population-based health services
- Research for new insights and innovative solutions to health problems

The **process of becoming accredited involves** the following:

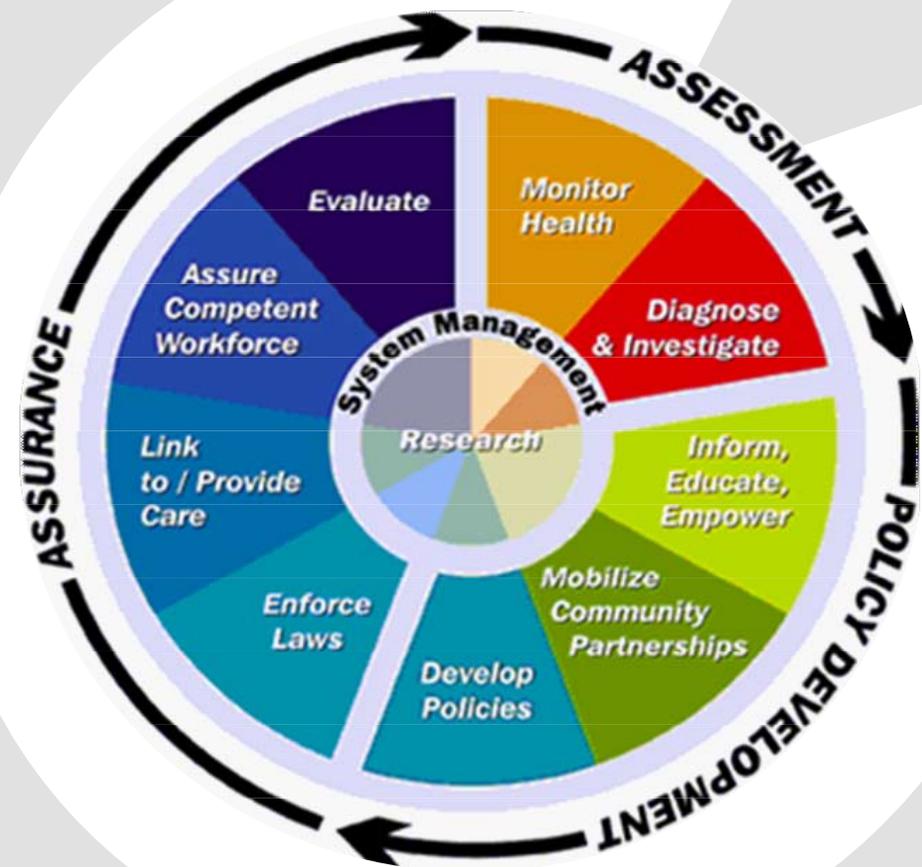
- A pre-application to determine readiness
- Online orientations for staff
- Submitting a statement of intent
- Completing an application that includes a Community Health Assessment, a Community Health Improvement Plan and a department-wide Strategic Plan
- Two-day training for staff members in Washington, D.C.
- Uploading scores of documents in an electronic data system to meet a set of rigorous standards and measures
- A site visit from PHAB representatives

WHERE ARE WE NOW AND WHAT WILL ACHIEVING ACCREDITATION MEAN?

The LFCHD team completed the documentation submission process in July 2013 and is awaiting the on-site visit and review from PHAB.

Public Health Accreditation will be a significant milestone for the LFCHD and will allow the department to continue to focus on quality improvement by:

- Promoting accountability to the community we serve
- Meeting the mission of improving the health of the community
- Building upon our strengths and improving our weaknesses
- Placing the department in a competitive position to seek and apply for additional funding



QUALITY IMPROVEMENT & COMMUNITY HEALTH IMPROVEMENT

HOW DO WE WORK TO MAKE IMPROVEMENTS TO HEALTH DEPARTMENT SERVICES?

