



Lex-CHIP Monthly Newsletter

February 2026

Newsletter

www.LFCHD.org Lex-CHIP@LFCHD.org

A Healthy Heart Community!

February is a time to show care for ourselves and one another. Lex-CHIP is proud to continue working alongside our partners to support heart health, well-being, and strong community connections.

Together, we're building healthier futures—one step at a time.





This Month...

- American Heart Month
- Black History Month
- National Cancer Prevention Month
- Teen Dating Violence Awareness Month
- National Children's Dental Health Month
- National Black HIV/AIDS Awareness Month



- **2/3:** Diabetes Support Group – *Lexington Senior Center*
- **2/3:** Freedom From Smoking Tobacco Cessation – *Virtual*
- **2/4:** Heart Health Awareness Event – *St. James Place Apartments*
- **2/4:** Spanish Prediabetes Workshop – *Virtual*
- **2/10:** 7th Grade Town Hall – *Southern Middle School*
- **2/10:** Freedom From Smoking Tobacco Cessation – *Virtual*
- **2/11:** Lex-CHIP Child Abuse & Neglect Workgroup - *LFCHD/Virtual*
- **2/11:** Lex-CHIP Crime & Violence Workgroup - *LFCHD/Virtual*
- **2/11:** Gestational Diabetes Workshop – *Virtual*
- **2/12:** Lex-CHIP Overdose Prevention & Response Workgroup - *LFCHD/Virtual*
- **2/15:** Healthy Heart Bingo – *Beaumont Library*
- **2/17:** Freedom From Smoking Tobacco Cessation – *Virtual*
- **2/18:** Spanish Prediabetes Workshop – *Virtual*
- **2/23:** Vaping Prevention Education – *Leestown Middle School*
- **2/24:** HIV Testing & Education – *BCTC Multi-Cultural Global Learning Center*
- **2/24:** Bluegrass Lions Club A1C Testing Event – *Turfway Park*
- **2/25:** Prediabetes Workshop – *Virtual*
- **2/25:** Heart Health Fair – *Dunbar Community Center*
- **2/26:** Vaping Prevention Education – *Leestown Middle School*

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




LEX-CHIP

QUARTERLY MEETING

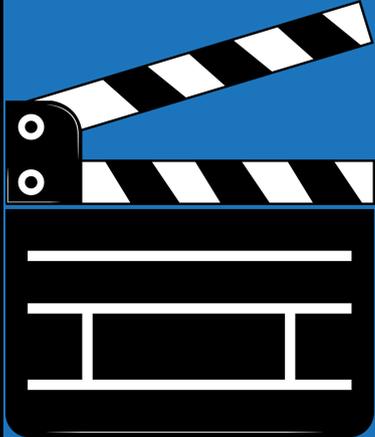



LEXCHIP

MARKSBURY FAMILY BRANCH LIBRARY | MARCH 12, 2026
2197 Versailles Rd, Lexington, KY 40504 | 12:00p.m. – 2:00p.m.

RSVP BY MARCH 9 → 

<https://www.surveymonkey.com/r/March122026>



CHIP IN ACTION

Lex-CHIP continues to build momentum in the new year through collaboration, outreach, and community-driven action. January activities reflect our shared commitment to supporting families, strengthening partnerships, and advancing health and well-being across Lexington-Fayette County.

February Lex-CHIP Workgroup Meetings

- **Child Abuse & Neglect:** 2/11, 9:30-10:30am, LFCHD RCL Community Rm
- **Crime & Violence:** 2/11, 11-12pm, LFCHD RCL Community Rm
- **Overdose Prevention & Response:** 2/12, 9-10am, LFCHD RCL Community Rm



