



Lex-CHIP Monthly Newsletter

September 2026



www.LFCHD.org

Lex-CHIP@LFCHD.org

A Season of Connection and Community Impact

As September brings a new season, Lex-CHIP partners are carrying forward the momentum built throughout the year. From community outreach and education to collaborative initiatives addressing local health priorities, partners continue turning shared goals into meaningful action. Together, we're expanding connections, strengthening resources, and creating new opportunities for people across Lexington-Fayette County to live healthier, safer, and more connected lives.





Month-Long Observances

- Childhood Cancer Awareness Month
- National Childhood Obesity Awareness Month
- National Food Safety Education Month
- National Preparedness Month
- National Recovery Month
- National Sickle Cell Awareness Month
- National Suicide Prevention Month
- Sexual Health Awareness Month

Awareness Days & Weeks

- September 10: World Suicide Prevention Day
- September 18: National HIV/AIDS and Aging Awareness Day
- September 20–26: Child Passenger Safety Week
- September 26: National Family Health & Fitness Day USA
- September 29: World Heart Day



- **9/1 | 10-11 AM**
Diabetic Support Group
Lexington Senior Center
[Learn More](#)
- **9/3 | 5:30-6:30 PM**
Cooking Made Easy Class
Beaumont Library
[Learn More](#)
- **9/4 | 11:00 AM-2 PM**
LFCHD Mobile Market Outreach
Emerson Center
[Learn More](#)
- **9/16 | 6-7 PM**
Youth Hygiene Class (K - 2nd Grade)
William Wells Brown
Community Center
[Learn More](#)
- **9/17 | 5-6:30 PM**
Feeding Your Family Class
Northside Library
[Learn More](#)
- **9/18 | 2:30-4 PM**
LFCHD Mobile Market
Outreach

- **9/5 | 1:00-6 PM**
Pralltown Day
Lou Johnson Park
[Learn More](#)
- **9/5 | 4-8 PM**
Hope Out Loud
Gatton Park
[Learn More](#)
- **9/8 | 10-11 AM**
Meal Planning & Grocery
Shopping Class
Lexington Senior Center
[Learn More](#)
- **9/10 | 1-3 PM**
CARE Blood Pressure Screening
New Circle Goodwill
[Learn More](#)
- **9/10 | 5-6:30 PM**
Diabetes Basics
Marksbury Library
[Learn More](#)
- **9/11 | 8 AM-12 PM**
Shop for a Cause
Location TBA
[Follow us for updates!](#)
- **9/11 | 10:30 AM-12 PM**
Cooking for One
Bluegrass Care Navigators
[Learn More](#)
- **9/11 | 12-1:30 PM**
LFCHD Mobile Market Outreach
Briarwood Apartments
[Learn More](#)
- **9/12 | 1-4PM**
Roots and Heritage Festival
Downtown Lexington
[Learn More](#)
- **9/13 | 2-3 PM**
Prediabetes Basics
Gatton Park
[Learn More](#)
- **9/14 | 9-11 AM**
Hunger Action Month Event
God's Pantry Food Bank
[Learn More](#)
- **9/15 | 10-11 AM**
Secrets of Good Health Class
- Baunta Apartments
[Learn More](#)
- **9/19 | 9:00 AM-12 PM**
NorthEast Food Pantry
Resource Fair
Northeast Christian Church
[Learn More](#)
- **9/19 | 9:30-11 AM**
YMCA Walking Club- Legacy
Trail
North Lexington YMCA Legacy
Trail
[Learn More](#)
- **9/19 | 10 AM-3 PM**
Thrive Fest
Dunbar Community Center
[Learn More](#)
- **9/19 | 11 AM-5 PM**
The Art of Healing
Phoenix Park
[Learn More](#)
- **9/19 | 11 AM-3 PM**
Be Healthy Bash
Fayette County Extension
Office
[Learn More](#)
- **9/20 | 1-5 PM**
Festival Latina Health Fair
Mary Queen of the Holy
Rosary School
[Learn More](#)
- **9/21 | 9-11 AM**
Hunger Action Month Event
God's Pantry Food Bank
[Learn More](#)
- **9/22 | 4:30-5:30 PM**
Diabetes Support Group
Healthy Eating Class
Nathaniel Mission
[Learn More](#)
- **9/23 | 6-7 PM**
Youth Hygiene Class (3rd - 5th
Grade)
William Wells Brown
Community Center
[Learn More](#)
- **9/25 | 2:30-4 PM**
LFCHD Mobile Market

