

BC  
HD

# BARTON COUNTY HEALTH DEPARTMENT NEWLETTER

Issue 1 . October 2019



Public Health  
Prevent. Promote. Protect.



**BIG  
THINGS  
COMING  
SOON...**

## **BARTON COUNTY HEALTH DEPARTMENT MISSION AND PURPOSE**

Mission: The Mission of Barton County Health Department is to assure conditions and provide opportunities in which people can be healthy.

Purpose: Our purpose is to provide Barton County citizens the opportunity to have comprehensive, cost effective, quality public health services, and the opportunity to educate them on choices for a healthier future.

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# OCTOBER REPORT

*From Health Department Director: Shelly Schneider*



HELPING YOU TO  
ACHIEVE YOUR  
BEST HEALTH,  
ONE DECISION  
AT A TIME!

*-Shelly Schneider*

**Hello everyone!**

**Exciting things are going on here at the  
Health Department!**

Flu  
Shots  
Now  
Available!

We have been honored to receive a grant to help with some remodeling in our Clinic and Reception Area! So, we are currently under construction, but still providing quality services! We are also happy to report that the Influenza Vaccines have arrived and we are already getting those out to the Communities with our Outreaches and our open walk-in Clinic.

**Come by and see us! Just don't mind our mess!**

# WELCOME TO WIC!

BY BEV FRIZELL

WIC is a Federally funded nutrition education program for pregnant, breastfeeding and post-partum women, infant and children up to age 5 that provided supplemental healthy foods for participants. In Barton County participants meet with Registered Dietitians to receive nutrition education.

Use links for information on food packages, income guidelines and types of education provided.

[http://www.kansaswic.org/manual/forms/WIC\\_Fact\\_sheet.pdf](http://www.kansaswic.org/manual/forms/WIC_Fact_sheet.pdf)

[http://www.kansaswic.org/manual/forms/WIC\\_FACT\\_SHEET\\_SPANISH.PDF](http://www.kansaswic.org/manual/forms/WIC_FACT_SHEET_SPANISH.PDF)



## KANSAS SPECIAL HEALTH CARE NEEDS

BY DONETA MESSERSMITH

The Barton County satellite office is currently working on gathering data for the relatively new electronic records system called Welligent. We are updating information on all the Barton County catchment area clients in order to have a complete electronic record moving forward. Our goal for fiscal year 2020 is to double the amount of participants in the program. There are many qualifying diagnosis and many referrals are received when children are screened at birth. There are three types of screening that test for over 35 different diseases/disorders. The three types are a hearing screening, a pulse oximeter screening and a blood spot screening. You can get more information about newborn screening by going to [www.kdheks.gov/newborn\\_screening](http://www.kdheks.gov/newborn_screening) or [www.soundbeginnings.org](http://www.soundbeginnings.org) If you or someone you know would like more information about this program we would love to hear from you, please contact **Doneta Messersmith** at 620-793-1902 or by email at [dmessersmith@bartoncounty.org](mailto:dmessersmith@bartoncounty.org).



## PREGNANCY AND PARENTING

By Micca Foos

Barton County Health Department has three pregnancy and parenting programs. These programs assist pregnant women to have a healthier, more supportive pregnancy and help to improve the lives of families, children and parents.

Programs Include:

Prenatal Education and Support

Parenting Education and Support

Linkage and Referrals to Resources in Central Kansas  
Screening

Goal Setting; including health, education and  
employment

Clinic visits with program staff

Optional home visits

Incentives for goal and program completion

## KANSAS HEALTH FOUNDATION

By Quenla McGilber

Healthy Communities Initiative is focused on locating health disparities and inequities in our community. A couple of groups that have health access issues in Great Bend are people who have lived in generational poverty and, when we dig a little deeper, we also become aware of folks who have been affected by Adverse Childhood Experiences or ACES. I have been able to speak to these two groups with our Poverty Resolution and Trauma Informed work.

