



Lex-CHIP Monthly Newsletter

January 2026



www.LFCHD.org

Lex-CHIP@LFCHD.org

*Happy
New Year*

Happy New Year from Lex-CHIP! As we step into 2026, we're energized by the possibilities ahead and grateful for the community partnerships that make our work meaningful. Together, we look forward to building a healthier, safer, and more connected community in the year to come.



This Month...

- National Mental Wellness Month
- National Tobacco-Free Awareness Month
- National Blood Donor Month
- Cervical Health Awareness Month
- National Brain Injury Awareness Month



Save The Date!

- **1/6** - Diabetes Support Group
- **1/6** - Freedom From Smoking Tobacco Cessation
- **1/7** - Spanish Gestational Diabetes Class
- **1/8** - Strong Start Baby Pop-Up: *Charles Young Community Center*
- **1/10** - Healthy Living with Diabetes
- **1/13** - Freedom From Smoking Tobacco Cessation
- **1/14** - Gestational Diabetes Class
- **1/15** - Diabetes Support Group
- **1/15** - Strong Start Baby Pop-Up: *Tates Creek Community Center*
- **1/17** - Healthy Living with Diabetes
- **1/20** - Freedom From Smoking Tobacco Cessation
- **1/21** - Spanish Prediabetes Workshop
- **1/22** - Fayette County Diabetes Coalition
- **1/22** - Strong Start Baby Pop-Up: *Winburn Community Center*
- **1/24** - Healthy Living with Diabetes
- **1/27** - BCTC Multi-Cultural and Learning Center HIV Testing
- **1/27** - Freedom from Smoking Tobacco Cessation
- **1/28** - Prediabetes Workshop
- **1/29** - Freedom from Smoking Tobacco Cessation
- **1/30** - Health and Wellness Outreach
- **1/31** - Healthy Living with Diabetes

For more information, contact our CHEE team: www.lfchd.org/health-education/



APPLY NOW!

LFCHD is excited to launch a new CHIP mini-grant initiative: PATH (*Partnerships Advancing Transformation and Health*)!

PATH is designed to invest in community partnerships and locally driven solutions aligned with CHIP priority areas:

Access to Care
Financial Stability
Knowledge Empowerment
Mental Well-Being

Priority consideration will be given to projects serving residents in ZIP codes 40504, 40508, 40511, and 40517. PATH applications will be open all of January, and organizations may apply for a chance to receive up to \$5,000 to support a community-led health project.

Applications will be shared through LFCHD social media and the LFCHD website.

For questions, email Dave Peterson, LFCHD Community Programs Manager, at davide.peterson@lfchd.org.



Spotlight Story: Strong Start Baby Pop-Ups

Lex-CHIP and the Lexington-Fayette County Health Department are excited to support families through upcoming Strong Start Baby Pop-Up events. These pop-ups are designed to help meet basic needs and support healthy families by providing free diapers and wipes to pregnant moms, parents, and caregivers. No paperwork, no ID, and no registration are required—families are welcome to stop by while supplies last.

In addition to diapers and wipes, families can learn more about HANDS, a free and voluntary program that supports families during pregnancy and early childhood. For questions or more information, please contact Lex-CHIP@LFCHD.org, and look for a QR code at the event to learn more about HANDS.

January Baby Pop-Ups

All Times: 4-7pm



Charles Young Community Center



Tates Creek Community Center



Winburn Community Center



Prescription of a Person

Prescription for a Person means looking beyond medicine to the real-life needs that impact health and safety. The campaign brings partners together to using prevention, support, and collaboration to strengthen our community. This campaign is focused on:

Crime & Violence

Overdose Prevention & Response

Child Abuse & Neglect



CHIP IN ACTION

We had engaging meetings across Lex-CHIP workgroups and are kicking off a new year with strong momentum and shared purpose. Partners came together to share updates, review data, and identify next steps that will help guide our work and outreach in the months ahead.

Overdose Prevention Workgroup

On December 11, 2025, the Overdose Prevention Workgroup met to review local overdose trends and identify areas where outreach and support are most needed. The group discussed strategies to reduce stigma through education, storytelling, and community training, and identified next steps focused on collaboration, outreach planning, and expanding harm reduction efforts.

Child Abuse & Neglect Workgroup

On December 10, 2025, the Child Abuse & Neglect Workgroup met to review child injury and fatality data to better understand local trends and prevention needs. The group discussed key safety topics, including safe sleep, car seat and booster seat use, and water safety, and identified opportunities to better coordinate education efforts with hospitals, schools, and community partners.

Crime & Violence Workgroup

On December 12, 2025, the Crime & Violence Workgroup met to review local crime and gun violence data to help guide outreach and prevention strategies. The group discussed partnerships related to gun lock distribution and youth-focused community engagement, and identified follow-up actions to expand collaboration and plan future outreach efforts in impacted neighborhoods.

Community Baby Shower: Impact in Action

The Health Department hosted a Community Baby Shower to support new and expecting caregivers by addressing material access as a key social determinant of health. A total of 42 caregivers participated, representing multiple ZIP codes and helping inform future maternal and child health outreach efforts.

