



Lex-CHIP Monthly Newsletter

March 2026



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

Springing Into Action

March brings continued momentum for Lex-CHIP as we work together to support community health and well-being. Through collaboration, outreach, and shared action, we remain focused on building a healthier and more connected Lexington-Fayette County.





This Month...

- Colorectal Cancer Awareness Month
- Developmental Disabilities Awareness Month
- National Kidney Month
- National Nutrition Month
- National Sleep Awareness Month
- National Social Worker Month
- National Women's History Month
- World Tuberculosis (TB) Day



- **3/3: Diabetes Support Group** - Lexington Senior Center - *Senior citizens*
- **3/7: Baptist Health Colon Cancer Awareness Event** - Whitaker Family YMCA – *Public*
- **3/7: 10th Annual Women's Summit** - Black & Williams Center - *Public*
- **3/11: Healthy Boundaries & Relationships Workshop** - Black & Williams Center - *Center Youth*
- **3/12: Lex-CHIP Quarterly Meeting** - Marksbury Branch Public Library - *Public*
- **3/14: Managing Appetite, Energy, & Wellbeing after GLP-1 Treatment** - Eastside Library-*Public*
- **3/14: Shop for a Cause** - Kroger, Richmond Road - *Public*
- **3/15: Mindful Eating Workshop** - Beaumont Library - *Public*
- **3/21: 2026 Black Family Wellness Expo** - Consolidated Baptist Church - *Public*
- **3/24: Diabetes Alert Day: Diabetes Game & Screening Event** - Tates Creek Library - *Public*
- **3/27: Shop for a Cause** - Kroger, Beaumont - *Public*
- **3/28: Lexington Be My Neighbor Day** - Lexington Public Library- Marksbury Branch - *Public*
- **3/28: Consolidated Baptist Women's Auxiliary Health Fair** - 237 E. Fifth Street - *Public*
- **3/28: Maximizing GLP-1 Benefits Through Healthy Living** - Eastside Library - *Public*

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

LEX-CHIP

QUARTERLY MEETING



MARKSBURY FAMILY BRANCH LIBRARY
2197 Versailles Rd, Lexington, KY 40504

MARCH 12, 2026
12:00p.m. – 2:00p.m.

**RSVP BY
MARCH 9**



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





Shop for a Cause:

Supporting Local Families

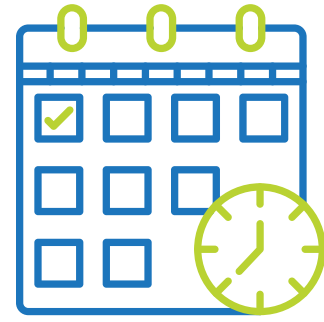
Shop for a Cause is an opportunity to support local families by donating essential baby items. The Community Engagement and Community Education teams will be on site collecting donations to help reduce diaper need in our community.

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:

March 14

8:00 AM – 12:00 PM
Richmond Road Kroger

March 27

8:00 AM – 12:00 PM
Beaumont Kroger



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



Spotlight Story:

Building the Future of Public Health

Investing in the next generation is an important part of strengthening public health in Lexington-Fayette County. Throughout the year, we engage with students from elementary school through college to introduce them to public health, explain how it impacts everyday life, and highlight the many career pathways available in the field.

These opportunities include:

- Classroom visits and school presentations
- Career days and community events
- Panel discussions and student Q&A sessions
- Internship and workforce connections

Early exposure helps students see how public health professionals work behind the scenes to improve community well-being. It also helps build a strong pipeline of future leaders who reflect and understand the communities they will one day serve.

By connecting with students at every stage of their educational journey, we are helping to inspire interest, expand understanding, and support the long-term growth of the public health workforce in our community.



PATH Grant

The PATH (Partnerships Advancing Transformation and Health) Grant was created to support community-led projects that advance Community Health Improvement Plan (CHIP) priorities across Lexington-Fayette County. The grant was designed to strengthen partnerships and invest directly in locally driven solutions that improve health and well-being.

Organizations were invited to apply for up to \$5,000 to support short-term projects aligned with at least one of the following CHIP priority areas:

Access to Care

Financial Stability

Knowledge Empowerment

Mental Well-Being

Applicants were required to outline clear goals, identify their target population, describe measurable outcomes, and demonstrate how their project would advance CHIP priorities within the community.

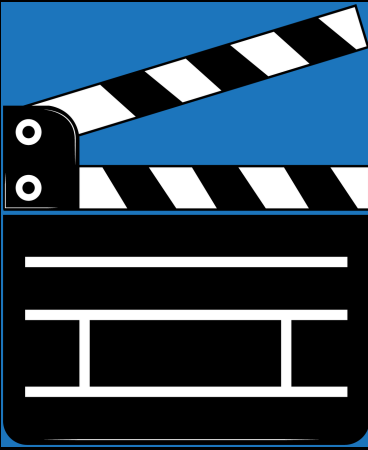
2026 PATH Grant Recipients

Step by Step – Restore: Strengthening Parenting Capacity Through Skills and Community

Restore is a 12-week, peer-led parenting and mental health support program designed for young single mothers involved with family court and child welfare systems. The program removes barriers to care by providing transportation, childcare, meals, case management, and trauma-informed instruction. Restore advances Access to Care, Knowledge Empowerment, and Mental Well-Being while working to strengthen long-term family stability.

