

# Jessamine County Health Department

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Nicholasville, KY 40356  
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If you have a **Public Health Emergency**  
to report after 4:30pm EST or on Saturday or Sunday,  
please call (859) 885-4149 x 1090. Please leave  
a detailed message of the emergency with your  
contact name and number.

## HOURS OF OPERATION

### CLINIC

Monday 8:00 a.m. – 6:30 p.m.

Tuesday, Wednesday, Thursday 8:00 a.m. - 4:00 p.m.

Friday 8:00 a.m. - 1:00 p.m.

### ALL OTHER DEPARTMENTS

Monday – Friday 8:00am-4:30pm



Jessamine County Health Department  
*Protecting the public's health and environment.*



# HEALTH RESOURCE GUIDE

## CANCER SCREENING PROGRAM

The Jessamine County Health Department offers cancer screenings to its residents with no insurance or those with Medicaid/Medicare. Patients may receive a physical exam which includes for women a Pap test every 3-5 years, a yearly breast exam, and mammogram if needed. Additionally, for qualifying patients, a referral for a colonoscopy for both men and women will also be available. For patients with no insurance, fees are sliding scale and based on income.

**BREAST CANCER SCREENING.** This screening includes a complete breast exam, and starting at age 40 an annual screening mammogram. If lumps are found, patients are sent for diagnostic studies and surgical option with follow-ups with Health Department contracted providers.

**CERICAL CANCER SCREENING.** Pap test begin at age 21 and then every 3 to 5 years if normal. Abnormal Pap tests are referred for further workup and treatment. Gardasil shots are available at JCHD for both girls and boys ages 9-18 to prevent the 2 most common types of HPV (Human Papilloma Virus) cancers and temporarily through a grant for underinsured women ages 19-27. (Gardasil shots are recommended for girls and boys age 9 to 26 to prevent transmission of HPV and probably other cancers.)

**COLON CANCER SCREENING.** Routine colon cancer screenings are recommended to start at age 45 to 50 without family history or sooner if symptoms or problems occur. The JCHD has a grant for those without insurance to cover a FIT test and/or colonoscopy for those who qualify. For further information contact our patient navigator, Dora Johnson, LPN.

## WOMEN'S HEALTH SERVICES

**FAMILY PLANNING.** Services are available for women and men with no insurance or Medicaid. We suggest this begin before sexual activity begins and continue through the reproductive years. Most types of birth control are offered if medically appropriate along with education, age appropriate exams, and referrals when needed.

**PRENATAL PROGRAM.** This is a program available for pregnant women without insurance and who don't qualify for insurance. Early prenatal care is extremely important for the health of mom and baby.



# DIABETES CLASSES

The Jessamine County Health Department has the information and resources you need to learn how to LIVE WELL WITH DIABETES. Through the Diabetes Self-Management training, sponsored by the Kentucky Diabetes Prevention and Control Program, a certified Diabetes Educator will teach those living with Diabetes and/or family members of those living with Diabetes the following:

- What is Diabetes?
- Healthy Eating
- High and Low Blood Sugars
- Diabetes Medicines
- Monitoring and Management
- Foot Care
- Sick Days
- Long-Term Complications
- Physical Activity



Classes are held every three months and are FREE. Contact at 885-4149 for more information or to register.



# EXERCISE PROGRAMS

The Jessamine County Health Department offers a variety of FREE exercise classes to the community. These exercise classes are intended to keep people active to live a longer, healthier, life independently.

## STRONG WOMEN

### *What is the Strong Women Program?*

- The Strong Women Program will improve the health and well-being of middle-aged and older women.
- This moderate intensity exercise program includes strength and balance training.
- It is designed to improve muscle strength, balance, and flexibility.

### *Why take part in the Strong Women Program?*

- Starting in their mid-forties, women lose ¼ to 1/3 lb of muscle per year and gain that much or more in fat.
- Approximately 10 million Americans have osteoporosis, 80% of who are women.
- One in two women will experience an osteoporosis-related fracture.
- Strength training and exercise benefits muscle mass, bone density, and balance.

### *When and where the Strong Women Program Meets:*

Every Tuesday and Thursday for 8 weeks from 10:00 a.m. - 11:00 a.m.

## EXERCISE WITH EASE

Exercise with Ease, is a safe, tested program of gentle exercise and movements developed for the living longer population. Participants can expect gentle movements that will help circulation to all parts of the body without threatening the heart, an increased awareness of how your own particular body functions, and a sense of achievement as you begin to regain control over the body you thought could never be call back to some of its former vitality and flexibility. You will also enjoy FUN AND FELLOWSHIP through the Exercise with Ease program! Class meets on Mondays and Wednesdays from 10-11am.

