





# This Month...

## Month-Long Observances

- Maternal Mental Health Awareness Month
- Mental Health Awareness Month
- National Asthma & Allergy Awareness Month
- National Foster Care Month
- National Hepatitis Awareness Month
- National High Blood Pressure Education Month
- National Physical Fitness & Sports Month
- National Stroke Awareness Month
- National Teen Pregnancy Prevention Month
- National Trauma Awareness Month

## Awareness Days & Weeks

- May 5: World Hand Hygiene Day
- May 6–12: National Nurses Week
- May 11–17: National Prevention Week
- May 17: World Hypertension Day
- May 19–25: EMS Week
- May 31: World No Tobacco Day

SAVE  
THE DATE

– Community Education May Events –

- **5/4 | 11 AM-2 PM**  
GLP-1 Medication Informational Class  
Tates Creek Library  
[Learn More](#)
- **5/5 | 10-11 AM**  
Diabetes Support Group  
Lexington Senior Center  
[Learn More](#)
- **5/7 | 3-5 PM**  
Healthy Living with Diabetes  
Consolidated Baptist Church  
[Learn More](#)
- **5/7 | 12-2 PM**  
Lex-CHIP Quarterly Meeting  
Marksbury Family Branch Library  
[Learn More](#)
- **5/9 | 2-3 PM**  
Mobility and Flexibility Class  
Eastside Library  
[Learn More](#)
- **5/12 | 5:30-6:30 PM**  
Diabetes Management Basics  
Waypoint Center  
[Learn More](#)
- **5/14 | 10 AM-2 PM**  
A1C Screening Event  
American Job Center  
[Learn More](#)
- **5/14 | 3-5 PM**  
Healthy Living with Diabetes  
Consolidated Baptist Church  
[Learn More](#)
- **5/16 | 1-3 PM**  
Strawberry Daze Event  
Black Soil KY Fulfillment Center  
[Learn More](#)
- **5/18 | 10 AM-2 PM**  
18th Annual Mind Matters Health Summit  
Fasig-Tipton  
[Learn More](#)
- **5/19 | 9 AM-1 PM**  
A1C Screening Event  
Lexington Rescue Mission  
[Learn More](#)
- **5/21 | 12:30 PM-1:30 PM**  
Prediabetes Management Basics  
Nathaniel Mission  
[Learn More](#)
- **5/21 | 3-5 PM**  
Healthy Living with Diabetes  
Consolidated Baptist Church  
[Learn More](#)
- **5/23 | 10-11 AM**  
Mobility and Flexibility Class  
Eastside Library  
[Learn More](#)
- **5/28 | 12-1 PM**  
Fayette County Diabetes Coalition Meeting  
Bluegrass ADD  
[Learn More](#)
- **5/28 | 3-5 PM**  
Healthy Living with Diabetes  
Consolidated Baptist Church  
[Learn More](#)
- **5/30 | 12-8 PM**  
Bluegrass PRIDE Festival  
Oliver Lewis Way  
[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/>

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# LEX-CHIP

## QUARTERLY MEETING



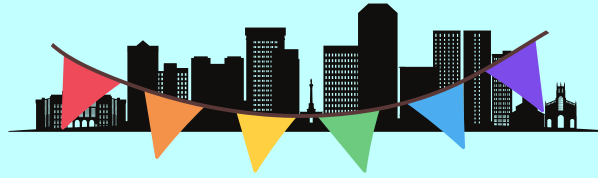
MARKSBURY FAMILY BRANCH LIBRARY  
2197 Versailles Rd, Lexington, KY 40504

MAY 7, 2026  
12:00p.m. – 2:00p.m.

**RSVP BY  
MAY 4**



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



## **LFCHD Celebrates Pride in Our Community!**

We are excited to announce that the Lexington-Fayette County Health Department will be attending the Lexington PRIDE Festival as a vendor! Join us on Saturday, May 30th to celebrate love, equality, and community.

The Lexington Pride Festival is celebrating its 18th year and is coordinated by the Lexington Pride Center. The festival features numerous activities and performances, and there will be more than 200 booths, 20 food/beverage vendors, and 30 sponsors supporting the festival. In 2025, over 15,000 individuals from across Kentucky and beyond came out to enjoy the festival.