Child Care Council of Kentucky – Little Brains, Big Feelings

Little Brains, Big Feelings is a public health prevention initiative focused on advancing early childhood mental well-being. The project trains early childhood educators to implement trauma-informed, evidence-based strategies that promote emotional regulation, resilience, and Positive Childhood Experiences. The pilot will prioritize centers serving families in high-need ZIP codes and aligns with Knowledge Empowerment and Mental Well-Being priorities.



CHIP IN ACTION

Lex-CHIP is keeping strong momentum moving into February through active collaboration and continued 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.

Child Abuse & Neglect

The Child Abuse & Neglect Workgroup continues to focus on preventing infant injury and death through coordinated education and partnership. Recent discussions centered on safe sleep practices and proper child safety seat use as key prevention strategies.

- Reviewed child fatality and injury trends
- Exploring expanded Pack 'n Play distribution
- Strengthening partnerships with schools, medical providers, and community agencies
- Draft goals focus on safe sleep and child passenger safety promotion

Crime & Violence

The Crime & Violence Workgroup reviewed local data to better target prevention efforts and strengthen outreach in areas most impacted by gun violence. The group remains committed to education, partnership, and community-driven solutions.

- Continuing development of the *Let's Lock It, Lex* campaign
- Exploring gun lock distribution partnerships
- Identifying neighborhoods for focused outreach
- Highlighting youth engagement strategies such as after-school programming

Overdose Prevention & Response

The Overdose Prevention & Response Workgroup reviewed local overdose trends and discussed strategies to reduce barriers to care. A key focus continues to be reducing stigma and increasing understanding within the community.

- Identifying priority areas based on overdose data
- Expanding harm reduction education and outreach
- Promoting stigma-reduction initiatives
- Exploring development of an Overdose Fatality Review Board



Nutrition Facts

6 Servings

Amount per serving

CALORIES 120

% Daily value

Total Fat	3g
Saturated Fat	0.5g
Trans Fats	0g
Polyunsaturated Fat	1g
Monounsaturated Fat	1.5g
Cholesterol	32mg
Sodium	91mg
Total Carbohydrate	20g
Dietary Fiber	3g
Total Sugars	6g
Protein	5g

Dietary Exchanges

1/2 fat, 1/2 fruit, 1 vegetable, 1 starch

WHAT'S COOKIN'!

Whole Wheat Pancakes with Strawberries

Ingredients:

Cooking spray
2/3 cup whole-wheat flour
1/4 cup oats
1 teaspoon baking powder
2/3 cup fat-free milk
1 large egg lightly beaten
2 teaspoons canola oil
3 hulled, sliced strawberries

Step-By-Step Instructions:

1. In a large bowl, combine flour, oats and baking powder; mix well. In a medium bowl combine milk, egg and oil; blend well.
2. Add dry ingredients all at once; stir just until dry ingredients are moistened.
3. Coat skillet with spray and heat to medium high. For each pancake, spoon 1/4 cup of batter into skillet.
4. Flip with batter bubbles and edges begin to set. Remove from heat and top with the strawberries.

Source: <https://recipes.heart.org/en/recipes/whole-wheat-pancakes-with-strawberries>



LFCHD Wellness Passport Launches City-Wide to Help Lexington Be Well

Challenge

The Wellness Passport is a fun, community-wide initiative designed to inspire healthier, happier lives for adults and families across Lexington. This city-wide wellness challenge encourages participants to explore all dimensions of wellness, including physical, social, emotional, environmental, financial, and intellectual well-being. Participants can choose from a variety of suggested activities that make it easy and enjoyable to complete challenges, try something new, and build healthy habits. The initiative also brings together community partners to collaborate around a shared goal: helping Lexington thrive. To keep the momentum going, exciting prizes are available to boost participation and highlight the value in supporting overall wellness goals. Join the challenge and take the next step toward a healthier, more connected community.

Wellness Passport participants will complete chosen activities from the suggested list on the Passport.

Once ten (10) activities are completed, participants will be able to enter a random drawing for prizes. Documentation of activities will be provided by snapping photos of the activity. Remember to snap a picture of at least ten (10) wellness activities, and keep the photo as proof in case your name is drawn as a winner! The winning entries will be selected at random and contacted on March 31, 2026. You'll be asked to provide your photos as verification in order to claim the prize. The Wellness Passport program will run throughout 2026. Following the March 31st drawing, another Wellness Passport will launch with fun warm weather activities!

To get more information on the new Wellness Passport program, download a Passport, and register to participate, please visit the LFCHD website at: <https://www.lfchd.org/wellnesspassport/>.



