

# HEALTH MATTERS

TO PROTECT AND PROMOTE A HEALTHY COMMUNITY.

JULY 2011

## WIC FARMERS' MARKET NUTRITION PROGRAM

Kris Horseman  
WIC Coordinator

The WIC Farmers' Market Nutrition Program (WIC FMNP) is funded by the United States Department of Agriculture and administered through the Department for Public Health. WIC FMNP services are coordinated through local health departments.

The WIC Farmers' Market Program provides food instruments that WIC participants spend at approved Farmers' Markets located in Kentucky. WIC provides nutrition education about fresh fruits and vegetables for the WIC participants during their WIC visit. Each applicant must qualify for WIC benefits.

Farmers are an important part of helping Kentucky citizens in the community to improve their health through the use of fresh fruits and

vegetables in their diet. The goal of WIC FMNP is to increase consumption of fresh fruits and vegetables among WIC participants and to help the farmer to reap the financial benefit from money spent at the Farmers' Market.

WIC applicants have been screened and determined to be financially eligible and determined to be medically in need of nutritious foods that WIC FMNP provides. The WIC participant also receives other foods for their dietary needs by using their



**Old Depot  
Farmers' Market**

**1505 US 127  
Bypass**

**Open  
June-October 30**

**Fridays 12-6pm**

**Saturdays 9am-3pm**

standard WIC benefits at local grocery stores. These foods are chosen and prescribed by the WIC Program. It is important that the WIC participants who use WIC FMNP food instruments receive only WIC approved fruits, vegetables, and fresh herbs.

For more information on WIC or other services available at Anderson County Health Department, please call 839-4551, or visit us on the web at

[www.achdonline.org](http://www.achdonline.org).

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## EPSDT PROGRAM

**Cheri Johnson, RN**  
**Local Health Nurse**

Did you know that the Anderson County Health Department offers well baby/child checkup services at no cost to families with Medicaid or Kentucky Children's Health Insurance Program (KCHIP) coverage?

These services are provided through a program called Early and Periodic Screening Diagnosis and Treatment (EPSDT).

Regular checkups are important to protect the health and future of your child/children. These checkups can be scheduled through the Anderson County

Health Department or with your primary medical provider.

During these examinations, minor health problems can often be caught before they become serious diseases. For example chickenpox, mumps, and measles can be prevented, many physical or mental developmental problems may be detected, and hearing or vision problems may be found and treated.

Without medical insurance these services may be costly for many Anderson County families. To determine if your child/children qualify for Medicaid

contact the local Kentucky Medicaid Office at 839-6933. To find out about qualifying or how to apply for KCHIP visit our website, [ach-donline.org](http://ach-donline.org), or contact the local DCBS office at 839-6933. You may also pickup an application from our office at 1180 Glensboro Road or from the Family Resource Office at your child's school.

For questions or to schedule an appointment for an EPSDT check-up, please call the Anderson County Health Department at 839-4551.

### Recommended EPSDT Schedule

- ⇒ Birth—1 month
- ⇒ 2 months
- ⇒ 4 months
- ⇒ 6 months
- ⇒ 9 months
- ⇒ 12 months
- ⇒ 15 months
- ⇒ 18 months
- ⇒ 2 years
- ⇒ Once a year thereafter



## RABIES CLINIC A SUCCESS

**Brenda Haydon**  
**Environmentalist**

The second annual Rabies Clinic was held at the Anderson County Community Park on Saturday, May 14 from 1pm to 4pm. The clinic was sponsored by Anderson Humane Society, Anderson Animal Hospital, Animal Clinic, and Anderson County Health Department. It was a rainy day, but in spite of that we vaccinated 818 animals! Thanks to the 22 volunteers from Anderson Humane Society, and the veterinarians and vet techs from Animal Clinic and Anderson Animal Hospital for participating in the low-cost clinic. Also, a special thanks to Donna Callahan of Anderson Humane Society for organizing another successful rabies clinic!



**DON'T LET THE BED BUGS BITE!**

**Amanda Blair, RN  
Local Health Nurse**

Throughout my childhood my parents tucked me in with the phrase, "Good night, sleep tight. Don't let the bed bugs bite." When I was younger I never thought twice about that phrase, but today it is a different story.