Participants represent a demographically diverse group that is passionate, active, and engaged. This yearly event is a time for everyone in the community to celebrate and uplift intersectional LGBTQIA+ lives.

Stop by the Lexington-Fayette County Health Department booth to connect with our staff, learn more about our services, get a free hepatitis-C or syphilis test, and grab some free resources and giveaways!

We are helping Lexington be well — and we can't wait to see you there!

# SPOTLIGHT STORY



## Mom Squad Workshop Supports Young Mothers

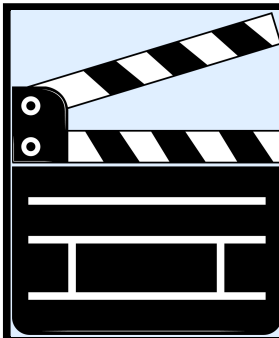
A Young Lives “Mom Squad” Workshop, held on March 26, brought together young mothers for an evening of connection, learning, and support. The workshop served 11 mothers and was supported by mentors, staff, and interns who helped create a welcoming and engaging environment.

Participants received education and resources on important topics including safe sleep, infant care, nutrition, hygiene, local school resources, maternal mental health, and car seat safety. Each mother also received baby essentials and food distribution bags to support their families beyond the event.

Feedback from participants was overwhelmingly positive, with many expressing appreciation for both the information shared and the supportive space created.

This workshop reflects the importance of creating opportunities where young mothers can access trusted information, build confidence, and connect with resources that support healthy families and strong communities.

Visit our [Facebook](#) and [Instagram](#) to see our social media posts about the event!



## CHIP IN ACTION

This May, Lex-CHIP partners are coming together to strengthen connections and expand community impact. Through collaboration and shared effort, we continue to support initiatives that improve health and well-being across Lexington-Fayette County.

## **April Workgroup Meeting Updates**

Lex-CHIP workgroups met in April to continue advancing action plans focused on child safety, crime and violence, and opioid overdose prevention. Across all three groups, partners are working collaboratively to establish clear goals, strengthen community partnerships, and develop strategies that support improved health and well-being throughout Lexington-Fayette County.

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### **Child Safety & Well-being Workgroup**

The Child Safety and Well-Being Workgroup met on April 14 and continues to build momentum around improving outcomes for children in Fayette County. The group formally adopted its mission to improve child safety and well-being and established key priorities focused on promoting safe sleep practices, proper use of car and booster seats, and increasing awareness of available programs and services. Ongoing partnerships, including work to expand access to Pack 'n Plays for families in need, reflect the group's commitment to prevention and support for caregivers.

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### **Crime & Violence Workgroup**

The Crime & Violence Workgroup met on April 15 and remains focused on reducing violence through prevention, education, and community partnerships. The group adopted a mission centered on reducing crime and violence and identified priorities including promoting safe firearm storage, advancing the "Let's Lock It, Lex" campaign, and supporting youth through enriching activities. Efforts such as tracking impacted zip codes and distributing free gun locks—over 200 to date—demonstrate continued progress and community impact.

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### **Opioid Overdose Prevention**

The Overdose Prevention & Response Workgroup met on April 16 and is working to strengthen efforts to prevent overdoses and support individuals affected by substance use. The group adopted its mission and outlined priorities focused on reducing stigma, promoting harm reduction services such as naloxone distribution, and supporting systems that monitor overdose trends and guide response efforts. These strategies reflect a comprehensive approach to improving care, increasing access to resources, and supporting recovery across the community.



## **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>



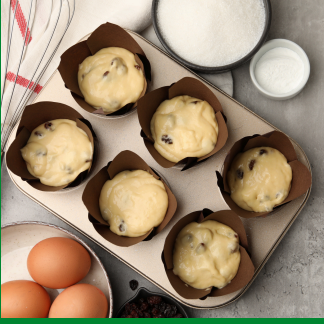
## **Supporting Families at Chrysalis House**

The LFCCHD Community Engagement team, in partnership with Assurance Women's Clinic, recently donated three dozen gift bags to Chrysalis House. These bags contained new outfits for babies from newborn to 24 months.

Chrysalis House serves four dozen women and their children through a residential treatment program and provides a wide range of services, including substance misuse treatment, mental health treatment, domestic violence counseling, computer training, GED tutoring, and vocational training. Chrysalis House also provides access to medical care, housing assistance, and children's services. Admission of pregnant women is prioritized as a way to reduce the effects of substance misuse on unborn children. Around half of the women entering Chrysalis House are pregnant at admission and deliver while in the program.