-Circles and Rise UP



KANSAS HEALTH  
FOUNDATION



## FAMILY PLANNING PROGRAM

By Stacy

This Program constitutes primary care for many of our clients served. A complete health history is taken on each client followed by a physical assessment, including Pap smear, urinalysis, screening for anemia, hypertension, and abnormal conditions of the breast and cervix as indicated. Pregnancy testing and appropriate counseling is available. Information regarding early and continuous prenatal care is provided if the pregnancy test and/or exam findings are positive for pregnancy. Family planning clinics offer a variety of contraceptive methods (Oral contraceptives, Injectable contraception, IUD's, Vaginal Rings, and Condoms), including abstinence. Instructions concerning effectiveness, proper use, indications/precautions, risks, benefits, possible minor side effects, and potential life-threatening complications of contraceptive methods is provided. Screening and treatment for sexually transmitted diseases are a part of the initial and annual visits. Immunization status is routinely addressed.

## LEAD PROGRAM

By Deb Higgins

**Lead Poisoning and Prevention:** Lead poisoning is a preventable pediatric health problem. Lead is a toxic metal that produces adverse health effects this. It can happen in all population groups and income brackets. CDC estimates the risk of lead poisoning is the highest for minority children from low income families. There is no safe level of lead. Early identification and treatment of lead poisoning reduces the risk of children suffering permanent damage. A blood lead test is the only way to tell if a child has an elevated blood level.

**Pathways to Lead exposure:** Inhalation and ingestion

**Health Effects:** Lead travels through the blood to every organ in the body.

**Signs and Symptoms** may include: Headache, lack of appetite, vomiting, fatigue, anemia, stomachache, constipation, or seizures.

**Health Effects:** Lead interferes with the development of the brain. When lead enters the blood stream, it collects in the soft tissues of the body and it also settles in the bones and the teeth, where it is stored for years.

Lead poisoning can be difficult to recognize, and can damage a child's central nervous system, brain, kidney's and reproductive system.

If you feel any of the symptoms please get texted for lead poisoning.



**ARE YOU READY?**

## EMERGENCY PREPAREDNESS

By Lindsey Ensley

Emergency Preparedness involves preparation and forward thinking to be ready for any emergent event. The Barton County Health Dept. Emergency Preparedness Program has plans in place, so that if there is an emergency in Barton County, the Health Department will be able to serve the community by providing needed supplies, medications, and vaccines. BCHD partners with surrounding counties to pool together our resources to better serve our communities. BCHD has set up Point of Dispensing locations in areas around the county so that community members have closer access to the supplies they might need in an emergent event.

Barton County Health Department participated in a Active Shooter Drill in September.



## Child Care Licensing

By Kori Hammeke

Local Surveyor will provide orientation to applicants for licensure; licensed daycare homes, preschools, child care centers, and school age programs.

- Regulation of compliance with Kansas statutes and regulations defining licensed childcare.
- Support and Education of area providers, directors, teachers, and staff.
- Working to ensure the health, safety, and adequate developmental environments for children receiving out of home care.

To Schedule

- Orientation; Call 620.793.1902
- Safe Sleep Training; for professionals, providers, parents, and grandparents.
- Guidance; regarding questions and childcare, practices, state regulations, or reporting concerns

**\*November Newsletter will contain training opportunities for area providers.**

# KANSAS Chronic Disease Risk Reduction

## Public Health Education

By Katelyn Sigler

As Public Health Educator I get to work through a Grant called CDRR (Chronic Disease Risk Reduction).

With this Grant there are three main objectives to help improve public health.

Objective 1- Make communities aware of the seriousness of Tobacco, and e-cigarette use. With convincing Great Bend and other cities, the importance of tobacco free parks with reducing the risk of secondhand smoke.

Objective 2- Help communities create healthy eating habits easily, through Farmers Markets, Community Gardens, Senior Farmers Market Nutrition Program and Senior Food Box Program.