The Lexington-Fayette County Health Department's Quality Improvement (QI) Committee is made of employee representatives from different programs across the department. They meet monthly to **select projects that will allow the health department to improve its processes in order to better serve the community.**

The QI Team helped implement **noticeable measures across the department this year**, including:

- Increasing WIC patient satisfaction rate from 75-85 to 100 percent
- Increasing internal staff knowledge about health department programs
- Training staff on basic principles of continuous quality improvement
- Implementing quality assurance activities in all public health programs

Committee members continue to rotate on a two-year basis to ensure a variety of employees have an opportunity to express their ideas on how to better serve the community.

HOW DO WE WORK WITH COMMUNITY PARTNERS TO MAKE AN IMPACT ON LEXINGTON'S HEALTH?

The health department continues to **bring together a large group of community partners to focus on ways to improve Lexington's health.** These partners represent a broad base of local businesses, hospitals, service agencies, universities, the school system, government and non-government agencies, policy makers, insurance companies and Lexington fire and police agencies.

In 2012, these partners **set up a framework to drive collaboration and use of resources in Lexington to make measureable impacts on reducing obesity, building and maintaining safe neighborhoods and reducing barriers to employment.** Nearly 100 participants reconvened this year in June for the second annual Community Health Improvement Partnership (CHIP) meeting to discuss progress, celebrate successes and identify meaningful next steps.

Members of the obesity, safe neighborhoods and unemployment subcommittees celebrated their most noticeable success, the creation of permanent med toss locations, resulting in the gathering of the largest weight of medications during the annual Med Toss Day.

The group walked away from the annual meeting with a revised CHIP plan based upon the suggestions from the community to refine the performance measures for each action team to make them more measurable and realistic.

With limited resources and funding restrictions impacting many organizations in the community, many of which serve on this project, the group continues to meet to share resources in an effort to have a positive effect on Lexington.

collaboration is key

The health department continues to bring together a large group of community partners to focus on ways to improve Lexington's **HEALTH.**

EPIDEMIOLOGY & COMMUNICABLE DISEASES

The Lexington-Fayette County Health Department's (LFCHD) unit of Epidemiology and Communicable Disease plays a vital role in **monitoring, preventing, investigating and controlling infectious and communicable diseases** in Fayette County. In Kentucky, health care providers and laboratories are required by law to report infectious and communicable diseases to the local health department serving the jurisdiction in which the patient resides. Each reported disease requires an investigation by the Epidemiology unit to determine a source of infection, whether additional individuals need to be contacted and to provide education to the patient regarding their illness.

HOW ARE INFECTIOUS DISEASES TRANSMITTED?

- Person to person, or animal to human
- Direct contact with body fluids
- Ingesting contaminated food or water
- Inhalation of contaminated air
- Bite of an infected insect

Some examples of infectious and communicable diseases include: influenza (flu), tuberculosis, sexually transmitted infections (STI) and HIV/AIDS, hepatitis, pertussis (whooping cough), West Nile Virus, Legionnaires disease, bacterial meningitis, brucellosis, salmonellosis and E. coli.

This year, Lexington was **TB-FREE** for a brief period of time as there were no patients being treated for active TB disease. This was the first time this has occurred in Lexington according to our records, dating back to the **1950s**.

HOW DO WE TRACK & RESPOND TO THE SPREAD OF DISEASES?

The LFCHD Epidemiology Team also has near **real-time laboratory surveillance** in the majority of large hospitals in Lexington allowing for a quicker response to initiate an investigation and to quickly mitigate the spread of infectious disease in the community.

LFCHD also has a surveillance system that uses data from mobile emergency medical service runs to look for novel or clustered occurrences of disease or illness.

This year, we responded to 1,000 reports of disease and illness in Fayette County, including a rapid response to suspected Middle Eastern Respiratory Syndrome, several novel clusters of salmonella, an increased incidence of E. coli and other outbreaks ranging from Gastrointestinal Illness (GI) to respiratory.

HOW DID WE HELP LEXINGTON GO TB-FREE AT ONE POINT THIS YEAR?