Bed bugs are a growing problem throughout the United States. Bed bugs can be found in homes, apartments, hotels, motels, dorm rooms, movie theaters, schools, and hospitals. They can be found in fabric or wood, but not metal or plastic.

Unfortunately, bed

bugs are very efficient hitch-hikers and can easily be picked up during vacation.

Don't bring back an unwanted guest during your summer vacation! Here are some facts about bed bugs in order to keep your family protected:

- ⇒ Bed bugs are ¼ inch long and reddish-brown in color.
- ⇒ Their bodies are oval shaped and the size of an apple seed.
- ⇒ They live in mattresses, bed frames, hardwood floors, in outlets, inside clocks, phones, and smoke detectors.

- ⇒ They can also be found in chairs, sofas and night-stands.
- ⇒ They often leave behind tiny rust colored stains that have a syrup-like smell.
- ⇒ They can attach to luggage, backpacks, clothing, shoe strings and furniture
- ⇒ They often spread through the re-use of second hand furniture.
- ⇒ Bed bugs move when and where the infected object is moved.
- ⇒ Furniture can be infested with eggs that are hard to see.
- ⇒ When traveling, it is

- best to keep personal luggage off of the floor or bed.
- ⇒ Bring a small flashlight and magnifying glass to help detect bed bugs on furniture or your clothing.
- ⇒ Bed bugs can't survive extreme temperatures (120 degrees and above or 32 degrees and below).

It is not an easy task to get rid of bed bugs. If you feel you have bed bugs, or come in contact with them, consult a certified pest control company. There is no effective repellent against bed bugs. Avoidance is the best protection.



## QUIT SMOKING ON YOUR LUNCH BREAK!

April Thomas  
Health Educator

Interested in becoming a non-smoker? How about trying it on your lunch break?

You are invited to attend the introductory session of the Cooper Clayton Method to Stop Smoking program to be held in the Community Room of Anderson County Health Department, on Tuesday, August 23 at noon.

Classes will be held every Tuesday at noon for the following 12 weeks. Participants must attend the introductory session to register.

The Cooper Clayton Method to Stop Smoking is a successful smoking cessation program that uses nicotine replacement therapy products with 12 weeks of educational and support meetings, where participants learn how to remain tobacco-free through nutrition, exercise and other strategies.

There is NO CHARGE for the class. However, class participants will be required to purchase the nicotine replacement therapy (NRT) at a reduced cost of \$10 per week.

Upon successful completion of the 13

week course, participants may be entitled to a 50% refund for the NRT)

For more information, please call Anderson County Health Department at 839-4551.

**the Cooper Clayton**  
Method to Stop Smoking

**Become Smoke-Free on your LUNCH BREAK!**

**Cooper-Clayton Smoking Cessation Program**

**August 23, 2011  
noon - 1pm**

Classes will meet weekly for 13 weeks.

There is no charge for the class, however you will be responsible for the nicotine replacement therapy patches at a discounted rate of \$10 per week.

**BONUS: Successfully complete the program and get 50% of your money back!**

1180 Glensboro Road  
Lawrenceburg, KY  
502-839-4551 ext. 1110  
www.achdonline.org

**ANDERSON COUNTY HEALTH DEPARTMENT**

## BACK TO SCHOOL PHYSICAL & IMMUNIZATION UPDATE

Vickie Cleaver, RN  
School Health Nurse

I hope everyone is having a safe and fun summer break, but as we all know it will be time to go back to school before we know it. School starts back on August 16th this year. A few reminders of requirements for this upcoming school year. Any student entering preschool for the first time, all kindergarten students and all 6th grade students need a KY school physical as well as and up-to



-date immunization certificate. There have been some changes in immunizations this year so you may want to contact your local doctors office or the health department to make sure your child is current on his or her immunizations. Please remember, doctors offices and the health department get very busy before school starts, so don't put this off until the last minute because you **MUST** have the requirements to start school. Until then, stay cool and safe and enjoy your break. We look forward to seeing you all in the fall!



