



Lex-CHIP Monthly Newsletter

April 2026

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



Spring Forward with Lex-CHIP

April brings renewed energy as partners across Lexington-Fayette County continue working together to support community health and well-being. Through collaboration and shared action, Lex-CHIP remains focused on strengthening connections and advancing efforts that help build a healthier community.



This Month..

- National Child Abuse Prevention Month
- National Counseling Awareness Month
- National Minority Health Month
- National Public Health Week
- National Stress Awareness Month
- Sexual Assault Awareness Month
- National Walking Day
- National Youth HIV & AIDS Awareness Day
- National Infant Immunization Week



– Community Education April Events –

- **4/2 | 4-6 PM**
Strong Start Baby Pop-Up
1485 Alexandria Drive - Parking Lot
More info: Lex-CHIP@LFCHD.org
- **4/4 | 8-10 PM**
Central KY Black Family Conference
Campbell House Hotel
[Learn More](#)
- **4/6 | 1-3 PM**
Partners for Youth Adopt-A-Park Spring Break
Cardinal Valley Park
[Learn More](#)
- **4/7 | 10-11 AM**
Diabetes Support Group -
GLP-1 Medications
Lexington Senior Center
[Learn More](#)
- **4/7 - 4/9 | 11 AM - 1 PM**
Winburn Community Partners Spring Break
Open Shelter
Martin Luther King Park
- **4/12 | 2-3 PM**
Meal Planning & Grocery Shopping
Lexington Public Library – Beaumont
[Learn More](#)
- **4/14 | 9-10 AM**
Lex-CHIP: Child Safety & Well-being
Workgroup
LFCHD (650 Newtown Pike) & Online
[Join](#)
- **4/15 | 9-10 AM**
Lex-CHIP: Crime & Violence Workgroup
LFCHD (650 Newtown Pike) & Online
[Join](#)
- **4/16 | 9-10 AM**
Lex-CHIP: Opioid Overdose Prevention
Workgroup
LFCHD (650 Newtown Pike) & Online
[Join](#)
- **4/17 | 8 AM-12 PM**
Shop for a Cause
Kroger
Follow LFCHD on social media for location
details!
- **4/18 | 10 AM-2 PM**
Black Maternal Health Fair
Dunbar Community Center
[Learn More](#)
- **4/22 | 9-11 AM**
Rooted in Health: Earth Day & Heart Wellness
God's Pantry Food Bank
[Learn More](#)
- **4/25 | 3-4 PM**
Lexington-Fayette County Diabetes Expo
Consolidated Baptist Church
[Learn More](#)
- **4/26 | 6-7 PM**
Diabetes Prevention Program
Online
[Learn More](#)
- **4/28 | 10:30 AM-1 PM**
HIV Testing
BCTC
[Learn More](#)
- **4/30 | 5:30-8:30 PM**
Their Truth: An Aging Out Story Documentary
Screening
The Lyric Theater
[Learn More](#)

For more information or if you would like to invite Health Department staff to participate in your health fair planning committee or attend your event, call **(859) 288-2446** or complete a request form:

- [Display Request Form](#)
- [Event Request Form](#)

Learn more about available health education resources: <https://www.lfchd.org/health-education/>



National Public Health Week

April 6-12, 2026

Public Health Week is a time to celebrate the power of partnership! LFCHD and Lex-CHIP are bringing that energy into action by supporting meaningful, out-of-school opportunities for youth across Lexington-Fayette County.

Collaboration with community partners is helping connect local youth and families to safe, engaging activities that support physical health, mental well-being, and positive development.

From community events to hands-on learning opportunities, this work reflects our shared commitment to creating healthier environments where young people can thrive.

As part of this effort, we're also highlighting a book list recommended by the Kentucky Department of Public Health that promote learning and public health awareness—and can be checked out at your local library!

Public Health Book List:

- *101+ Careers in Public Health* by Beth Seltzer
- *The Immortal Life of Henrietta Lack* by Rebecca Skloot
- *Everything is Tuberculosis* by John Green
- *And the Band Played On* by Randy Shilts
- *The Ghost Map* by Steven Johnson
- *Maid* by Stephanie Land
- *The Glass Castle* by Jeannette Walls
- *Bridges Out of Poverty* by Ruby Payne
- *From the Hood to the Holler* by Charles Booker
- *A Kids Book About Public Health* by Becca Yannello
- *Revenge of the Tipping Point* by Malcolm Gladwell
- *2020: One City, Seven People, and the Year Everything Changed* by Eric Klinenberg
- *Frostbite: How Refrigeration Changed Our Food, Our Planet, and Ourselves* by Nicola Twilley
- *Silent Spring* by Rachel Carson
- *Evicted: Poverty and Profit in the American City* by Matthew Desmond
- *Disability Visibility* by Alice Wong
- *Enviromedics* by Jay Lemery and Paul Auerbach
- *The Emperor of All Maladies: A Biography of Cancer* by Siddhartha Mukherjee

The American Public Health Association also recommended some books which can be found

[here.](#)



Shop for a Cause:

Supporting Local Families

Shop for a Cause is an opportunity to support local families by donating essential baby items. The Community Engagement and Community Education teams will be on site collecting donations to help reduce diaper need in our community.