The goal of the LFCHD Tuberculosis (TB) Control Program is to **protect the community's health by preventing the occurrence and spread of TB**, an illness caused by a bacterial infection. It is most commonly found in the lungs but can be found in other parts of the body; we deal primarily with TB found in the lungs. **We screen for TB exposure with skin testing**, an initial, effective method for diagnosis.

Once a case is diagnosed, TB medications must be taken for a six-to nine-month period to complete treatment and eliminate the bacteria. Since this a long period of time and patients often stop taking their medications when they feel better, **we provide directly observed therapy (DOT) to ensure patients complete the entire treatment**. Staff members personally take medications to patients wherever they designate (home, school or work) to ensure every dose is taken.

This year, Lexington was **TB-free for a brief period of time** where no patients were being treated for active TB disease. This was the **first time** this had occurred in Lexington according to our records, dating back to the 1950s.

TARGETED PREVENTION EFFORTS

Our Targeted Prevention Team focuses on **controlling the spread of sexually transmitted infections (STI) and HIV/AIDS** throughout our community. We work to **track and investigate individuals and their contacts**. The team provides education on these topics and collaborates closely with our Public Health Clinic to provide immunizations to control the spread of these communicable diseases.

HOW DO WE PROMOTE HIV PREVENTION?

The HIV Program promotes prevention through **free rapid HIV testing, condom distribution and community education**. **This year, we performed a total of 1,480 HIV tests** through our walk-in testing clinic and community events that included Hope in the City at Douglass Park, National Gay Men's Awareness Day, Community Action Russell School, House of God, Catholic Action Center, Nathaniel Mission, Salvation Army, Dismas Charities and Chrysalis House.

We also set out to **"find the positives."** Our staff worked to **locate high-risk populations** and where they congregate, as opposed to waiting for that population to seek us out for testing. As a result, our staff became very innovative and conducted numerous field tests with clients acquired through websites and mobile applications used to solicit anonymous sex. We became a familiar face in popular bars throughout Fayette County to conduct free on-site HIV testing.

In 2013, we collaborated with several HIV advocacy agencies, including AIDS Volunteers (AVOL), Volunteers of America (VOA) and The Hope Center, to reach out to areas throughout Lexington that had gone untouched or neglected. We developed relationships with "gatekeepers" who distribute condoms and messages to the community on a daily basis. Together, we hosted numerous testing events and distributed condoms and information to our community. We hosted the African American & Hispanic/Latino Leadership Conference and set up a booth that displayed our ongoing STI, HIV and AIDS prevention and education efforts.

HOW DO WE HELP CONTROL THE SPREAD OF STIS IN OUR COMMUNITY?

The primary goal of our program is to intervene and investigate the spread of STIs. 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, treatment, partner notification and partner elicitation**. 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 345 cases of syphilis and HIV**, and many of these cases were found to be co-infected with other STIs. Because of this, we make it a priority to re-educate individuals and their contacts about safe practices and explore the dangers of high-risk behaviors.

In 2012, we participated in a **national syphilis elimination project** with the Fayette County Detention Center. This program has since been discontinued due to the low number of positives yielded from the detention center. However, we continue to provide support for clients who request or are court ordered to have HIV testing at the Fayette County Detention Center.

This year, we provided **1,480** HIV tests through our walk-in clinic and community events, and investigated **345** cases of syphilis and HIV.

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 and maximize the community's health.**

HOW ARE WE ADVOCATES FOR HEALTH, SAFETY & NUTRITION IN CHILD CARE?

Our Child Care Health Consultation (CCHC) Program **provided more than 40 trainings to 600 licensed child care providers to promote the importance of health, safety and nutrition when children are cared for outside of the home.**

This year's trainings focused heavily on **Pediatric Abusive Head Trauma (PAHT)**, a mandatory training for all child care providers, in compliance with House Bill 285. Training 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. They learn tools for dealing with a crying infant and ways to share information with parents to prevent abuse from occurring. 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.

WHAT DO WE DO TO PREVENT & MANAGE DIABETES?