Chrysalis House was established in 1978 and is the oldest and largest licensed and accredited residential program in Kentucky that allows women to keep their infants and toddlers with them while in the program. Chrysalis House is non-profit and welcomes donations, including financial gifts, which go directly to those in need.

To learn more about Chrysalis House and their services, visit: <https://www.chrysalishouse.org>.



## Nutrition Facts

12 Servings

Serving Size 1 muffin

Amount per serving

**CALORIES** 60

% Daily value

**Total Fat** 3g 4%

**Saturated Fat** 1g 5%

**Cholesterol** 95mg 32%

**Sodium** 140mg 6%

**Total Carbohydrate** 1g <1%

**Protein** 6g

**Potassium** 106mg 2%

## WHAT'S COOKIN'!

# Easy Egg Muffins

10 min prep time - 25 min cook time - 12 servings

### Ingredients:

nonstick cooking spray

1 cup frozen spinach (thawed & moisture squeezed out)

10 whole eggs (6 eggs, plus 4 egg whites)

¼ cup plain nonfat greek yogurt

¼ tsp salt

¼ tsp black pepper

¼ cup parmesan cheese (grated)

### Step-By-Step Instructions:

1. Preheat the oven to 350 degrees F. Spray each cup of a muffin pan with one spray of non-stick cooking spray.
2. Add 1 heaping tablespoon of the thawed spinach to the bottom of each muffin cup in the muffin tin.
3. In a medium bowl, whisk together the eggs, egg whites, yogurt, salt and pepper. Evenly divide the egg mixture among the 12 muffin cups. Top each egg muffin with 1 teaspoon of parmesan cheese.
4. Place in the oven and bake for 20-25 minutes or until the eggs are slightly firm to touch. Remove from the oven and set aside to cool for 5 minutes.
5. Remove from the muffins from the pan and serve or store in an airtight container in the refrigerator for up to one week, or freeze and store in a freezer bag for up to 3 months.
6. To reheat from the refrigerator, place the muffin uncovered on a plate in the microwave for 30 seconds. To reheat from frozen, place the muffin uncovered on a plate in the microwave for 1 minute.

Source: <https://diabetesfoodhub.org/recipes/easy-egg-muffins>



## **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.

A new activity period began April 1 and ends with a prize drawing on June 30. Participants who participated in the March 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



## Beat the heat at one of Lexington's free spraygrounds!

The weather is warming up, making it a great time to visit one of Lexington's many free spraygrounds for a fun and safe family activity.

Spraygrounds (also known as splash pads, spray pads, spray parks, or wet decks) are aquatic venues that spray or jet water on users. Spraygrounds are designed so that standing water does not collect in the water play area to reduce the risk of drowning, allowing non-swimmers and young children to safely enjoy the water.

Lexington has six free spraygrounds located at Castlewood, Charles Young, Douglass, Jacobson, Gatton, and Masterson Station parks. Since spraygrounds have no standing water, there is no lifeguard on duty, so parent supervision is required.

Masterson Station Park, Charles Young Park, and Jacobson Park spraygrounds are adjacent to each park's playgrounds and are open now! Castlewood and Douglass spraygrounds are located adjacent to the pool and will open for the season on Saturday, May 23, 2026.

Although spraygrounds are generally safe environments to enjoy water play, it can be difficult to keep the water in spraygrounds adequately disinfected. Spraying water reduces its chlorine or bromine level. Plus, when germs, dirt, and debris get in the water, chlorine or bromine combine with them and break them down, meaning there is even less disinfectant available to kill germs.

In order to keep everyone safe and enjoying the water this summer, please follow these tips:

### DO:

- Stay out of the water if you are sick with diarrhea.
- Shower before getting in the water.
- Take kids on bathroom breaks or check diapers every hour.

### DON'T:

- Don't swallow the water.
- Don't let water go up your nose.
- Don't sit or stand on the jets.

As you enjoy spraygrounds this summer, remember to stay hydrated, apply sunscreen regularly, and take breaks in the shade to protect against heat-related illness.

