For more information, please visit www.barrenriverhealth.org

The Barren River District Health Department provides services without regard to race, color, creed, sex, or disability. Some services offered have established criteria for participation. Most clinical services are available with fees based on income and number of people in the household. Contact your local health department for more information.

**District Office: 270-781-8039**
- Barren : 270-651-8321
- Butler: 270-526-3221
- Edmonson: 270-597-2194
- Hart: 270-524-2511
- Logan: 270-726-8341
- Metcalfe: 270-432-3214
- Simpson: 270-586-8261
- Warren: 270-781-2490

**Our Intention is Prevention!**
Message from the Director

The Barren River District Health Department (BRDHD) serves Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Simpson and Warren counties with a staff of over 200 public health professionals. Our $14+ million annual budget affords us the privilege of providing progressive, evidence-based public health practices for over 260,000 residents who make south central Kentucky their home. The BRDHD is proud of our outstanding history of meeting local population health needs through innovation and excellence in our clinical, environmental, dental, health, education, chronic care management, emerging infection disease management, disaster preparedness, coordinated school health, and HANDS home-visiting initiatives. Both the quality of our work and the stewardship of our funding are affirmed through the accrediting bodies of the Public Health Accreditation Board (PHAB) and NACCHO’s Project Public Health Ready (PPHR). I hope the pages that follow convey for you the same sense of pride with which we serve you, day in and day out. We take our responsibility to be public health servants very seriously and are humbled to do so.

-Dennis Chaney, BRDHD District Director

Administrative

Disaster Preparedness Branch Director
Amanda Bogard, MA

Environmental Health Program Manager
Tom Buchanan, R.S.

Environmental Health Program Manager
David Burton, R.S.

Clinical Services Branch Director
Julia Davidson Deeb, R.N.

Human Resources Director
Kim Flora

Community Health Promotion Branch Director
Lisa Houchin, MSPH

Information Systems Branch Director
Joey Rich

Planning, Quality & Communication Branch Director
Srihari Seshadri, MBBS, MPH

Community Health Improvement Branch Director
Diane Sprowl, MEd, RD, LD

Dental Services Director
Stacy Trowbridge, PHRDH

Finance Oversight Branch Director
Ryan Wigginton

School Nurse Services

The health department contracts with area schools to provide school nurses who oversee the health care of students and promote a healthy school environment. School nurses can administer medications, first aid, and certain immunizations.

To learn more about the services our school nurses offer, visit our website by scanning this QR code:

The 10 Essential Public Health Services

- Monitor health status to identify and solve community health problems
- Diagnose and investigate health problems and health hazards in the community
- Inform, educate, and empower people about health issues
- Mobilize community partnerships and actions to identify and solve health problems
- Develop policies and plans that support individual and community health efforts
- Enforce laws and regulations that protect health and ensure safety
- Link people to needed personal health services and assure the provision of health care when otherwise unavailable
- Assure competent public and personal health care workforce
- Evaluate effectiveness, accessibility, and quality of personal and population-based health services
- Research for new insights and innovative solutions to health problems
5-2-1-0 Healthy Families

Kentucky has the prescription for significantly reducing childhood obesity. It’s called 5-2-1-0.

- 5 – eat 5 or more servings of fruits and vegetables each day
- 2 – limit screen time to no more than 2 hours a day
- 1 – be physically active at least 1 hour a day
- 0 – don’t drink sweetened beverages

The campaign is designed to give parents, healthcare professionals and daycare operators a memorable way to talk about the key evidence-based behaviors that reduce childhood obesity.

For easy access to the 5-2-1-0 Ring of Activities grouped by age, scan the QR code

Coordinated School Health

With the help of our health educators, this program provides support, resources, and trainings for local school staff. Our employees also conduct classes for students about a variety of health related topics and teach multi-session health curriculum for specific grades.

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To learn more about what this coordinated approach brings to the table, scan this QR
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This book is filled with interactive QR codes. To use these codes, download a QR scanner on your smart phone!

Rabies Control
Our environmentalists act as quarantine officers in cases where animals bite humans. In some cases, rabies testing may be required.