Lexington Senior Center
[Learn More](#)

- **9/15 | 10:30 AM-1 PM**
HIV Testing Event
BCTC Newtown Campus
[Learn More](#)

Outreach
Friendship Towers
[Learn More](#)

- **9/26 | 12-6 PM**
Kentucky Black Pride Festival
Woodland Park
[Learn More](#)



1,000 Gun Locks and Counting!

Lex-CHIP and the Lexington-Fayette County Health Department are celebrating an important milestone: more than 1,000 free gun locks have been distributed throughout Fayette County!

Through the Let's Lock It, Lex! campaign, free gun locks have been made available through community partners, outreach events and the Health Department, helping make safe firearm storage more accessible to families across our community.

Reaching 1,000 locks is about more than a number. Each lock represents another opportunity to protect children, prevent accidents and make secure firearm storage part of everyday life.

Thank you to our community partners and Fayette County residents who have helped share this resource and support safer homes throughout Lexington.

Learn more about this milestone [HERE!!](#)



*Thank you,
Fayette County!*

— OVER —
1,000
GUN LOCKS
DISTRIBUTED!



Each of the **1,000** gun locks we've distributed represents another opportunity to make safe firearm storage part of everyday life!

FREE GUN LOCKS!
AVAILABLE AT:

 Lexington-Fayette County Health Department
650 Newtown Pike
Lexington, KY 40508
859-252-2371



Lexington-Community Health Improvement Partnership
Lex-CHIP@LFCHD.org

To learn more about gun safety resources, visit:



www.lfchd.org/gun-safety/



LFCHD.org



@LFCHD



@lexpublichealth



@LFCHD

 **CHIP**
IN ACTION



“Great **intersection of activities to bring together networks that might not always be in the same spaces.”**

– Community Partner



August Quarterly Meeting

Lex-CHIP partners gathered on August 19 at the Marksbury Branch Library for the quarterly meeting, bringing community organizations together to share updates, strengthen partnerships, and continue working toward a healthier Fayette County. The meeting focused on building community wellness and gave partners an opportunity to discuss ways they can support wellness through their own organizations and collaborative efforts.

Partners also heard updates from the Child Safety & Well-Being, Crime & Violence, and Opioid Overdose Prevention workgroups, highlighting ongoing efforts around injury prevention, community safety, and overdose prevention.

The meeting concluded with a naloxone presentation and training led by LFCHD Harm Reduction staff. Partners learned how naloxone can temporarily reverse an opioid overdose and how they can be better prepared to respond to an overdose emergency.

The quarterly meeting provided another opportunity for partners to connect, learn from one another, and turn shared priorities into action across Fayette County.



“I have heard lots about **Narcan but have never received training on it, so that was very helpful.”**

– Community Partner





COMMUNITY EDUCATION & ENGAGEMENT



Throughout August, Lex-CHIP and LFCHE continued bringing health education, prevention resources, screenings, and connections to services directly into communities across Fayette County. Outreach took place in parks, schools, churches, libraries, community centers, apartment communities, recovery organizations, and other neighborhood settings, helping make public health resources easier to access.

Back-to-school outreach was a major focus during the month. Staff participated in several events supporting students and families, including the 6th Grade Transition event, OMAC Back to School Backpack Bash, a Back-to-School Haircut Event, Bryan Station Middle School Back to School Bash, and CJ's 5th Annual Backpack & Supplies Giveaway.