Requested items:

- Diapers (newborn to size 7)
- Pull-ups
- Baby wipes
- Baby detergent
- Gift cards

Diaper need is both a financial and health issue. Without enough diapers, children are at greater risk for diaper rash, skin irritation, and urinary tract infections due to prolonged diaper use. Diapers are also a major household expense, and most assistance programs do not cover them.

Your donation helps reduce financial strain, prevent avoidable health concerns, and support child wellness in our community.



Event Details:

April 17

8:00 AM – 12:00 PM

Kroger

Follow LFCHD on social media for location details!



Stop by and donate if you are able. Every contribution helps support local families in need.



Spotlight Story:

Let's Lock It, Lex! Free Gun Locks Now Available



A new safety initiative is helping promote responsible firearm storage in Lexington-Fayette County. Free gun locks are now available (while supplies last) to anyone who wants one — no questions asked — in the lobby of the Lexington-Fayette County Health Department.

This effort is part of the “Let’s Lock It, Lex!” campaign and is one of the initiatives of the Lex-CHIP Crime & Violence Workgroup. The program is made possible through a partnership between Be SMART, LFCHD, Lex-CHIP, New Vista, Safe Kids, and the Veteran’s Administration. The goal is simple: make it easier for families to securely store firearms and help prevent accidental injuries.

In the first week of rollout, 65 gun locks were distributed to community members. Providing free locks removes barriers to safe storage and helps support safer homes and healthier communities.

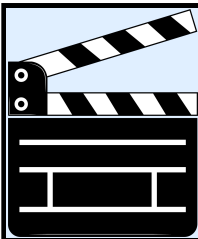
Gun locks are located in the first-floor lobby near the front desk, and anyone is welcome to take one while supplies last. Educational materials and resources are also available to help individuals learn more about safe firearm storage.

Together, small steps like secure storage can make a big difference in protecting children, preventing accidents, and supporting community safety.

For more information about the free gun lock program, contact the Lexington-Fayette County Health Department at 859-252-2371.

How to Use a Gun Lock: Quick Safety Demonstration





CHIP IN ACTION

Lex-CHIP continues to build strong momentum this spring through active collaboration and ongoing partner engagement. This month's workgroup meetings highlight our shared commitment to coordinated action, community outreach, and improving health and well-being across Lexington-Fayette County.

Lex-CHIP Quarterly Meeting Review

The March Lex-CHIP Quarterly Meeting brought partners together to review progress on community health priorities and share updates on collaborative efforts supporting the 2025–2030 Community Health Improvement Plan. The meeting highlighted ongoing work across Lex-CHIP partners and provided space for organizations to share upcoming initiatives and ways the broader group can support those efforts.

Christy Nentwick presented an impact review summarizing the first full year of implementation of the 2025–2030 Community Health Improvement Plan. The report highlighted progress made through cross-sector collaboration and emphasized the continued importance of aligning community partners around shared health goals.

Members of the Lex-CHIP workgroups provided updates on their recent activities and areas of focus:

Crime and Violence Prevention Workgroup

- Reviewed updated Lexington Police Department crime data and tools such as the Community Crime Map to better understand local trends.
- Continued development of the "Let's Lock It, Lex" campaign focused on safe firearm storage and community education.
- Identified neighborhoods for focused outreach and explored youth engagement opportunities as a prevention strategy.

Child Safety and Well-being Workgroup

- Reviewed child injury and fatality data related to safe sleep, suffocation, and motor vehicle crashes.
- Discussed strengthening education around safe sleep and proper use of child safety seats.
- Explored opportunities to expand distribution of Pack 'n Plays and increase collaboration with community partners.

Opioid Overdose Prevention Workgroup

- Reviewed data identifying overdose hot spots in Fayette County.
- Discussed the role of "person first" language, wording that puts the individual before their situation.
- Continued exploring strategies to reduce stigma and access to care.

The meeting also included a presentation by Dr. William Dake on the Icelandic Prevention Model, an evidence-based approach focused on youth engagement, structured activities outside of school hours, and community involvement as protective factors against substance misuse.

Dave Peterson and Rebekah Shoopman from the Lexington-Fayette County Health Department shared an overview of Community Education services available to partners and community organizations.