Radon Testing
Testing kits are provided to check your home for the presence of dangerous radon gas. Limited consultation concerning radon measurement and mitigation is provided to the public.

Onsite Sewage
Our environmental health staff permits and inspects new and repaired residential and commercial septic systems. This involves evaluation of the site and soil characteristics, including soil texture, soil structure, land forms, and surface and ground water characteristics. The environmental branch also provides training for septic system installers to maintain their certification.
Food Services

Our staff inspects permitted food service establishments such as restaurants, grocery stores, quick-stop markets, temporary food booths, institutional kitchens (hospitals, long term care facilities, schools cafeterias, etc.), concession stands, shaved ice vendors, bed and breakfast facilities and vending machines that dispense potentially hazardous foods. Permitted facilities are inspected after fires, floods, and other disasters to determine whether products are in compliance with the law.

Water Service Emergencies (WSE)

During water service emergencies all food establishments in the affected area are closed. Once a facility is inspected and is in compliance with WSE operating requirements, it is reopened. In cooperation with the communicable disease team, environmentalists investigate possible food or waterborne disease outbreaks.

Building Plan Review

Branch personnel review construction plans for all regulated buildings and facilities to ensure they are in compliance with state regulations.

Cancer Screening

Kentucky Women's Cancer Screening Program

The Barren River District Health Department provides cancer screening for women who qualify through KY Women's Cancer Screening Program (KWCSP). Services include:

- Female and adult preventative visits
- Comprehensive health history
- Physical exams, including cervical and breast cancer screening
- Diagnostic evaluations when indicated
- Patient education
- Case management

Kentucky Colon Cancer Screening Program

Why is screening so important? Cancer screening saves lives. A colonoscopy or annual FIT test can detect cancer early on when it is easiest to treat. A colonoscopy can also find polyps and other abnormal cell changes. Removing these growths as soon as possible can stop colon cancer from developing.

Scan this QR code to visit our website and learn more about colon cancer screening!

1 in 3 ADULTS age 50+ is not being screened for colorectal cancer.
Women, Infants, and Children (WIC)

WIC is a supplemental food program for women who are pregnant, have recently given birth, are breastfeeding, or have children younger than five years old. Eligibility is based on income, household size, and nutritional needs.

The WIC program offers short-term nutrition intervention to influence a lifetime of healthy eating and associated behavior in high-risk populations. The program is funded by the United States Department of Agriculture.

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

See the Kentucky WIC website for detailed application information: http://chfs.ky.gov/dph/mch/Applying+For+WIC.htm

General Sanitation

Our environmental staff collects private water supply samples for bacteriological testing, investigates nuisance complaints involving insects, garbage; rodents and sewage; and, inspects existing septic systems for mortgage transactions and plumbing permits. For more information about general sanitation contact David Burton at 270-781-8039 ext.116 or David.Burton@barrenriverhealth.org

Public Facility Inspection

Our environmentalists provide inspections for hotels, public swimming pools, public beaches, schools, tattoo and body piercing studios and limited ear piercing studios, tanning facilities, youth camps, state owned correctional facilities, septic tank pumpers, and septic disposal sites. To learn more about public facility inspections, scan the QR code below.
Bloodborne Pathogen Training:
The CHP staff offers bloodborne pathogens training to businesses and schools in the Barren River District. The training is designed to provide information to staff on how to recognize potential exposure to blood and other infectious materials as well as how to prevent exposures and what to do in the event of an exposure. A web-based, self-study class for school staff is also available. For more information or to schedule a training, please contact Ashley Lillard at 270-781-8039 ext 191 or at Ashley.Lillard@barrenriverhealth.org

Did you know…
- WIC operates through 1,900 local agencies in 10,000 clinic sites, in 50 state health departments, 34 Indian Tribal Organizations, the District of Columbia, and five territories including Northern Mariana, American Samoa, Guam, Puerto Rico, and the Virgin Islands
- The program administers services through 90 WIC state agencies and through approximately 47,000 retailers
- The WIC target population are low-income, nutritionally at risk pregnant women, breastfeeding women, non-breastfeeding postpartum women, and children until their fifth birthday.