We aim to **reduce new cases of diabetes and encourage behavior changes for those living with pre-diabetes or diabetes, by providing education via our monthly classes, support groups and special events.**

This year, we partnered with three agencies (the YMCA of Central Kentucky, KentuckyOne Health and Baptist Health) 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.

Our next push involves **training our staff in order 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.

HOW ARE OUR EMPLOYEES WORKING TO IMPROVE THEIR OWN WELLNESS?

We allow our employees the opportunity to participate in a **comprehensive worksite wellness incentive plan.** In June 2013, our program was recognized with the inaugural **Bluegrass Wellness at Work Healthiest Places to Work in the Bluegrass Diamond Award**, given to organizations demonstrating innovations in worksite wellness; our program was noted for the time-off incentives we offer employees.

Before enrolling in the wellness program, employees must complete a Health Risk Assessment (HRA), involving a survey and biometrics. This allows our Employee Wellness Committee to develop programs and events that target health areas we need improvements in as a workforce. This year, **our team focused on reducing weight loss, resulting in more than 400 pounds lost, with 51 percent of participants making improvements in their overall health.** In the upcoming year, we'll be targeting **blood pressure** by distributing monitoring cards and awarding wellness points when employees get their blood pressure read at each of our internal events.



HOW DO WE ENCOURAGE HEALTHY EATING?

We work to **improve the nutrition of adults and children in Fayette County by providing 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.** We held **129 presentations and attended 36 health fairs** to teach topics such as MyPlate, food labels, cooking, diabetes meal planning, senior nutrition and healthy weight loss strategies.

We helped sponsor the Tweens Nutrition & Fitness Coalition's Better Bites Program to improve access to healthy foods at concession venues around Lexington. 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. We also invited key community leaders to a screening of *The Weight of the Nation* at the Lexington Public Library to facilitate discussions about healthy lifestyles and what they could do to help improve Lexington's health.

HOW DO WE SUPPORT FIRST-TIME PARENTS & HEALTHIER HOMES FOR NEW BABIES?

We **provide healthier homes for new babies by pairing first-time parents with home visitors who have received specialized training.** Our Health Access Nurturing Development Services (HANDS) Program **matches staff with expecting parents in the family's home during pregnancy up until the child is 2 years of age.**

This year, **we provided 6,586 visits to first-time families.** Our mentors help HANDS families produce **positive pregnancy outcomes** through their home visits to high-risk and post-partum women. We help our families achieve optimal child growth and development by increasing breastfeeding and immunization rates. We assure healthier and safer homes for children by encouraging parents to provide a smoke-free home for their child.

With nearly 6,600 home visits, our trained HANDS mentors helped first-time families produce positive pregnancy outcomes, achieve optimal child growth and development and assure healthier and safer homes for their new babies.



WHAT DO WE DO TO HELP 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 Pink Connection, Cervical Cancer Free Kentucky, 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.

HOW DO WE PROVIDE MEDICAL ATTENTION IN SCHOOLS?

Although health care in Fayette County Public Schools went through a major transition this year, our school health nurses **developed an innovative model that still allows them to see students on-site for acute illnesses and allow parents to remain at work.**

The nurses are able to **provide medical attention** to students who have chronic conditions such as diabetes, asthma, allergies and seizures, and **train school staff** to administer medications. They also **provide health education materials** to school staff and review immunization records and screenings.

HOW DO WE WORK TO PREVENT TOBACCO USE & ENCOURAGE PEOPLE TO STOP SMOKING?

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.**

Our program continues to expand by hosting classes at new locations throughout the community. The program has also 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.



Our Clinical Services Team eagerly continues the overall mission of improving the health of our community by **providing services and education in the areas of adult/pediatric preventative services and adult immunizations that control the spread of communicable diseases**. As previously mentioned, the team also has a strong relationship with our Epidemiology unit and collaborates with them daily to track and prevent the spread of many of the diseases we work to control.

HOW HAS OUR CLINIC RESPONDED TO CHANGE?