Families received essential baby and caregiver supplies, including diapers, wipes, books, and health education materials, along with baby food, formula, and hydration support for expecting mothers and families with infants. In total, the Health Department distributed an estimated \$1,600 in giveaway bags and an additional \$350–\$500 in baby food and formula supports.

Eleven community partners joined the event, providing education, referrals, and raffle items that reinforced safety and wellness. More than \$1,200 in safety items, including car seats, Pack 'n Plays, and other infant essentials, were distributed through raffles. Overall, the event reduced material barriers, strengthened community connections, and supported healthier starts for families, with plans to host another Community Baby Shower in the coming months.





Nutrition Facts

4 Servings

Serving Size - 1 1/4 cup

Amount per serving

CALORIES 170

% Daily value

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fats 0g

Cholesterol 55mg 18%

Sodium 430mg 19%

Total Carbohydrate 11g 4%

Dietary Fiber 3g 11%

Total Sugars 5g

Added Sugars 0g 0%

Protein 28g

Potassium 658mg 14%

WHAT'S COOKIN'!

Easy Turkey Chili

10 min prep time – 25 min cook time – 4 servings

Ingredients:

½ tsp - black pepper

½ tsp - salt

1 tsp - cumin

1 tbsp - chili powder

1, 14.5-ounce can - no-salt-added diced tomatoes

1 small - yellow onion (peeled and diced)

1 diced - bell pepper, any color

1lb - lean ground turkey

nonstick cooking spray

Step-By-Step Instructions:

1. Add cooking spray to a stock pot over high heat. Add the turkey and sauté until just cooked through, about 7-8 minutes.
2. Add the remaining ingredients and bring to a boil. Reduce to a simmer for 15 minutes.
3. Serve hot or cool to room temperature, then store in an airtight container in the refrigerator for up to one week or package in freezer bags in one cup increments for up to 3 months.

Source: <https://diabetesfoodhub.org>

Family Kitchen Night: Let's Cook Together!

January is a great time to slow down and spend time together as a family. Try a **Family Kitchen Night**, where everyone helps make a meal or snack at home. Kids can wash fruits and veggies, stir ingredients, or help set the table. Grown-ups can help choose foods and keep things safe. Cooking together turns an everyday meal into something fun and special.

This activity helps families stay healthy and connected. Making food together teaches kids about healthy choices and gives everyone a chance to talk, laugh, and enjoy each other's company. Sharing a meal can lower stress, build confidence, and help families start the new year feeling strong and supported—all without spending extra money.



FAMILY CORNER





From the Desk of the LFCHD Disease Detectives:

Since the beginning of October, 31 cases of lab confirmed pertussis (“Whooping Cough”) cases have been reported in Fayette County children. This bacterium can cause cold-like symptoms and is notable for a cough that can last weeks to months. Usually, a minimal fever, if present at all, can occur.

Pertussis spreads through the air. When an ill person speaks, coughs, or sneezes, droplets can come in contact with a healthy person and make them ill. It can take anywhere from 5 to 21 days for symptoms to appear after contact with a sick person.

Getting vaccinated is the best way to protect against pertussis. Protection from the vaccine can decrease over time, so it is important for symptoms to be evaluated by a primary care provider. If a member of your household is diagnosed with pertussis, it is highly recommended for primary care practitioners to prescribe antibiotics for the entire household. Taking the medications as described can help reduce the severity of the illness.

If you need more information, please email epidemiology@lfchd.org or visit www.cdc.gov/pertussis.



LFCHD Services

- **Flu & Preventive Care:** January is peak season for flu and respiratory illness. The Public Health Clinic offers flu vaccinations and preventive services to help protect individuals and families all winter long.
- **Food Safety:** With more meals prepared at home, Environmental Health reminds residents to wash hands often, store food safely, and reheat leftovers properly to prevent foodborne illness.
- **Harm Reduction & Overdose Prevention:** Cold weather can increase overdose risk. LFCHD provides naloxone, education, and harm reduction support services that help save lives and support community well-being.
- **Winter Weather Preparedness:** Be ready for snow, ice, and power outages by building an emergency kit, making a family plan, and staying informed during severe weather.

LFCHD Public Health Clinic: (859) 288-2483

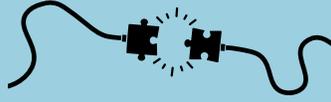
LFCHD Environmental Health: (859) 231-9791

LFCHD Harm Reduction: (859) 899-4230

For more information: www.LFCHD.org



Thank you for being part of our community and for supporting healthier, safer families. We look forward to sharing more updates, resources, and opportunities with you next month.



Stay Connected!

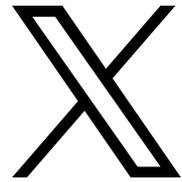
Stay connected with us for upcoming events, outreach opportunities, and community resources. We invite you to share this newsletter and join us in supporting health and well-being across our community.



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<https://x.com/LFCHD>



Interested in learning more about Lex-CHIP, the Lexington-Fayette County Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP)? [CLICK HERE](#) to learn how community partners are working together to improve health and well-being across Lexington-Fayette County.

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