The meeting concluded with partner organizations sharing upcoming events, programs, and initiatives and identifying opportunities for Lex-CHIP partners to support those efforts across the community.

Materials from the meeting can be found in the Lex-CHIP Resource Repository:
<https://tinyurl.com/ybmwzsdw>

Upcoming April Workgroup Meetings

Lex-CHIP partners will gather this April for the next round of workgroup meetings focused on collaboration, data sharing, and coordinated action to support community health priorities. All partners and community members interested in supporting this work are welcome to attend.

Child Safety & Well-being Workgroup

- **Date & Time:** April 14, 2026 - 9:00 a.m. - 10:00 a.m.
- **Location:** LFCHD, 650 Newtown Pike - (Dr. Rice C. Leach Community Rm)
- **Virtual Link:** <https://tinyurl.com/zm8hs639>

Crime & Violence Workgroup

- **Date & Time:** April 15, 2026 - 9:00 a.m. - 10:00 a.m.
- **Location:** LFCHD, 650 Newtown Pike - (Dr. Rice C. Leach Community Rm)
- **Virtual Link:** <https://tinyurl.com/96y57tpk>

Opioid Overdose Prevention

- **Date & Time:** April 16, 2026 - 9:00 a.m. - 10:00 a.m.
- **Location:** LFCHD, 650 Newtown Pike - (Dr. Rice C. Leach Community Rm)
- **Virtual Link:** <https://tinyurl.com/47864rwp>



Child Safety Survey

We need your help! We're building a family safety campaign focused on safe sleep and car seat practices for babies — and we want real input from real families.

If you work with young or expectant families, please share our quick survey with them. It's anonymous and takes less than a minute. Their voices will help shape something meaningful!



<https://redcap.link/child-safety-survey>



Nutrition Facts

6 Servings
Serving Size 1/2 cup

Amount per serving
CALORIES 140

% Daily value

Total Fat 6g	8%
Saturated Fat 0.6g	3%
Cholesterol 6mg	2%
Sodium 180mg	8%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 6g	3%
Added Sugars 1g	2%
Protein 3g	
Potassium 95mg	2%

WHAT'S COOKIN'!

Colorful Pasta Salad

10 min prep time - 5 min cook time - 6 servings

Ingredients:

- 4 oz Bow-tie pasta
- 2 tbsp red bell pepper (chopped)
- 2 tbsp orange bell pepper (chopped)
- 3 tbsp cucumber(s) (chopped)
- 3 tbsp carrots (shredded)
- 3 tbsp red onion (chopped)
- 1/8 tsp black pepper
- 2/3 cup light mayonnaise
- 1/2 tsp sugar
- 1 tbsp lemon juice

Step-By-Step Instructions:

1. Chop bell peppers, red onion, and cucumbers. Shred carrots.
2. Cook pasta according to package instructions, without salt. Drain and rinse in cold water to cool. Place in a large bowl.
3. In a small bowl, combine remaining ingredients with a whisk, then stir into pasta and vegetables.
4. Mix prepared vegetables with pasta and mix to combine.
5. Chill for at least 1 hour before serving.

Source: <https://tinyurl.com/7fyjucmn>



Wellness Passport

The Wellness Passport program encourages individuals and families to explore local wellness opportunities while building healthy habits. Participants can attend community events, classes, and activities to collect stamps and track their progress toward improved health and well-being.

The March Wellness Passport activity period ended March 31. A new activity period begins April 1 and ends with a prize drawing on June 30. Participants who are currently participating in the Wellness Passport must re-enroll for the April – June activity period to be eligible for prize drawings

Registration is open and participation is free. To learn more about the program and upcoming opportunities, scan the QR code or visit:

<https://www.lfchd.org/wellnesspassport/>





FAMILY CORNER

Get Moving on the Legacy Trail

The North Lexington Family YMCA offers seasonal bike rentals from April through October for use on the Legacy Trail.

Bikes are available for adults and kids, for both members and non-members, and helmets are included to promote safety.

The Legacy Trail is a flat, vehicle-free route that stretches 12 miles from the YMCA to the Kentucky Horse Park, with an additional 8-mile extension through scenic horse country. It is ideal for beginners, families, and experienced riders alike.

For rental information, contact the **North Lexington Family YMCA** at 859-258-9622.



From the Desk of the LFCHD Disease Detectives:

Spring is an exciting time in the Bluegrass, as daffodils and tulips begin to bloom, the longer days bring warm breezes and more sunshine. But just as the early spring flowers begin to emerge, other things are also awakening this time of year. Tick season typically starts when temperatures are above freezing, although exposure can happen year-round, and really become active in April.