For more information, visit:

<https://www.lexingtonky.gov/playing/aquatics/spraygrounds>





# From the Desk of the LFCHD Disease Detectives:

## Foodborne and Waterborne Diarrheal Disease

Common foodborne and waterborne illnesses include a variety of illnesses: salmonella, E. coli, campylobacter, listeria, shigella, vibriosis, norovirus, cryptosporidium, Cyclospora, giardia and toxoplasmosis. These illnesses are caused by ingesting food or water that's contaminated with bacteria, viruses, or parasites. Cases are often unrecognized and therefore underreported, as many people do not seek medical care for testing. In 2025, Fayette County had over 230 select foodborne and waterborne illnesses reported.

Infection is spread through contaminated food or drinking water or from person-to-person as a result of poor hygiene. Some foods are more likely to lead to infection such as undercooked meats, poultry and seafood, fruits and vegetables, and raw or untreated milk, eggs and cheeses. These diseases happen more often between May and October as the warmer temperatures accelerate bacterial growth. Additionally, people have a tendency to overlook safety controls (i.e., washing hands, cross contamination) while preparing food as part of outdoor activities during these months.

Symptoms include nausea, vomiting, diarrhea, abdominal cramping, and fever, which can last for 1-3 days generally, but can also persist for more than a week. It can take anywhere from 2 to 25 days for symptoms to appear depending on the specific illness. It is recommended not to take anti-diarrheal medications and to stay hydrated. If symptoms are severe (i.e., bloody diarrhea, diarrhea that lasts for more than 3 days, fever over 102°F, profuse vomiting, or signs of dehydration) please seek medical care to avoid further complications.

The best ways to protect yourself from these types of diseases are to:

- only drink from safe water sources
- wash your hands thoroughly for 30 seconds
  - after using the bathroom or changing diapers,
  - before and after handling/preparing food or
  - before and after caring for someone with diarrhea,
  - after handling garbage
- ensure all foods are cooked and refrigerated at proper temperatures,
- only consume pasteurized milk, eggs and cheeses.

If you need more information, please email [epidemiology@lfchd.org](mailto:epidemiology@lfchd.org) or visit: <https://www.cdc.gov/food-safety/about/index.html> or <https://www.cdc.gov/healthy-water-data/waterborne-disease-in-us/index.html>.



# LFCHD Environmental Health Essentials:

## Mosquito-Proof Your Property

You can significantly reduce mosquitoes in your yard by eliminating standing water, maintaining your landscaping, planting natural repellents, using physical barriers, and considering professional treatments.

Mosquitoes lay eggs in standing water, so removing breeding sites is the most effective strategy. Check your yard weekly for water accumulation in:

- Bird baths, pet bowls, plant saucers, and clogged gutters
- Old tires, buckets, toys, barrels, and flower pots
- Pool covers or small depressions where water collects

Mosquitoes prefer shaded, overgrown, or sheltered areas. Proper yard care can make your space less hospitable:

- Keep grass short, trim shrubs, and remove dense foliage
- Prune trees and branches to reduce mosquito resting spots
- Avoid dense ivy, vines, or tall hedges that block air circulation
- Properly grade soil for drainage, allowing water to flow away from your home

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



## **And the Winner Is... Danny the Diabetic Dinosaur!**

Congratulations to LFCHD School Health Nurse Emily Welch and “*Danny the Diabetic Dinosaur*” on winning the 2026 First 5 Lex Book Madness competition!

*Danny the Diabetic Dinosaur* is an educational children’s book written and illustrated by Emily Welch and designed to help children ages 7–11 manage Type 1 Diabetes. Following Danny Dino and his “dinomatic sugar reader,” the book introduces insulin, glucose, and healthy habits in a fun and engaging way, promoting a happy and healthy life with diabetes.

A big thank you to everyone who voted, shared, and helped spread the word. Your engagement and teamwork helped shine a light on the important work being done to support children and families in our community.



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

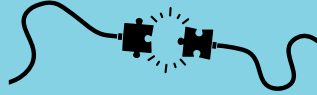
*Trained professionals visit the home of new or expectant parents to provide support in building healthy, safe and nurturing environments for families. Families must be enrolled during pregnancy or before baby is 90 days old.*

HANDS@lfchd.org or 859-288-2338





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.

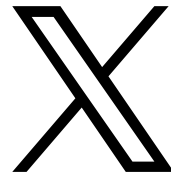


<https://www.facebook.com/LFCHD/>



<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.

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