Butler, Logan, Simpson/Kentucky Agency for Substance Abuse Policy (KY ASAP) Board:
The board is comprised of individuals from Butler, Logan, and Simpson counties. Their mission is to develop a long-term strategy that is designed to reduce the occurrence of youth and adult alcohol, tobacco, and drug use along with addiction through the implementation of prevention, intervention, and treatment strategies.
Breastfeeding Services

Breastfeeding Support

The Barren River District Health Department supports the American Academy of Pediatrics' recommendation that breastfeeding is the best and only nutrition necessary for a baby's first six months of life. For basic breastfeeding skills, support, and encouragement, the BRDHD's WIC program, HANDS program, home visiting nurses and breastfeeding peer counselors can all provide assistance with basic breastfeeding. WIC moms who experience difficulty beyond basic breastfeeding help can be scheduled for a lactation appointment with a Certified Lactation Counselor (CLC), and those with more serious problems should be referred to the International Board Certified Lactation Consultant (IBCLC). In addition to helping WIC moms, the IBCLC can also provide lactation services to women with private insurance or those who do not qualify for WIC.

Breastfeeding Peer Counselors

Your breastfeeding peer counselor is a WIC mother who lives in your community and has had a successful breastfeeding experience. Peer counselors provide basic information and support for WIC mothers during pregnancy and throughout the breastfeeding experience. She has been carefully selected by WIC to give new mothers information about feeding their babies. Our peer counselors are available by cell phone 24/7. If you're a WIC client and are interested in the peer counselor program, please ask someone how to sign up at your next WIC appointment!

Healthy Cooking and Eating Classes:
Our community health project staff offer a variety of classes that educate participants on healthy cooking and eating. Demonstrations, occasional taste testing and recipe cards give a hands-on approach about learning to change old habits into new behaviors.

Senior Exercise Programs:
Chair volleyball, exercise bingo, stretching, and flexibility moves are incorporated into this program for the mature adult to stay active and alert.

Bullying Prevention Workshops:
Bullying prevention workshops are offered to students, parents, educators, and school personnel. Classes are designed to assist in identifying current trends in bullying, define the three types of bullying, and develop an intervention plan.

Sexting/Texting Workshops:
The sexting/texting workshop is offered to children in grades 6 and up and is intended to highlight the dangers that lurk when youth send inappropriate content via cell phone, social networking websites, and email. The workshops do not include any sexual content in their presentations.

Child Care Health Consultation (CCHC):
The program formerly known as Healthy Start in Child Care has become the Kids NOW Initiative which was implemented in July 2000. This program was established to ensure that all children in Kentucky are healthy and safe. The program provides consultation and training hours to childcare staff on health, safety, nutrition, and social/emotional well being. They partner with Early Childhood Councils, as well as resource and referral agencies in their area, to ensure collaboration and coordination on issues impacting the quality of child care.
Health Education

The Barren River District Health Department provides group health education and health promotion activities targeted toward the general population. Program topics in this area include: personal safety and injury prevention, stress management, fitness, nutrition, healthy aging, smoking cessation, sexually transmitted infections, asthma, cardiovascular disease, dental education, CPR and first aid training, bloodborne pathogens training, and HIV/AIDS education for both the general public and for health professionals. The health education staff works with community partners to plan, facilitate, and evaluate evidence-based strategies that are relevant to the communities they cover. Typical activities for team members include: media interviews, facilitating meetings and professional education programs, gathering data on health issues, planning and organizing community events with community partners, coalition building, and providing the latest health related information for health fairs, physicians and dentists offices, and any public gathering facility. Target populations for projects vary and are ever-changing. Some examples of activities and strategies are described below. For more information about these projects contact Lisa Houchin at 270-781-8039 ext. 129 or Lisa.Houchin@barrenriverhealth.org

Community Projects

Injury Prevention:
Bucklebear is a musical lap puppet that talks to kids ages two through eight about seat belts, air bags, pedestrian safety, and bicycle safety. These materials can be provided to preschools, learning centers, daycares, and elementary schools as creative ways to teach young children. All materials are copyrighted.