FAMILY CORNER

Enjoy Your City Parks

Move More for Free: Getting active does not have to be expensive or complicated. One of the best ways to improve physical and mental health is by making movement easy, accessible, and fun for the whole family. Lexington's parks and natural areas offer free and low-cost ways to stay active this spring. Lexington is home to wonderful green spaces that support family health and community connection. Here are a few examples of the diverse experiences available:

- **The Arboretum, State Botanical Garden of Kentucky** offers paved walking paths, themed gardens, and the Kentucky Children's Garden, making it ideal for nature walks and outdoor learning.
- **Raven Run Nature Sanctuary** features more than 10 miles of hiking trails, scenic overlooks, and wildlife viewing for families who enjoy active outdoor exploration.
- **McConnell Springs Park** combines accessible trails with hands-on learning about local ecology and history in a natural setting.
- **Jacobson Park** provides playgrounds, fishing, walking paths, picnic shelters, and lake activities for a full day of family fun.
- **Woodland Park** serves as a neighborhood hub with playgrounds, walking paths, open lawns, and community events.

You can find a full list of parks and amenities through Lexington Parks & Recreation, <https://www.lexingtonky.gov/playing/parks-natural-areas/city-park-locations>.

Access to safe outdoor spaces supports: Chronic disease prevention; Mental well-being and stress reduction; Social connection and family engagement; and Health equity across neighborhoods.

This season, get outside, move your body, and experience the natural beauty right here in Lexington! With over 100 parks, natural areas, and trail systems throughout the city, residents can find opportunities for walking, biking, play, and connection close to home.



From the Desk of the LFCHD Disease Detectives:

March is a great time to talk about tuberculosis (TB), a disease many people assume no longer exists. TB is still present in the United States and around the world, and **World TB Day is March 24**. The good news is that TB is **preventable, treatable, and curable** when identified early.

TB is caused by a bacterium called *Mycobacterium tuberculosis* and usually affects the lungs. It spreads through the air when a person with active TB disease coughs, sneezes, speaks, or sings.

TB is **not spread** by sharing food or drinks, shaking hands, or everyday contact.

There are two TB-related conditions:

- **Latent TB infection (LTBI):** No symptoms and cannot spread TB
- **Active TB disease:** Symptoms are present and TB can spread to others

Symptoms of active TB may include a cough lasting three weeks or longer, chest pain, coughing up blood, weight loss, night sweats, fever, and fatigue. People at higher risk include those who have been in close contact with someone with TB, individuals with weakened immune systems, and those who have lived or traveled in areas where TB is more common. TB testing is simple and treatment is effective when taken exactly as prescribed.

This March, we encourage the community to stay informed, reduce stigma, and seek guidance from a healthcare provider or local health department if they may be at risk.

If you need more information, please email epidemiology@lfchd.org.



LFCHD Environmental Health Essentials

To ensure food safety during a power outage, follow these guidelines:

1. Keep refrigerator and freezer doors closed: A refrigerator will keep food cold for about 4 hours if the door remains closed.
2. Check food temperatures: Use appliance thermometers and meat thermometer probes to monitor the temperature in the refrigerator and freezer.
3. Discard perishable food: After 4 hours without power check the internal food temperatures of your food. If the temperatures are above 41 degrees Fahrenheit, throw away refrigerated items like meat, poultry, fish, eggs, and leftovers.
4. When in doubt, throw it out: If you're unsure about the safety of any food item, it's best to discard it.

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

Public Health Clinic

650 Newtown Pike

859-288-2483

www.LFCHD.org

Hours of Operation

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

8 AM-6:30 PM: WED

CLOSED FRIDAY

VACCINES: Low-cost vaccines available for children. Free flu shot clinic every fall.

TB SCREENING: Tuberculosis screenings and treatment.

STD TESTING: Confidential testing for HIV, hepatitis C, syphilis, chlamydia, and gonorrhea. Free condoms available in the clinic.

WIC: Nutrition education and healthy foods for pregnant women, infants, and children under 5 years of age.

HARM REDUCTION: Free, anonymous, and confidential needle-exchange program. On-site referrals to rehabilitation services, Hepatitis C testing, HIV testing, and Naloxone.. **Hours of operation:** *11-5 PM Monday, 3-6:30 PM Wednesday 11-5 PM Thursday.*

Community Health

DIABETES EDUCATION &

PREVENTION: Nutrition programs for all ages. Free diabetes management and prevention program. Monthly diabetes support groups. **Contact:** 859-288-2446

SMOKING CESSATION: Get involved in a class to help you quit smoking.

Contact: 859-288-2446

ENVIRONMENTAL HEALTH: 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.

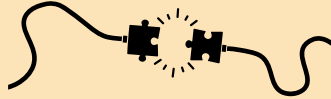
Contact: 859-231-9791

HANDS: 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.

Contact: 859-288-2338



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>

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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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