Due to the ever-evolving world of health care and reductions in funding, we have had to **change the way in which we operate our clinics**.

Beginning in July 2012, our public health clinic was no longer able to offer family planning, adult immunizations and/or physicals, pediatric immunizations, breast/cervical cancer screenings and pregnancy testing. However, we did continue to provide the following number of visits in each of these areas of service:

- Tuberculosis: 3,282
- Sexually Transmitted Infections: 2,239
- Adult Preventative: 1,692
- Pediatric preventative: 544

In response to these changes, our public health team stepped up efforts to **partner with local primary care agencies to continue further pediatric preventative and women's health services**. The team also developed a strong **presence with more than 25 local businesses and organizations to contract our services for those needing adult immunizations and TB skin testing**, further reaching out to our community to help control the spread of diseases.

WHAT ADVANTAGE DOES OUR CLINIC PROVIDE?

Our **open access scheduling system** provides us with a strong advantage over other health care organizations because patients needing our services can **call or walk in on the day they wish to be seen and receive an appointment** (based on capacity). This scheduling system has been recognized statewide and mimicked through several other health department clinics.

HOW DOES OUR CLINIC SAFEGUARD THE HEALTH OF WOMEN, INFANTS & CHILDREN?

Our Women, Infants, and Children (WIC) Supplemental Nutrition Program is one of the largest in the state (serving 7,500 participants) and **safeguards the health of low-income women, infants and children up to age 5 who are at nutritional risk, by providing nutritious foods, nutrition education and referrals for other services**.

Our WIC Team was recognized for its distinguished services this year:

- A State Technical Assistance Review (STAR) management evaluation was conducted by the Regional Office of the USDA, which applauded staff for commitment, teamwork, professionalism, efficiency and no interruptions in services due to a participant's inability to speak English
 - The team received the **State Commissioner's Award for Quality Improvement** in recognition of improvements made in the delivery of WIC services and reductions in client wait times
 - Staff were asked to serve on the State Nutrition Workgroup, Administrative Reference Workgroup and to train other agencies on how to improve clinic flow, audit outcomes and the new non-invasive hemoglobin devices

Breastfeeding education and support are an essential service and a national public health strategy to protect women, infants and children from adverse health outcomes. WIC **promotes breastfeeding as the optimal way to feed infants for at least the first year of life**. This year, **breastfeeding participation increased four percent**, with an average of **63 percent of WIC infants starting out breastfeeding**. **Fayette County ranks among the top in percentage of infants who were breastfed for at least the first year of life.**



ENVIRONMENTAL HEALTH & PROTECTION

Our Environmental Health (EH) unit strives to make a positive impact on the environment by enforcing rules and regulations that promote public health and inform, empower and educate the community and establishment personnel. Our work is mainly composed of field activities. We issue permits to operate and conduct safety and sanitation inspections of many different types of facilities, including: foodservice 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. Other services include animal bite investigations and the investigation of all public health-related complaints issued from the general public.

HOW DO WE ASSURE SANITARY CONDITIONS IN OUR COMMUNITY?

We reduce the chance of you getting sick from contaminated food and drinks by enforcing regulations within public foodservice establishments to ensure they follow safe and sanitary work practices and are well-maintained. Points of emphasis during these inspections include:

- Correct food storage and preparation
- Employee work practices and cleanliness
- Proper operation of equipment
- General cleanliness and maintenance of the facility

As the popularity of food trucks rose in the community this year, our staff spent hours working with the Bluegrass Food Truck Association to identify sections in **Board of Health Regulation No. 19, our local food safety regulation**, that were creating unintended hardships for food truck vendors. Staff **updated the regulation by adding changes that would make it easier for the food truck vendors to stay within LFCHD compliance without compromising any food safety aspects to the regulation. Reg. 19 is viewed by other agencies as a model ordinance**, and many sections of the regulation have been used as templates for other health departments in Kentucky and other states, such as agencies in Georgia, Tennessee, Florida, Ohio and New Jersey.