Breast Pumps

Nursing moms on WIC may qualify for a personal electric breast pump if they are returning to work and/or school. These pumps are not issued until your baby is four-six weeks old, and appointments are often scheduled four weeks in advance. Therefore, call for your appointment as soon as the baby is born and request the appointment date for when your baby turns four weeks old.

Rental Hospital-Grade Pumps

These hospital grade pumps are meant for moms whose babies are not nursing effectively, and their milk supply is at risk. WIC moms who qualify for a rental pump may have fees covered by WIC for a limited time. The hospital may determine if you are in need of this type of pump.

Vaccinations

Immunizations have had an enormous impact on improving the health of children in the United States. Most parents today have never seen first-hand the devastating consequences that vaccine-preventable diseases have on a family or a community. While these diseases are not common in the U.S., they persist around the world. It is important that we protect our children with vaccines because outbreaks of vaccine-preventable diseases can, and do, occasionally occur in this country.
Adults need vaccinations, too! Every year, thousands of adults in the U.S. still suffer serious illnesses, are hospitalized, and even die due to diseases that are preventable by vaccines. Even if you were fully vaccinated as a child, the protection from some vaccines can wear off. You may also be at risk for other diseases due to your job, lifestyle, travel, or health conditions. Scan the QR code assigned to your age bracket to see an immunization schedule that has recommendations to fit your specific needs!

Well Child Exams

The purpose of the Well Child/Pediatric and Adolescent Preventative Health Care Program (APHCP) and the Early Periodic Screening Diagnosis and Treatment Program (EPSDT) is to provide a comprehensive health history, screening, and assessment of the physical, mental, and social well being of children and adolescents.

Worksite Wellness Promotion

The BRDHD takes pride in ensuring that we do what we can to keep our employees healthy. Worksite wellness programs can enhance the overall performance level of any workplace. In fact, research shows that companies with worksite wellness programs on site have:

- Reduced healthcare costs
- Increased productivity
- Increased employee moral and self-esteem
- Reduced rates of absenteeism
- Reduced injury and accident rates

Learn how you can complement your worksite wellness program with the help of the BRDHD by scanning the QR code below.
Tobacco Control
Our tobacco control program helps tobacco users kick the habit for good. We provide education about the dangers of smoking and teach the benefits of living in a smoke-free environment. For more information about tobacco control, contact Alex Hancock at Alex.Hancock@barrenriverhealth.org.

Human Vitality Screening
Our health educators provide on-site biometric screenings for the Kentucky Employee Health Plan (KEHP) participants. The tests require a simple finger stick, and measurements/results are given within 15 minutes. Not only do participants get KEHP points, but also a head start on the prevention of chronic illnesses. Health department staff upload results into the Humana Vitality system and participant points are awarded within 4-6 weeks. Health coaching is also an important part of this screening.

Well child exams are available for children ages 0-20 who are at or below 185% of the poverty level. Well child services include:

- Dental screenings and fluoride varnish application
- Age appropriate anticipatory guidance
- Parent counseling
- Physical exams
- Lead screening
- Newborn metabolic blood testing

Children of all ages need complete checkups on a regular basis to promote healthier lifestyles as they grow. Physical, mental, and developmental problems can be caught early and treated with regular checkups.

Medical Nutrition Therapy (MNT)
Medical Nutrition Therapy (MNT) is individualized dietary instruction in relation to a nutritional related therapy. This specialized instruction includes dietary assessment. Trained professionals assess specific needs and help develop a nutrition plan that meets specific lifestyle goals. Individual and group sessions combine nutrition and lifestyle assessments to prevent and improve illness. To learn more about MNT contact Chelsea Tabor at 270-781-8039 ext. 143 or Chelsea.Tabor@barrenriverhealth.org.
MNT services include:

- Weight loss
- Diabetes types I*, II, and gestational
- High blood pressure
- High cholesterol
- Infant and child nutrition
- Pregnancy and lactation
- Food allergies and intolerance
- Asthma*
- Kidney disease

*Nutritional counseling for these conditions is covered by Medicare.