Outreach extended well beyond back-to-school activities. Staff connected with residents through Adopt-a-Park at Charles Young Park, HealthFirst Bluegrass outreach, mobile unit outreach, health and resource fairs, Bluegrass Recovery HIV testing, Food Pathways Summer Pop-Ups, Harvest Worship Center outreach, and the YMCA Walking Club.

Supporting Our First Responders

Staff also partnered with the Lexington Police Department to provide on-site biometric screenings for officers and staff. Screenings were offered at different times to accommodate varying shifts and schedules, bringing preventive health services directly to the workplace. The effort provided an opportunity to support the health and wellness of local first responders while continuing to strengthen LFCHE's partnership with the Lexington Police Department.

August Outreach Highlights

- Back-to-school and student/family outreach
- Adopt-a-Park community outreach
- Health and resource fairs
- Mobile unit and neighborhood outreach
- HealthFirst Bluegrass outreach
- HIV testing and prevention outreach
- Food Pathways Summer Pop-Ups
- Safe Kids Day
- YMCA Walking Club
- Lex-CHIP Quarterly Meeting
- Blood pressure checks and health screenings
- BCTC Welcome Back to Fall Semester
- National Faith HIV/AIDS Awareness Day
- LexWell Festival



Whether supporting families during back-to-school season, providing health screenings and prevention education, or connecting residents with community resources, August's outreach created opportunities to build relationships and bring public health closer to the people and neighborhoods we serve. Together, these efforts continue to make health information and resources more visible, accessible, and responsive to the needs of our community.

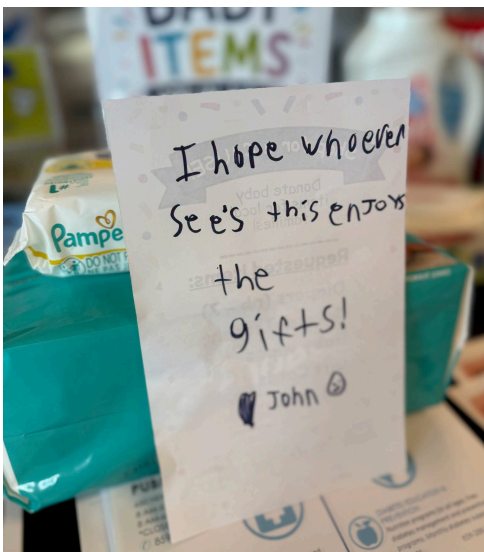


Small Notes, Big Impact

Community outreach is about more than the resources we provide—it's also about the connections made along the way. Recently, LFCHD staff have received some especially meaningful reminders of the impact those connections can have.

At a back-to-school event, participants took the time to write thank-you notes to staff, including messages of appreciation for the supplies and support they received. At Shop for a Cause, a young community member who donated diapers left behind a handwritten note expressing hope that whoever received them would enjoy the gift.

These simple gestures have meant a lot to our team. Whether someone is receiving a resource, donating one for a neighbor, or simply offering a few words of encouragement, moments like these reflect the generosity and connection that make community work so meaningful.



To everyone who has

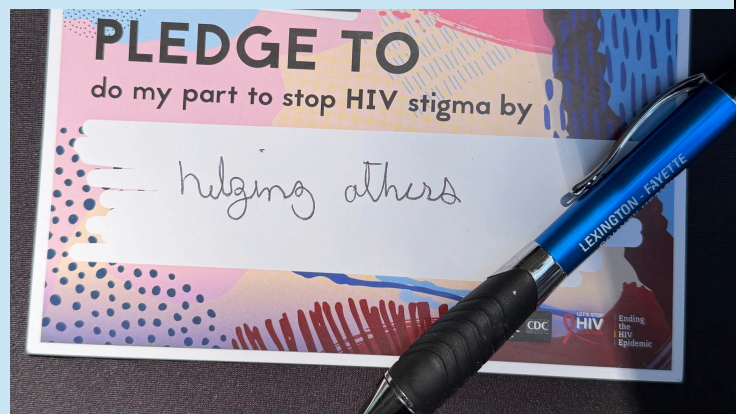
shared a kind word, written a note, made a donation, or supported our outreach efforts — thank you!