For more information on the **Strong Women** or **Exercise with Ease** program or to register contact: Andrea Brown at 859-885-4149 x 1025, or email her at [andread.brown@ky.gov](mailto:andread.brown@ky.gov)

# HANDS PROGRAM

Are you a first time mom or dad with a baby less than 3 months old?

If you answered yes, HANDS is for you!

## *What is the HANDS Program?*

The Health Access Nurturing Development Services (HANDS) program is a voluntary home visitation program for new and expectant parents. Families begin by meeting with a HANDS Parent Visitor who will discuss any questions or concerns about pregnancy or a baby's first years. Based on the discussion, all families will receive information and learn about resources available in the community for new parents. Some families will receive further support through home visitation. That's right, information brought right to the home.

## *Who Can Participate?*

First-time moms and/or dads residing in Jessamine County.

## *When do HAND Services Begin?*

Services can begin during pregnancy or anytime before a child is 3 months old. If interested contact please call Polly Brandenburg, RN, at 859-885-4149 ext. 1031.

- What are the main goals of HANDS
- Healthy pregnancies and births.
- Healthy child growth and development.
- Healthy, safe homes.
- Self-sufficient families.

## *Why participate in HANDS?*

- Parents are the most important people in a baby's life.
- Parents are the first and most important teachers a child will ever have.
- Parenting is a very demanding job and all parents have worries, questions and stress.

# HANDS PROGRAM *continued*

## *What Can Parents Expect*

- Support through your pregnancy and the early years of your baby's life
- Ways to make your home safer for your baby
- Information on how to care for your baby
- Facts that will let you know your baby is growing and developing in healthy ways
- Activities that you and your baby can enjoy together that can stimulate your child's brain development
- Access to other community services

## *How the program works*

In the prenatal period or before the baby is 3 months old, the family is screened after a referral is made. This referral can be made by the doctor's office, the health department, your church, friends or family. A trained home visitor will visit your home to introduce parenting skill development in areas such as recognizing your baby's needs, what to expect as your baby grows, making your home safe, etc. The frequency of visits will be determined by the family's needs.

## *HANDS Believes:*

- All families have strengths.
- Families are responsible for their children.
- Families are the primary decision makers regarding their children.
- Communities recognize their roles in children's lives.
- Communities recognize that all children must succeed.
- Prevention and early intervention improves community well-being.
- Public and private partnerships are vital to a successful program.



Contact Polly Brandenburg at 859-885-4149 x 1031 or [PollyS.Brandenburg@ky.gov](mailto:PollyS.Brandenburg@ky.gov) for more information.

# HIV/AIDS SERVICES

*The Jessamine County Health Department offers HIV testing. The test is a simple blood draw from your arm. You will receive education on prevention and counseling if needed.*

There are two ways to register for your test.

1. You can have your test done confidentially. With this option, you will give your name, address and phone number to our clerks to start or add to your personal chart. You will have to return to our facility for results. You will not be contacted unless the test is positive.
2. You can also have your test done anonymously. This is where you can withhold your name, address and phone number. You will be given a numbered sticker at the end of your visit. You **MUST** bring that sticker back with you to receive your results. This number is the only way to track your results.

Your test should take about 5-7 business days to get results. If a positive test is resulted, you will receive counseling and a referral to another facility for treatment. If you test is negative, you will receive counseling on prevention.



# IMMUNIZATION PROGRAM

## CHILDHOOD IMMUNIZATIONS

Protect your child against various childhood diseases. See chart below for recommended vaccination for children birth – 6years and 7-18 years.

Fees are based on a sliding scale if your child is not covered by a medical card. We do accept some private insurance. Please call for availability.



## ADULT IMMUNIZATIONS

Immunizations are also recommended for adults as well. At JCHD we offer a variety of immunization to protect adults from influenza, tetanus, pertussis (whooping cough), and pneumonia.

We also coordinate with local businesses to offer worksite flu shot clinics for staff and employees.

The JCHD accept some private insurance for adult immunizations and are based on availability.

See immunization schedule for adults below...

# MEDICAL NUTRITION THERAPY (MNT)

Registered Dietitians assess specific needs and help develop a nutrition plan that meets specific goals and fits into someone's personal budget and lifestyle. Individual and group sessions consist of MNT approaches that integrate nutrition and lifestyle to prevent and improve illness. Our services include:

- Weight loss.
- Diabetes: Type I\*, II\*, and gestational.
- High blood pressure.
- High cholesterol.
- Infant and child nutrition.
- Pregnancy and lactation.
- Food allergies and intolerances.
- Asthma.\*
- Kidney disease.\*
- And many other disease specific conditions.