Ticks are spider-like arachnids that have eight legs and a round body. They live underground in the winter and start to emerge in the spring to look for food (the blood of animals or humans). They live mostly in grassy or forested areas, preferring warm moist places. Ticks hitch a ride as you walk through tall grass or shrubs, and wander around your body to find a suitable place to feed, often around the hairline or in folds of skin.

Most tick bites are harmless, but you really need to be proactive to seek treatment if you start to develop symptoms within a couple of weeks of a bite. A rash (especially a bull's eye), fever, chills, severe headache, muscle/joint pain, fatigue, or if the bite looks infected (red, swollen, full of pus), could be a sign of a tick-borne illness.

Over the last few years, there has been an increase in reported tick-borne illnesses across the US, including Lyme Disease and 15 other diseases. The newest condition added to the Kentucky Reportable Disease list in 2025 is Alpha-gal syndrome (AGS), a serious, potentially life-threatening allergy to red meat or other animal byproducts. Diagnosis for AGS can be difficult, and time consuming, requiring a test for antibodies your body produces in response to the alpha-gal sugar.

If you find a tick on yourself or pet, remove it as soon as possible. Prompt removal can help to lower the risk of disease transmission. Research suggests that it can take upwards of two days for a tick to transmit Lyme disease bacteria to humans, so immediate removal may reduce the likelihood of developing disease. You can use a pair of tweezers or fingers close to the skin to pull the tick out slowly and clean the area with soap and water.

Be prepared if you are planning to spend time in the great outdoors this spring. Keep your lawn and shrubs manicured. Remove leaves and clear brush around your house. Use EPA-registered tick repellents, that are known to be safe and effective against bites. Check your body frequently, especially hard-to-see areas (behind knees, groin, and arm pits) and bathe or shower after coming indoors as ticks may look like specks of dirt.

For more information, please email epidemiology@lfchd.org or visit <https://www.cdc.gov/ticks/about/index.html>.



LFCHD Environmental Health Essentials

On March 10, 2026 LFCHD Environmental Health co-presented with LFCHD Epidemiology at the One Health Symposium in Lexington, Kentucky.

The presentation covered an outbreak of Salmonella that occurred in June 2025. Epidemiology and Environmental Health collaborated to conduct a multi-agency investigation of 68 cases associated with undercooked baked goods.

In partnership with the establishment, LFCHD conducted enforcement actions, including the implementation and verification of improved processes to reduce further risk to consumers.

For more information or questions about food safety, contact
Health at (859) 231-9791.

LFCHD Environmental



LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT

HELPING YOU BE WELL

LFCHD.ORG

PUBLIC HEALTH CLINIC

650 NEWTOWN PIKE

8 AM-5 PM: MON, TUES, & THURS

8 AM-6:30 PM: WED

*CLOSED FRIDAY

📞 859-288-2483



IMMUNIZATIONS

Low cost immunizations for children and adults who qualify for the state immunization program. Flu shots provided every flu season.



TUBERCULOSIS (TB) SCREENING

Tuberculosis screenings and treatment.



SEXUALLY TRANSMITTED INFECTIONS (STI) SERVICES

Confidential testing for HIV, Hepatitis C, Syphilis, Chlamydia, and Gonorrhea. Treatment available for Syphilis, Gonorrhea, and Chlamydia. Referrals for HIV and Hepatitis C treatment available. Free condoms available.



WOMEN, INFANTS, AND CHILDREN (WIC)

Nutrition education, supplemental food packages, and breastfeeding support for pregnant women, mothers and children who qualify.



HARM REDUCTION

Free, anonymous syringe exchange services and confidential HIV, Hepatitis C, and Syphilis testing, treatment referrals, and naloxone.

Hours of operation – Monday 11-5, Wednesday 3-6:30, Thursday 11-5

harmreduction@LFCHD.org or 859-899-4230

COMMUNITY



DIABETES EDUCATION & PREVENTION

Nutrition programs for all ages. Free diabetes management and prevention programs. Monthly diabetes support groups.

859-288-2446



SMOKING CESSATION

Get involved in a class to help you quit smoking.

859-288-2446



ENVIRONMENTAL

Mandated retail food service and public facility permitting and inspections. Food handler/Manager certifications. Certified pool operator course. Mosquito, rabies, and health related nuisance complaints.

859-231-9791



HANDS - HEALTH ACCESS NURTURING DEVELOPING SERVICES

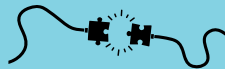
Trained professionals visit the home of new or expectant parents to provide support in building healthy, safe and nurturing environments for families. Families must be enrolled during pregnancy or before baby is 90 days old.

HANDS@lfchd.org or 859-288-2338

LFCHD 03/2026



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.



<https://www.facebook.com/LFCHD/>



<https://www.instagram.com/lexpublichealth>



<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.

[EMAIL US](#) | [VISIT US](#) | [JOIN US](#)



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