Each foodservice establishment in Lexington must be inspected by our staff at least two times each year and receives an inspection score, which must be posted visibly to its patrons.

We also issue permits, perform sanitary inspections and enforce laws and regulations in many establishments not involved in foodservice, as mentioned.

We have programs that help enforce a smoke-free ordinance, raise awareness about bed bugs and radon and eliminate mosquitoes.

HOW DO WE EDUCATE INDIVIDUALS WORKING AT PERMITTED ESTABLISHMENTS?

We require all food industry workers with jobs that involve food handling or preparation to obtain a food handler certification. It is also required that each foodservice facility have at least one certified food manager on staff. Classes cover information to prevent the spread of foodborne illness, like proper hand washing, hygiene and sanitation. In 2012, our food handler course went online, and this year, **more people received their certification online rather than in-person, 3,335 vs. 2,690 respectively.**

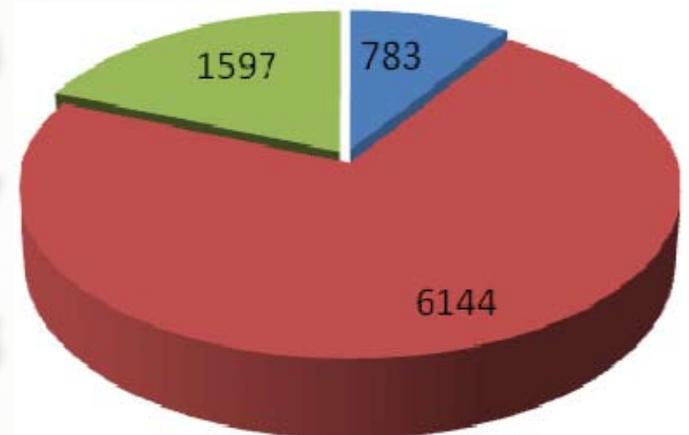
Another one of our class series, **Pool School**, teaches personnel working at public swimming facilities to safely operate and maintain pools in ways that are not potentially detrimental to the health and welfare of patrons. As required by regulation, all public pools and spas in Fayette County are required to have at least one certified pool operator on duty at all times of operation.

Environmental Health field services: by the numbers

6,144
permitted facility inspections

1,597
complaint investigations

783
animal bite investigations



WHAT DO WE DO TO HELP PROTECT YOUR FAMILY PETS?

We work to prevent the occurrence and spread of rabies within the human and animal population in Fayette County. EH receives reports from medical providers whenever patients are treated after being bitten by animals. Each of these reports prompts an investigation to occur, and we serve notices of quarantines to animal owners. After a determined period of quarantine, we examine the animals for symptoms of rabies.

We also host an **annual low-cost rabies vaccination clinic** with the help of the Lexington Humane Society and local veterinarians to protect as many dogs and cats as possible in Lexington. **We gave 593 shots at this year's clinic.**

WHAT DO WE DO TO PREPARE TO RESPOND TO EMERGENCIES?

Our Preparedness Team **assures that if a large-scale emergency occurs, the health of the community will be addressed.** To assure this, we:

- Collaborate with internal and external partners
- Establish baseline response expectations and reporting mechanisms
- Measure and evaluate response and recovery effectiveness
- Assure capacity to manage communication before, during and after a health emergency
- Recruit volunteers to serve as part of the Medical Reserve Corps
- Plan, implement and manage programs that include training and exercises to enhance the efforts of staff and volunteers, including FEMA's Incident Command Structure (ICS) and National Incident Management System (NIMS) courses
- Use systems to maximize support of staff and volunteers

Our **Continuity of Operations Plan (COOP)** is consistently reviewed in order to put processes in place so we can provide the community with essential services during emergencies. We work ahead to identify locations (churches, schools and businesses) that may be utilized if needed during an emergency. We regularly test our communication network and conduct staff call-down drills.