\*Nutritional counseling for these conditions are covered by Medicare.



# VITAL STATISTICS

JCHD has an onsite staff person who is able to assist community members with the process of obtaining:

- Birth Certificates.
- Death Certificates.
- Applications for a Certified Copy of Marriage or Divorce Certificates.

# EPIDEMIOLOGY AND PREPAREDNESS PROGRAMS

The Epidemiology and Preparedness Programs at the Jessamine County Health Department (JCHD) strive to build agency and community preparedness through trainings, exercises and outreach. The Kentucky Department of Public Health's (KDPH) Regional Public Health Preparedness Coordinator is also housed in Jessamine County, lending significant expertise and response capacity to our local planning efforts. JCHD regularly participates in drills which test our redundant communication systems such as: regional and state-wide satellite communications testing and quarterly Health Alert Network (HAN) drills. Furthermore, the health department participates in community-wide exercises including the annual Chemical Stockpile Emergency Preparedness Program (CSEPP) exercise.

The Jessamine County Medical Reserve Corps continues to grow and become more involved in public health activities. There are currently over 40 active members including medical and non-medical volunteers. These volunteers have participated in community outreach, health promotion activities, trainings, exercises, and vaccination campaigns throughout the community.

Through diagnoses and investigation of health problems and health hazards in the community, the JCHD infection disease team is equipped to perform data surveillance and tracking of communicable diseases within our community. Our epidemiologist conducts outbreak investigation and will make recommendations regarding prevention and disease control along with disease education. The findings of the disease investigation are reported to the KY Department for Public Health and the Center for Disease Control and Prevention.

# WIC PROGRAM



# SEXUALLY TRANSMITTED DISEASES

WIC is the “Supplemental Nutrition Program for Women, Infants and Children”. It is a Federally-funded program serving pregnant and breastfeeding women, infants, and children ages 1-5. Participants qualify based on household income and nutritional risk.

## WIC PROVIDES:

- Nutrition education and services.
- Breastfeeding promotion and education.
- A monthly food prescription of nutritious foods.
- Access to maternal, prenatal and pediatric health-care services.

Since its beginning in 1974, the WIC Program has earned the reputation of being one of the most successful Federally-funded nutrition programs in the United States.

The Kentucky WIC Program promotes, supports and encourages mothers to breastfeed their babies as it has been shown to provide many health, nutrition, and emotional benefits to both mothers and babies. WIC promotes breastfeeding as the optimal method of infant feeding.

The Jessamine County Health Department has a Certified Lactation Counselor (CLC) and Breast Feeding Peer Counselors. The Breastfeeding Peer Counselors are current or former WIC participants with personal breastfeeding experience who are enthusiastic about breastfeeding and want to help other mothers enjoy a positive and successful experience with breastfeeding. Peer counselors are effective in communities where role models for breastfeeding behaviors, knowledgeable health care providers, and cultural practices that include breastfeeding as a norm are scarce. Among the most powerful is the ability of peer counselors to provide ongoing support and practical suggestions for breastfeeding that are modeled on their own life experiences.

The Jessamine County Health Department is currently able to screen for HIV, Syphilis (blood test), Gonorrhea, Chlamydia and genital warts in anyone who is sexually active, and Trichomoniasis in women. We can diagnose Herpes Simplex Virus if active lesions are present. We are able to treat most of these diseases and known contacts or refer to another facility if needed.

At this time we do not have the resources available to offer Hepatitis B or C screening.

## CONDOM DISTRIBUTION

The Jessamine County Health Department offers free condoms to the public during business hours. Please ask for them at the front desk of our facility or ask your Nurse, Dietician or Nurse Practitioner at any visit.

# TEEN PREGNANCY PREVENTION

## POSTPONING SEXUAL INVOLVEMENT

This evidence-based curriculum is targeted to middle-school youth to lead them to conclude abstinence is the best choice for school-aged youth. This curriculum is designed to help school-age youth develop skills to resist pressures to become sexually involved. The aim is to provide young people with tools to help them bridge the gap between their physical development and their cognitive ability to handle the implications of such development and also to create understanding of the social, psychological and health gains to be realized by abstaining from sexual activity.

This program uses trained high school teen mentors to implement the curriculum to the 7th grade middle-school students.