Objective 3- Active Transportation, to build community support for better biking and walking transportation. Examples: Complete Streets, crosswalks and better sidewalks for walkers and bikers to transport easily.

### Public Health Update:

Great Bend has been put on the Trans America Trail map which will bring more biking visitors to Great Bend!

October 17th will be the last day for Great Bends Summer Street Stroll Farmers Market so get your produce while it lasts!

Third Thursday Food Trucks will also be available for the last time on October 17th.

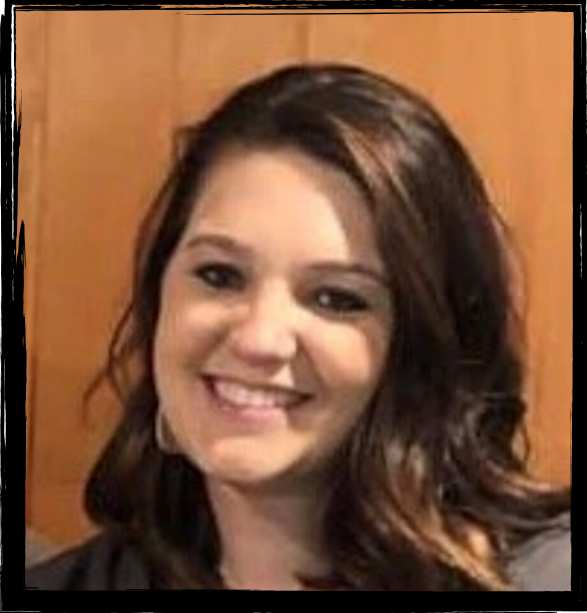
**\* Lastly, as the vaping epidemic comes to its all-time rise, and as the CDC investigates the link between severe lung illnesses associated with vaping please refrain from all vaping so the CDC can gather all the data needed and come to a final conclusion.**

**For More information:  
Please Call 620-793-1902**

**GET TO KNOW  
OUR STAFF**

# Public Health Educator

## KATELYN SIGLER



A little bit about me, I was born and raised in Great Bend, KS. I live there with my husband Jeremy Sigler, daughter Willow (9 months old), and our dog, Bella. I graduated from Fort Hays State University in 2016. I joined BCHD as of July 1 of this year as the Public Health Educator working with the CDRR (Chronic Disease Risk Reduction) grant of 4 different counties, Barton, Rice, Pawnee, and Stafford. I am excited to get started and learn how to improve each counties way to a healthier lifestyle. Through the CDRR Grant I plan to help each community develop Tobacco Free Parks. I want to expand farmers markets in all four of the counties including Senior Farmers Market Nutrition Program and Senior Kansas Food Box Distribution. Lastly my goal is to promote physical activity and active transportation in community settings by forming or strengthening bicycle and pedestrian advisory committees to coordinate local community design policy efforts and awareness activities.

I am a firm believer that as a community we can work together to improve public health! I look forward to working with each community as I transition into this new position.

Please let me know if you have any questions, or if I can be of any assistance at [ksigler@bartoncounty.org](mailto:ksigler@bartoncounty.org)

**Also, as one of the editors of this Newsletter. I would love to hear any feedback of what you like or don't like, or anything you would like to see added.**

**Thank you!**

## More Resources.

BREASTFEEDING SUPPORT GROUP	(620)617-1909
CHILD SUPPORT CENTER	(877)572-5722
PARENTS HOTLINE	(800)332-6378
NAT'L DOMESTIC VIOLENCE HOTLINE	(800)799-7233
CRIME STOPPERS	(620)792-1300
POISON CONTROL	(800)222-1222
KANQUIT (QUIT SMOKING)	1(800)QUIT-NOW
TEEN QUIT PROGRAM	YCQ2.ORG
COUNSELING INC.	(620)792-5405
NATIONAL SUICIDE PREVENTION LIFELINE	1(800)273-8255
HUMAN TRAFFICKING HOTLINE	TEL:1-888-373-7888
	TEXT: 233733