Some examples of preparedness exercises we performed this year, include:

- **Free Flu Friday:** we test our ability to give a large number of vaccinations in a short amount of time at our free flu clinic; **we gave 1,921 flu shots this year**
- **Biohazard Detection System Alarm Plan:** we participated in a mock exercise with the Lexington Fire Services and Police and the United States Postal Service to test how to respond and provide treatment to postal workers and the public if exposed to anthrax
- **Incident Command Training:** command staff completed a multiple-day training regarding emergency event planning and asset coordination
- **Building the Medical Reserve Corps (MRC):** recruited and trained more than 70 medical and general volunteers and students to join the MRC (double the amount compared to the previous year)
- **Serving on the Regional Hospital Preparedness Committee:** worked with representatives from health care facilities, governmental agencies and health professionals to promote coordination of health care during emergencies
- **Chemical Stockpile Emergency Preparedness Plan (CSEPP):** Staff took part in an annual drill, mocking the set up of a Special Needs Shelter and operation of a health and medical station



Our Environmental Health staff are available 24 hours a day, seven days a week whenever the public has concerns regarding situations they feel might be adverse to their health. These concerns, or complaints, usually involve rodent infestations, indoor air quality, mosquitoes, sewage, foodborne illnesses, odors and pest infestations. Upon receiving these complaints, we investigate to verify if a health concern exists and take enforcement actions to assure the health concern is remediated.

BALANCE SHEET

ASSETS

Total current assets	\$5,309,084
Capital assets, net	<u>3,800,391</u>
Total assets	<u><u>\$9,109,475</u></u>

LIABILITIES

Total current liabilities	\$1,341,798
Total long-term liabilities	<u>915,927</u>
Total liabilities	<u>2,257,725</u>
Total net position	<u>6,851,750</u>
Total liabilities & net position	<u><u>\$9,109,475</u></u>

STATEMENT OF REVENUES, EXPENSES AND CHANGES IN NET ASSETS

OPERATING REVENUES

State grants	\$1,988,403
Federal pass-thru grants	3,736,542
Tax appropriations	7,446,422
Donations	25,865
Medicare service fees	37,526
Medicaid service fees	1,957,751
School board contract	1,394,065
Fees and contracts	352,033
Insurance	46,107
Other fees and contracts	<u>227,379</u>
Total operating revenues	<u><u>\$17,212,093</u></u>

OPERATING EXPENSES

Personnel	\$9,811,230
Operating	5,429,812
Depreciation	<u>370,048</u>
Total operating expenses	<u><u>\$15,611,090</u></u>

OPERATING INCOME (EXPENSE) \$1,601,003

TOTAL NON-OPERATING INCOME (EXPENSE) (1,910)

Changes in net assets 1,599,093

NET POSITION 5,247,330

Prior year grant activity 5,327

NET ASSETS - END OF YEAR \$6,851,750

AUDITED FINANCIAL SUMMARY

JULY 1, 2012

THRU

JUNE 30, 2013

STATEMENT OF CASH FLOWS

CASH FLOW

Net cash provided by (used in) operating activities	\$767,987
Net cash provided by (used in) capital & related financing activities	(953, 013)
Net cash provided by investing activities	<u>53,766</u>
Net increase in cash and cash equivalents	<u>(131,260)</u>
CASH AND CASH EQUIVALENTS - BEGINNING OF THE YEAR	<u>2,975,616</u>
CASH AND CASH EQUIVALENTS - END OF YEAR	<u><u>\$2,844,356</u></u>

where are we going?

Our staff developed a department-wide Strategic Plan that will guide us throughout 2017 by outlining a series of goals and objectives. Each program within the department also has its own individual plan. As a team, our work will focus on three main areas:

MAINTAIN COMPLIANCE WITH APPLICABLE STANDARDS

ORGANIZE THE STRUCTURE OF THE DEPARTMENT TO FUNCTION IN THE CHANGING ENVIRONMENT

ACCOMPLISH MISSION-CRITICAL PUBLIC HEALTH ACTIVITIES

Thank you for helping us help Lexington be well.

THE LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT
HELPING LEXINGTON BE WELL SINCE 1904.



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