### Curriculum Content:

- Risks of Early Sexual Behavior
- Social Pressures
- Peer Pressures/Bullying
- Assertive Techniques

## CHOOSING THE BEST

Direct enough to command teens' attention, this 4 to 6-session curriculum also helps communicate, dynamically and positively, the value of committing to abstinence. Videos that open each lesson lead naturally to discussion for these 8th grade students. Each 50-minute segment balances information about healthy choices with role-plays that help guys and girls practice saying "NO." Topics include:

- **Sex, Alcohol and Respect.** Teens hear painful stories of mixing alcohol and sex, as they learn startling statistics about alcohol.
- **Sex, STDs and Honesty.** A powerful video introduces students to the consequences of sexually transmitted diseases. They see for themselves the damage of specific STDs.
- **Sex, Pregnancy and Responsibility.** A real-life teen couple shares the struggle of an unintended pregnancy. After teens evaluate choices and consequences, they see the value of being abstinent until married.
- **Sex, HIV and Compassion.** After watching two young adults share how it feels to live with AIDS, teens separate myths from facts about HIV/AIDS, and in the process, learn compassion.
- **Sex, Limits and Self-Discipline.** Beginning with self-discipline, teens learn practical ways to handle sexual pressure from peers and others.
- **Sex, Saying "NO" and Courage.** Practical role-plays enable students to develop and sharpen assertiveness skills.

# TEEN PREGNANCY PREVENTION continued

## REDUCING THE RISK

This evidence-based program goes beyond facts about risk and protection to present a powerful, active approach to preventing teenage pregnancy and protecting against HIV and other STDs.

Reducing the Risk (RTR), published by ETR Associates, is a school-based program. The major focus of RTR is the development of attitudes and skills that will help teens prevent pregnancy and the transmission of STD, including HIV. This research-proven approach addresses skills such as risk assessment, communication, decision making, planning, refusal strategies and delay tactics.

**Program Description:** The greatest emphasis of Reducing the Risk is on teaching students the interpersonal or social skills they can use to abstain or protect themselves. Abstinence is presented as the best, safest and most common choice for high school students, but Reducing the Risk also recognizes that some students are sexually active. For this reason, students are given clear guidelines and rationales for using protection during sex. Young people do not find these messages contradictory, and lessons reviewing protection do not increase the likelihood that students will become sexually active. Students learn they must consult with their parents and think through their own values to decide what to do.

### The key skills taught:

- Refusal skills
- Delay tactics and alternative actions

As a result of participating in RTR, students will be able to:

1. Evaluate the risks and lasting consequences of becoming an adolescent parent or becoming infected with HIV or another STD.
2. Recognize that abstaining from sexual activity or using contraception are the only ways to avoid pregnancy, HIV and other STD.
3. Conclude that factual information about conception and protection is essential for avoiding teen pregnancy, HIV and other STD.
4. Demonstrate effective communication skills for remaining abstinent and for avoiding unprotected sexual intercourse.

**For more information please contact Andrea Brown at (859) 885-4149 x 1025 or [andread.brown@ky.gov](mailto:andread.brown@ky.gov).**



# TOBACCO PROGRAMS

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## **Cooper-Clayton Tobacco Cessation Program:**

We offer the Cooper-Clayton Tobacco Cessation Program between 3 and 4 times annually. This program is offered free of charge to Jessamine County residents, through a collaborative grant opportunity provided by the Jessamine County ASAP Board. The Cooper-Clayton Tobacco Cessation Program is a 12 week science-based education and social support group to assist individuals in their journey from becoming a tobacco user to a non-tobacco user.

## **Tobacco Prevention**

Jessamine County Health Department offers tobacco prevention programming through partnerships with the schools and other community groups. Some of the more recognizable programming we contribute to are:

- TATU (American Lung Association's Teens Against Tobacco Use program) – offered in both middle schools with assistance from high school teen leaders – for more information go [www.lung.org](http://www.lung.org)
- Tobacco education through newspaper articles, community presentations, and printed materials
- Collect, update and maintain data relating to secondhand smoke exposure through varying surveys (community public opinion polls and logging inspected facilities policies on smoking). For a complete list of smoke-free food service establishments or to view the most recent public opinion poll relating to smoke-free policy please visit [www.myjchd.org](http://www.myjchd.org).
- Assistance with policy development relating to tobacco regulations/policies/ordinances.

## **Business-oriented Programs**

The Jessamine County Health Department is able to offer technical assistance to any local business or manufacturer with the development of a smoke-free policy. Additionally, we offer the opportunity to host worksite Cooper-Clayton Tobacco Cessation classes for any interested business or manufacturer with 10 or more interested participants.