Tuberculosis (TB)

A team of registered nurses offer a variety of services to those with TB, their contacts, all persons who test positive for latent TB infection, and those who are designated by law, regulation, or epidemiological consideration to be in need of screening services. TB services include screening, diagnosis, treatment, prevention, and control. These services can be accessed either in-house or through private physician referrals. To learn more about our TB services contact Carolyn Lyons at 270-781-8039 ext. 190 or at Carolyn.Lyons@barrenriverhealth.org.

Medical Reserve Corps

The Mission of the Barren River Area Development District Medical Reserve Corps (BRADD MRC) is to establish, support, and guide a team of local medical, public health and Community Emergency Response Team (CERT) volunteers who can contribute their skills and expertise throughout the year as well as during times of community need.

This is a group of trained community volunteers, medical and non-medical, working with BRDHD, Monroe County Health Department and the BRADD Citizen Corps Council. MRC members can assist public health officials, hospitals, and emergency management during a disaster in their local communities. In certain situations, such as large disasters like Hurricane Katrina, MRC members may be asked to provide aid to communities in other states. Members may also assist with informational booths and health fairs.

To check out the MRC website and learn about how to join, scan this QR code:
• Implement the National Incident Management System (NIMS), a document written by Homeland Security that instructs all local, state, and federal agencies about how to effectively respond to an incident
• Establish relationships with community leaders and partner organizations for on-going assessment and enhancement of disaster preparedness
• Participate in the design and implementation of emergency exercises that occur annually within our district
• Respond to public health emergencies
• Serve on community-based committees that deal with issues related to disaster preparedness
• Teach basic disaster preparedness to the community and facilitate trainings for first responders
• Coordinate the Health Alert Network, a communication system in place to alert staff and community partners on a 24/7 basis

**Community Emergency Response Team (CERT)**

The CERT program integrates emergency services for the people they serve. Emergency personnel train members of neighborhoods, community organizations, and workplaces in basic response skills. Trained CERT members are then integrated into the emergency response team for their areas. If professional responders are unable to reach a community due to disastrous events, CERT members will assist others by applying the knowledge they learned during training. To learn more about CERT, scan this QR code:

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**Family Planning**

We provide education and assistance for clients who are planning to have a baby, as well as clients interested in methods of contraception. Physical exams are given to help make the best birth control decision, and condoms are available free of charge at the front desk, courtesy of the Brown Bag program.

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**Sexually Transmitted Disease (STD) and HIV Testing**

Our clinic confidentially and anonymously provides screening, examination, diagnosis, treatment, control and referral services. The goal of STD/HIV counseling and treatment is to prevent the spread of STDs and HIV. The BRDHD provides services to any person who is currently infected or has been in contact with a person who has an STD and/or HIV. Local health care facilities, including private physicians and hospitals, are required to report positive cases to the local health department or the Kentucky Department of Public Health.

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**Human Papillomavirus (HPV) Resources**

The Human Papillomavirus (HPV) can cause several types of cancer, including cervical cancer. Information and resources are available to help parents learn more about vaccinating their sons and daughters against HPV. The BRDHD has compiled resources that will help you learn all about HPV and HPV prevention. For more information, contact Kelsey Carter at 270-781-8039 ext. 160 or KelseyCarter@barrenriverhealth.org

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To access resources scan the QR code.
Health Access Nurturing Development Services (HANDS)

HANDS provides support and information to any parent within the 8-county Barren River District. HANDS can also serve any pregnant woman or new mom with a baby under three months old. The program is voluntary and provided at no cost. HANDS is designed to support and assist parents by giving them the information and tools they need to enhance their baby’s growth and encourage the mother, father, or caregiver to be the best they can be. HANDS also provides information on:

- Making a safe home environment
- How to care for a baby
- Facts that will assist in letting families know their baby is growing and developing in healthy ways
- Activities that parents and baby can do together
- Access to community resources

For more information about the HANDS Program contact:

Tammy Drake at 270-781-8039 ext. 132
or
Misty Johnson at 270-781-2490 ext. 220

Communicable Disease Team

The communicable disease staff, under the direction of TB Control Officer, Dr. Douglas Thompson, is responsible for investigation, surveillance, and follow-up of over 70 diseases, including tuberculosis, which are reportable by law. Other roles include:

- Communicable disease control
- Immunizations
- Disaster response
- Epi rapid response
- Tuberculosis
- Perinatal hepatitis B

For more information on our communicable disease team and the services they provide, scan the QR code above

Disaster Preparedness

Disaster could strike at any time. If something were to happen where you live, would you be prepared? Our Disaster Preparedness branch is here to help you learn how to prepare your household for natural and man-made disasters. Roles of the Disaster Preparedness branch include:

- Collaborate with agencies throughout our district to plan for disasters and participate in disaster drills to test capabilities
- Provide education to partner agencies and the public on our existing response plans and procedures in place to respond to disasters
- Design, develop, and implement an emergency plan based on the National Association of County & City Health Officials (NACCHO) Project Public Health Ready (PPHR) criteria for BRDHD staff and volunteers to be used during a man-made or natural disaster
- Participate in monthly Healthcare Emergency Area 4 Response Team (HEART) meetings with regional hospitals, EMS, mental health professionals, coroners, American Red Cross, Emergency Management, local health departments, and long term care facilities to develop plans and protocols for Region 4 response
Mighty Molar Program

The mighty molar program is a mobile dental health unit that travels to schools and daycares to provide children with basic dental treatment. Patients who need more advanced treatment are referred to a local dentist.

Prescription Drug Disposal

We provide education to the public about the importance of proper prescription drug disposal. Failure to safely dispose of prescription medication is not only a danger to children and pets in our community, but also hazardous to our environment and our water safety. BRDHD periodically provides a safe prescription drug disposal area where medications can be dropped off and properly discarded. To stay up to date with our prescription drug disposal, follow our Facebook page at: www.facebook.com/barren.district

Life Improving Functional Exercise (LIFE) and Circuit Training

These physical activity programs help seniors, adults, school staff, and all other people in our communities live stronger, healthier, and more independent lives. Exercise is very important to health, and LIFE and circuit training is a fun and easy way to get people back in action!

Genetic Services

Genetic services can be utilized by individuals with a specific risk or condition regardless of income. These services are provided through a cooperative effort between local health departments and the University of Louisville genetic team and are available in Warren and Barren counties.
Chronic Disease Prevention and Control

Community Diabetes Education Program

Our community diabetes education group programs are for all age groups and are free to participants. These programs include comprehensive diabetes education classes for diabetics and their families. This complete series of classes emphasizes learning a variety of self-management skills and techniques. The classes are based on the 2012 National Standards for Diabetes Self-Management Education and Support guidelines. The series of basic classes are shorter, one session classes that teach the building blocks of diabetes self-care and are offered for those who are unable to attend the comprehensive classes. Monthly diabetes education support groups are available in Barren, Logan, Metcalfe, and Simpson counties. Professional development classes are available for health care professionals, and special educational events such as Diabetes Day Out provide helpful information to the diabetic population.

To register for any diabetes event call Holly Haynes at 270-781-8039 ext. 136

Community Health Worker Program (CHW)

Our CHW program is carefully tailored to meet the unique needs of our diverse community. It is a free home visiting program for people with chronic health problems like diabetes and heart disease. CHWs will visit clients’ homes each month and follow up between visits with phone calls. Community health workers can help clients:

- Understand instructions on what to do to stay healthy
- Make and keep appointments
- Find needed resources for better health
- Understand medicines and how to take them
- Talk with doctors and other members of the health care team

For more information about the community health worker program, contact Diane Sprowl at 270-781-8039 ext. 157.

Individual Nutrition Counseling

This service may also be called Medical Nutrition Therapy or MNT. A registered dietitian meets one-on-one with the diabetic and goes over their current eating habits to see how they can work their favorite foods into a healthy meal plan. Insurance is billed or the fee is based on a sliding scale according to income for the uninsured. To make an appointment, call your local health department, and be sure to tell them that you have diabetes.

Health Hart Coalition

Coalitions are community-based groups of individuals and representatives from local organizations that work on diabetes prevention, healthy lifestyles, and diabetes awareness/early detection of diabetes.

For more information on the Healthy Hart Coalition in Hart County, please contact Melissa Waldron at 270-781-8039 ext. 130.