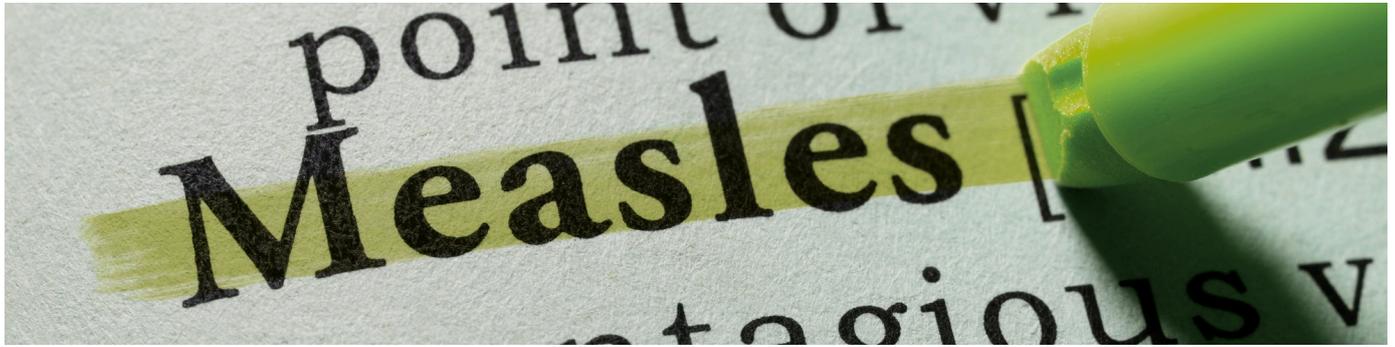
Strong Start Baby Pop-Ups

The Strong Start Pop-Up Diaper Giveaways continue to demonstrate meaningful community impact by addressing essential diaper needs that cannot generally be purchased with public benefits. Over three pop-up events, staff distributed approximately **300** diaper and wipe bundles. Events intentionally served priority ZIP codes **40508**, **40517**, and **40511** to ensure resources reached families in areas with the greatest demonstrated need. Additional essentials including formula, baby hats, blankets, and food items were also made available to families on a first-come, first-served basis.

Over **five** service hours, approximately **7,800** diapers were provided to families, with distribution averaging about **one bundle per minute** clearly demonstrating high community need and the program's relevance. Each event also connected families to ongoing support, resulting in **16** completed referrals to WIC, HANDS, and other community resources.

A powerful moment occurred during the second pop-up when children from the on-site after-school program picked up diapers for their families, highlighting Strong Start's reach beyond parents and caregivers. Equally important, the program reduced stigma by welcoming families with dignity and reassurance, reinforcing that accessing essential supplies is a form of support. Positive community feedback further affirmed the trust being built through these events.

The Strong Start Pop-Up Diaper Giveaways function as an effective intervention addressing social determinants of health, particularly financial stability. Diapers are a costly and recurring household expense, and alleviating this burden allows families to redirect limited resources toward food, housing, utilities, and healthcare. Over three events, the program provided an estimated total of **\$3,900** in material support, averaging approximately **\$1,300** per event, while also supporting caregiver mental health, child health outcomes, and stronger connections to care.



Measles : *What You Need to Know*

Measles is a highly contagious illness. Knowing what to do after exposure or if symptoms develop can help protect you, your family, and the community.

If you were exposed and are NOT vaccinated:

- Get the MMR vaccine within **72 hours** of exposure, if possible, to help prevent illness or reduce symptoms.
- If vaccination is not possible, contact your doctor within **6 days** of exposure to ask about post-exposure prophylaxis.
- Quarantine at home for **21 days** after your last exposure.
- Call your healthcare provider **before visiting** any medical facility.

If you were exposed and ARE vaccinated:

- You are likely protected, but monitor for symptoms for **21 days** after exposure.
- No quarantine is needed.
- If you are unsure about your vaccination status, contact your healthcare provider right away.

Watch for symptoms (7–21 days after exposure):

- High fever
- Cough or runny nose
- Red eyes
- Rash

If symptoms develop:

- Stay home and isolate.
- Call your healthcare provider **before going in for care**.
- Wear a mask and avoid contact with others, especially babies and pregnant people.

For the most up-to-date measles information in Kentucky, visit:
www.chfs.ky.gov/agencies/dph/dehp/idb/Pages/measles.aspx



Nutrition Facts

4 Servings

Serving Size - 3 kebabs

Amount per serving

CALORIES 306

% Daily value

Total Fat 4g 5%

Saturated Fat 0.5g 3%

Trans Fats 0g

Cholesterol 73mg 24%

Sodium 342mg 15%

Total Carbohydrate 40g 15%

Dietary Fiber 5g 18%

Total Sugars 20g

Protein 29g 58%

WHAT'S COOKIN'!