# ORAL HEALTH

Oral disease is a major health problem for Kentuckians. Much of the problem can be prevented through primary prevention efforts including community water fluoridation, the application of dental sealants and fluoride varnish, and regular dental care from your dental provider.

JCHD is proud to partner with a local dentist to provide school based dental sealants, thin plastic coatings that are applied to the grooves on the chewing surfaces of the back teeth (molars) to protect them from tooth decay, to qualifying Jessamine County students. Most tooth decay in children and teens occurs on these surfaces. Sealants protect the chewing surfaces from tooth decay by keeping germs and food particles out of these grooves.

Additionally, JCHD offers Fluoride Varnish through our Clinic, HANDS program and in the community through school-based programming. Fluoride varnish is a quick an easy application of fluoride that will help prevent tooth decay in children who have the eruption of their first tooth through age 6. The fluoride varnish should be applied every 6 months either through your clinic visit, through the schools (if your child attend the Jessamine County Early Learning Village or one of the 6 Jessamine County Elementary schools), or during your HANDS visit. Please talk to your provider about this service during your next visit.



## Message from the Director



The Jessamine County Health Department is committed to protecting and improving your health. We accomplish our mission in a variety of ways including restaurant and public facility inspections, sewage inspections, surveillance, investigation

and treatment of communicable diseases, nutritional counseling and supplemental food programs through WIC, child and adult immunizations, well child exams, women's health screenings, dental varnishing and dental sealants, educational programs including chronic disease prevention, nutrition, teen pregnancy prevention programming to include both abstinence and comprehensive sex education, tobacco prevention which includes cessation programs , a home visitation program for first time parents, and much more. We also do preparedness planning to ensure we are ready to serve the community in the wake of disaster or an event that requires immediate public health services.

We are here to help you on your journey to good health and provide this resource guide as an informational tool to assist you in making necessary changes through education and resources. Thanks for making good health a priority in your life and your encouragement to family and friends.

In Good Health,

Randy Gooch,  
Public Health Director

# MEMBERSHIP ORGANIZATIONS

American Academy of Nutrition and Dietetics  
American Nursing Credentialing Center National Certification  
Bicycle Pedestrian Advisory Committee  
Bluegrass Academy of Nutrition and Dietetics  
Bluegrass Region Association of Professionals in Infection Control & Epidemiology  
Chemical Stockpile Emergency Preparedness Program  
Department for Public Health Data Workgroup – Epidemiology  
East Jessamine Middle School Advisory Council  
East Jessamine/West Jessamine High School Advisory Councils  
Jessamine County Animal Care and Control Group  
Jessamine County ASAP  
Jessamine County Breast and Cervical Cancer Coalition  
Jessamine County Chamber of Commerce  
Jessamine County Early Childhood Council  
Jessamine County Recreation Committee  
Jessamine County Rotary  
Jessamine County Trails Association  
Jessamine County YMCA Board Membership  
Kentucky Association of Milk, Food and Environmental Sanitarians  
Kentucky Board of Nursing  
Kentucky Diabetic Association  
Kentucky Dietetic Association  
Kentucky Environmental Leadership  
Kentucky Health Department Association  
Kentucky Lactation Improvement Coalition  
Kentucky Nurse Practitioner and Nurse Midwife Association  
Kentucky Public Health Assistance and Support Team Trainer/Planner  
Kentucky Public Health Association  
Kentucky Public Health Leadership Institute  
Kentucky Youth Health Network  
Leadership Jessamine County  
Local Emergency Planning Committee  
National Association of County and City Health Officials  
Nicholasville Elementary School Advisory Council  
Operation Sharing  
Partnership of FIT KY  
Refuge Medical Clinic  
School Nutrition Association  
Senior Citizen's Advisory Council  
Smokefree Kentucky  
Society of Nutrition Education  
Warner Elementary Advisory Council  
West Jessamine Middle School Advisory Council  
Wilmore Elementary Advisory Council

# The 10 Essential Public Health Services



The 10 Essential Public Health Services describe the public health activities that all communities should undertake and serve as the framework for the NPHPS instruments. Public health systems should:

1. Monitor health status to identify and solve community health problems.
2. Diagnose and investigate health problems and health hazards in the community.
3. Inform, educate, and empower people about health issues.
4. Mobilize community partnerships and action to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
6. Enforce laws and regulations that protect health and ensure safety.
7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. Assure competent public and personal health care workforce.
9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
10. Research for new insights and innovative solutions to health problems.

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