Southern HIV/AIDS Awareness Day

In recognition of Southern HIV/AIDS Awareness Day, LFCCHD provided outreach and HIV testing at Voices of Hope, connecting participants with prevention information and other health resources. The event included 7 HIV tests, 5 blood pressure screenings, and distribution of naloxone and COVID-19 tests, with 24 people visiting the outreach table.

Events like this help bring testing, education, and prevention resources into community settings while creating opportunities to connect residents with ongoing services and support.





LexWell Festival Brings Health, Wellness & Fun Together

Families came together for a day of health, wellness, and fun at the LexWell Festival, held August 29 at the Science Education Center on BCTC's Newtown Pike Campus. With approximately 500 people registered to attend, the event offered an exciting opportunity to bring families and community members together while connecting them with health information, services, and resources.

Throughout the day, attendees could enjoy inflatables, family activities, food trucks, free health screenings, educational resources, and community health programs. By bringing these opportunities together in one welcoming space, the festival helped make health and wellness resources more accessible while creating a fun experience for the entire family.

The LexWell Festival was made possible through collaboration among the [Lexington-Fayette County Health Department](#), [iChampionHealth](#), [Empower KY](#), and [#iCANendthetrend](#). The event highlighted the power of community partnerships to connect residents with resources, promote prevention, and support healthier families and communities throughout Fayette County.



Nutrition Facts

% Daily Value*

CALORIES 376 **19%**



• Healthy recipes, fresh ideas, and kitchen inspiration. •

Caprese Sandwich

5 min prep time - 5 min total time - 1 serving

Ingredients:

- 2 slices of bread, toasted
- ¼ cup lightly packed fresh basil leaves
- 2 ounces mozzarella cheese, sliced

Total Carbohydrate 42g	15%
Dietary Fiber 3g	11%
Total Sugars 3g	
Added Sugars 1g	2%
Protein 17g	34%
Total Fat 16g	21%
Saturated Fat 8g	40%
Cholesterol 40mg	13%
Sodium 426mg	19%
Calcium 229mg	18%
Iron 3mg	17%
Potassium 307mg	7%

**Percent Daily Values are based on a 2,000-calorie diet.*

2 slices tomato

1 tablespoon chopped sun-dried tomatoes in oil

1 teaspoon balsamic glaze

Step-By-Step Instructions:

1. Fill a bowl with cold water and add the basil leaves. Swirl the water with your fingers to agitate and clean the leaves, then transfer to a clean towel and pat dry.
2. Cut the tomatoes to fit your preference, but at least ¼-inch thick. To remove some of the moisture, let them sit on a paper-towel-lined plate before adding to your sandwich.
3. Top 1 one bread slice with half of the basil leaves; top with mozzarella, tomato and sun-dried tomatoes. Drizzle with balsamic glaze and top with the remaining basil leaves and bread slice. Cut in half diagonally and serve.

See the original source for this recipe [HERE](#).



WELLNESS PASSPORT

Your Path. Your Health. Your Community.



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

The April–June Wellness Passport quarter recently concluded, and a new activity period is now underway. Participants can continue earning stamps by attending approved wellness activities and events. The current quarter runs through September 30, 2026, providing another opportunity to stay active, engage with the community, and build healthy habits.

Participants continue to report improvements in both their physical and mental well-being, sharing that the program helps them stay active, build healthier habits, and become more mindful of their overall health.

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/>



WELLNESS PASSPORT

YOUR TICKET TO A HEALTHIER YOU!