**CALENDAR OF EVENTS**

**JULY 2011**

- 4 – Independence Day HOLIDAY (ACHD CLOSED)
- 11 – Diabetes Support Group, 7-8pm
- 28 – Back to School Festival at Anderson Co. Middle School, 6-8pm

**AUGUST 2011**

- 1 – Diabetes Support Group, 7-8pm
- 17 – Board of Health Meeting, 6:30pm
- 23 – Cooper-Clayton Smoking Cessation, 12-1pm \*
- 30 – Cooper-Clayton Smoking Cessation, 12-1pm \*

**SEPTEMBER 2011**

- 5 – Labor Day HOLIDAY (ACHD CLOSED)
- 6 – Cooper-Clayton Smoking Cessation, 12-1pm \*
- 11 – Grandparents Day
- 12 – Diabetes Support Group, 7-8pm
- 13 – Cooper-Clayton Smoking Cessation, 12-1pm \*
- 20 – Cooper-Clayton Smoking Cessation, 12-1pm \*
- 21 – Autumn Begins
- 27 – Cooper-Clayton Smoking Cessation, 12-1pm \*

\* Cooper-Clayton is a 13 week program to stop smoking. Registration is required to attend. New attendees will not be accepted after September 6. See article on page 4.

**Board of Health Meetings  
July 2011-June 2012**


- August 17, 2011
- October 19, 2011
- December 14, 2011
- February 15, 2012
- April 18, 2012
- June 20, 2012

Congratulations to Bobbi Darnell on her June 30, 2011 retirement.



Thanks for over 20 years of service.

We'll miss you Bobbi!



**Anderson County Diabetes Support Group**

*Come out to a monthly meeting and see what we're all about!*

*Pencil these upcoming dates into your calendar!*


**Date:** Mondays, July 11, August 1, September 12

**Time:** 7:00pm - 8:00pm

**Location:** ACHD Community Room

For more information call 502-839-4551 or visit us online at [www.achdonline.org](http://www.achdonline.org)!

Do you have diabetes or care for a loved one with diabetes? Do you want to learn more about living with diabetes and hear about the experiences of others in your community living with diabetes? The diabetes support group may be just what you need!



**ANDERSON COUNTY HEALTH DEPARTMENT**  
Accessibility • Community • Health • Development

Visit us online!  
[www.achdonline.org](http://www.achdonline.org)

**ANDERSON COUNTY  
HEALTH DEPARTMENT**

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**ANDERSON COUNTY  
HEALTH DEPARTMENT**

Awareness • Community • Health • Development

Postmaster Please Deliver To:

**Mission:**

**To protect and promote a healthy community.**

**Vision:**

**To grow and expand public health services for all those in our community.**

**Values:**

**Excellence Pride Service Respect Integrity Teamwork**

## **DIRECTOR'S CORNER**

**Brandon Hurley, MPH**  
Public Health Director

What does the health department actually do? I and other staff often get this question and it appears that some people don't realize the wide scope of services we provide. The mission of the Anderson County Health Department (ACHD) is "to *protect and promote a healthy community.*" We do this through a variety of services we provide to our community as a whole.

While childhood immunizations are part of the **clinical** services we provide, they do not encompass all of the 24,000+ services provided by our clinic. In addition to immunizations, our clinic provides prenatal care, family planning, cancer screening, and WIC to name just a few. These programs are our direct patient care services and don't include the other duties provided by public health nurses (i.e. disease surveillance). In addition to the services provided in our clinic, we also have another ~11,000 services provide by our school health nurses throughout our school system.

Most members of the community realize that our **environmental** department provides restaurant inspections and septic system permits; however, many other services are provided as well. Vital services such as food handler trainings, rabies, lead poisoning, water testing and public facility inspections are also performed by ACHD.

Additional programs provided by our agency include **HANDS**, a home visitation program for first time parents, **health education** events, and **public health preparedness** activities to ensure our community is prepared to respond to a local public health emergency.

I encourage you to take a few minutes to visit our website and learn more about the many things ACHD does each day to "protect and promote" the health of our community. Public health is really a critical part of our community, and our overall health is vital to our success across many sectors of Anderson County.