Kid-Friendly Hawaiian Chicken Kebabs with Brown Rice

Ingredients:

1 lb – boneless, skinless chicken breast, cut into pieces

2 tbsp – soy sauce (lowest sodium available)

1 cup – pineapple juice

2 cups – uncooked brown rice

2 cloves/1 tsp - minced garlic

2 large bell peppers, any color, chopped

36 grape tomatoes

36 pieces – pineapple chunks

nonstick cooking spray

Step-By-Step Instructions:

1. Place the chicken in a large plastic bag. Add the soy sauce, pineapple juice, and garlic. Seal the bag and gently squeeze to coat the chicken. Refrigerate for 15 minutes.
2. While the chicken marinates, soak wooden skewers in cold water for at least 10 minutes, or use metal skewers.
3. Remove the chicken from the bag and discard the marinade.
4. Heat the oven to 400°F and lightly spray a baking sheet with cooking spray.
5. Thread the chicken, pineapple, tomatoes, and bell peppers onto the skewers.
6. Place the skewers on the baking sheet and bake for about 15 minutes, or until the chicken is cooked through and no longer pink.
7. Cook the brown rice according to package directions, without adding salt or butter.
8. Serve the kebabs over the cooked rice.

Source: <https://recipes.heart.org/en/recipes/kid-friendly-hawaiian-chicken-kebabs-with-brown-rice>

Heart-Healthy Family Challenge

February is a great time for families to focus on caring for their hearts together. Try a **Heart-Healthy Family Challenge** by choosing one simple activity to do as a family each day for a week. Activities can include taking a brisk walk, dancing to favorite songs in the living room, cooking a heart-healthy meal, or stretching together before bedtime.

This activity supports physical and mental well-being while encouraging quality family time. Moving together helps strengthen hearts, reduce stress, and build healthy habits that can last beyond February. Best of all, it's free, flexible, and easy to adapt for all ages and abilities—making it a fun way to show your heart some love this month.



FAMILY CORNER





From the Desk of the LFCHD Disease Detectives:

Fayette County is in the middle of flu season—which usually lasts from the beginning of October to the end of May the following year—and it is shaping up to be a strong one.

The culprit is a strain of influenza A(H3N2) virus called subclade K. This strain is responsible for 90% of the season's flu cases.

Despite some media reports, this year's flu is not a super flu.

There's no evidence yet that this particular strain is more severe than other strains. Subclade K emerged during the summer and was first detected in Europe after the strains of flu used to formulate this year's flu shot were already chosen.

Although the flu shot may not keep you from getting the illness, it lessens your odds of having a severe case, keeps you out of the hospital, and shortens the length of illness, even in flu seasons like this one, when the vaccine is less than a perfect match for the virus.

The best way to reduce your risk from seasonal flu and its potentially serious complications is to get a flu vaccine every year. However, take other preventive actions, in addition to vaccination, to help reduce the spread of viruses like the flu:

- Avoid close contact with people who are sick.
- Cover coughs and sneezes.
- Wear a mask as an additional prevention strategy that you can choose to further protect yourself and others.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- You can improve air quality by bringing in fresh outside air, purifying indoor air, or gathering outdoors. Cleaner air can reduce the risk of exposure to viruses.

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



LFCHD Services

- **Disease Prevention & Immunizations:** Winter illness continues into February. The LFCHD Public Health Clinic offers immunizations, screenings, and preventive services that help protect individuals and families and reduce the spread of disease in the community.
- **WIC & Family Nutrition Support:** February is a great time for families to focus on nutrition and healthy routines. LFCHD's WIC program supports pregnant individuals, infants, and young children with healthy foods, nutrition education, breastfeeding support, and referrals to additional community resources.
- **Harm Reduction & Overdose Prevention:** Cold weather and isolation can increase overdose risk. LFCHD provides naloxone, education, and harm reduction services that support safety, reduce stigma, and help connect individuals to care.
- **Environmental Health & Winter Preparedness:** Environmental Health supports community safety through food safety education, housing and environmental inspections, and winter preparedness guidance. Residents are encouraged to practice safe food handling, prevent carbon monoxide exposure, and take steps to prepare homes for cold weather.

LFCHD Public Health Clinic: (859) 288-2483

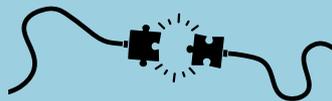
LFCHD Environmental Health: (859) 231-9791

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.

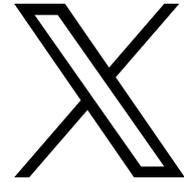


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Interested in learning more about Lex-CHIP, the Lexington-Fayette County Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP)? [CLICK HERE](#) to learn how community partners are working together to improve health and well-being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

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