Physical Wellness

Emotional Wellness

Financial Wellness

Environmental
Wellness

Intellectual
Wellness

Social Wellness



for more info go to
[LFCHD.org/wellnesspassport](https://www.lfchd.org/wellnesspassport)



scan to register



Participation in Wellness Passport activities are free of charge, open to the public, and are the choice of the participant. Lexington-Fayette County Health Department shall not be responsible for any injuries or losses sustained from participation in Wellness Passport activities.

FAMILY CORNER

Resources, tips, and activities for a healthier, happier family.

**Step Into Wellness:
Walking Clubs in Lexington**

As summer temperatures begin to fade and cooler days approach, September is a great time to get outside and get moving. A walk through one of Lexington's parks or trails gives families an opportunity to spend time together, stay active, and catch up while enjoying the outdoors.

Walking is an activity that can benefit people at nearly every age and fitness level. Making it part of your regular routine can support both physical and mental well-being.

Why Walk?

- **Strengthen your heart:** Regular walking supports cardiovascular health, improves circulation, and can help maintain healthy blood pressure.
- **Stay strong and mobile:** Walking helps maintain leg strength, balance, joint mobility, and endurance—all important for staying active throughout life.
- **Support your mind:** Walking can help reduce stress, improve mood and sleep, and support cognitive health as we age.
- **Connect with others:** Walking together gives families and friends time to talk, connect, and build healthy habits together.

Find a Run/Walk Group

Prefer some company on your walk? Lexington offers several walking and run/walk groups for different interests and activity levels. Whether you're looking for a casual stroll, extra motivation, or a chance to meet new people, consider exploring:

[YMCA of Central Kentucky – Active Older Adults Walking Club](#)

Monthly on Saturdays, 9:30–10:30 a.m. | Walking & social | Free

[Livengood in Lex Walk Club](#)

Wednesdays at 5:30 p.m. | 2–2.5-mile community walk | Free

[John's Run/Walk Shop](#)

Multiple days and locations each week | Walking & running | Free

[Fleet Feet Lexington](#)

Wednesdays, 6–7 p.m. | 5K walk/run | Free

[Frontrunners Lexington](#)

Wednesdays & Saturdays | Walking & running | Free

[Kentucky Horse Park Run/Walk Club](#)

Mondays, 5–8 p.m., June - late September | Free

Schedules and locations may change. Check with each organization for current details before attending.

Walk Smart, Walk Safe

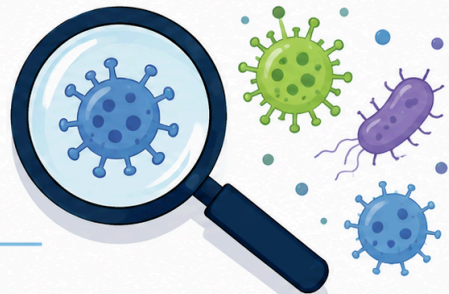
Before heading out, a little preparation can make your walk safer and more enjoyable:

- **Dress for the walk:** Wear comfortable, weather-appropriate clothing and supportive walking shoes.
- **Stay hydrated:** Bring water and drink regularly, especially on warmer or humid days.
- **Know your health:** If you have a chronic health condition, talk with your healthcare provider before beginning a new exercise program.
- **Know your medications:** Be aware of side effects that could affect you during physical activity, including low blood sugar, low blood pressure, dehydration, or muscle cramping.
- **Fuel up:** If needed, have a healthy meal about two hours before your walk or a light snack about an hour beforehand.

You don't need to walk miles to make movement meaningful. Start at a pace and distance that work for you, invite the family or a friend, and enjoy one of the simplest ways to move more and connect with your community.



From the Desk of the
LFCHD
— DISEASE DETECTIVES —



Common Mosquito-Borne Illnesses in the United States

Mosquitoes are small insects, but they can spread diseases. When certain mosquitoes bite a person or animal infected with a virus, they may become infected. Later, if that mosquito bites someone else, it may spread the virus.

Most mosquito bites do not make people sick. However, it is important to know about the diseases mosquitoes can carry and how to protect yourself.

The most common mosquito-borne illness in the United States is West Nile virus. About 8 out of 10 people infected with West Nile virus will have no symptoms. Those who become ill may develop fever, headache, body aches, joint pain, vomiting, diarrhea, or a rash.

In rare cases, West Nile virus can cause serious infections of the brain or the tissues surrounding the brain. Older adults and people with weakened immune systems are at higher risk for severe illness.

Other mosquito-borne illnesses include:

- Eastern Equine Encephalitis (EEE)
- La Crosse encephalitis
- St. Louis encephalitis
- Jamestown Canyon virus
- Dengue

These diseases are much less common but can cause fever, headache, rash, and, in rare cases, serious brain illness. Most dengue infections diagnosed in the United States occur in people who have traveled to areas where dengue is common, although local outbreaks occasionally occur in parts of the United States.

How Can You Protect Yourself?

- Use insect repellent containing EPA-approved active ingredients.
- Wear long sleeves and long pants when mosquitoes are active.
- Treat clothing and gear with 0.5% permethrin. Do not apply permethrin directly to your skin.
- Empty standing water from buckets, flowerpots, birdbaths, old tires, and gutters.
- Keep window and door screens in good repair.
- Stay indoors during dawn and dusk when many mosquitoes are most active.

Important Points to Remember

- Mosquitoes can spread viruses that make people sick.
- West Nile virus is the most common mosquito-borne illness in the United States.
- Most mosquito-borne illnesses are rare, but some can be very serious.
- The best protection is to avoid mosquito bites and remove standing water around your home.
- If you develop severe symptoms after mosquito bites, seek medical care right away.

Peak Mosquito Season

In most of the United States, mosquito season lasts from May through October, with the highest activity during the summer months.

For more information, please email epidemiology@lfchd.org.



Bat Safety

Bats play a vital role in our ecosystem, and they do not all carry rabies. Kentucky Fish and Wildlife reports that less than .5% of bats carry rabies.

However, it's important to recognize possible signs of rabies in bats. Unusual behaviors that could indicate rabies include bats that:

- Are active during the day
- Are found in unusual places (inside a home or on the ground)
- Are unable to fly or you can easily approach
- Have made contact with you as they usually avoid humans

If you see strange bat behavior, keep your distance and contact with animal control or contact LFCHD.

Avoid touching bats. Bat bites can be tiny, and you may not even know if you were bitten. If you do know that you were bitten or scratched by a bat, wash the wound with soap and water and get medical help right away. If bat saliva or brain material gets into your eyes, nose, mouth, or an open wound, see a healthcare professional urgently.

If you think you have been in contact with a bat, reach out to LFCHD Environmental Health. If you find a bat in your home, contact animal control to safely capture it for rabies testing. Do not release the bat until you talk with a public health expert.

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



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



IN CASE YOU *Missed It*

Catch up on the latest! Browse our
archived newsletters anytime.



Missed a Newsletter?

Looking for past editions of the Lex-CHIP Newsletter? Visit our online newsletter archive to explore previous issues, catch up on community initiatives, and stay informed about the latest public health news, events, and resources.

View the Newsletter Archive:

<https://drive.google.com/drive/folders/1xfL8DOp5qhMIh5uT0uQH3K-3SvbJrOg?usp=sharing>

Thank You!

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 *with us...*

for upcoming events, outreach opportunities, and community resources.

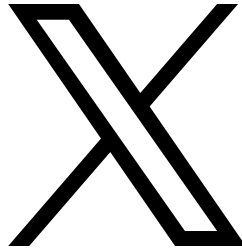
We invite you to share this newsletter and join us in supporting health and well-being across our community.

FOLLOW US ON
≡ Social Media! ≡



@LFCHD

[Like us on Facebook!](#)



@lfchd

[Follow us on X!](#)



@lexpublichealth

[Follow us on Instagram!](#)



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.

You can contact us directly at 859-252-2371 or Lex-CHIP@LFCHD.org.

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

