

HEALTH & WELLNESS

Physical Activity & Nutrition

Get Moving/ Weight the Reality Series

A program that includes 30 minutes of physical activity and 30 minutes of nutritional education.

Disease Management

Chronic Disease Self-Management

Learn the skills needed to improve daily living and quality of life while managing your disease.

Diabetes Self-Management

A series of four classes that inform, educate, and empower those with, or at risk for, diabetes to take control by changing their behaviors.

Diabetes Case Management and Outreach

Support and information so diabetics can live healthier lives.

Tobacco Prevention & Cessation

Choose one of these options to become a non-smoker!

- Freedom from Smoking Cessation Class
- 1-800 QUITNOW
- www.Quitnowkentucky.org

Healthy Start in Childcare

We provide consulting services to child care providers on health, safety, and nutrition.

Health Coalitions

Community Health Action Teams– Each county has a health coalition which is comprised of a group of individuals from the community who have come together to pursue goals aimed at bettering the community. Check out these meetings on the community calendar.

Wellness

Personal Wellness

Learn about important health topics. Includes an online personal health assessment.

Teen Wellness

Teens can anonymously submit questions to a health professional about a variety of health related issues

Worksite Wellness

Three levels of services to assist worksites with their wellness initiative

FOR MORE INFORMATION CONTACT YOUR LOCAL HEALTH DEPARTMENT

ADAIR	(270) 384-2286
CASEY	(606) 787-6911
CLINTON	(606)387-5711
CUMBERLAND	(270) 864-2206
GREEN	(270) 932-4341
MCCREARY	(606) 376-2412
PULASKI	(606) 679-4416
RUSSELL	(270) 343-2181
TAYLOR	(270) 465-4191
WAYNE	(606) 348-9349



Lake Cumberland District Health Department

A Healthy Today for a Brighter Tomorrow

DISTRICT OFFICE

**500 Bourne Ave
Somerset, KY
(606) 678-4761
or 1-800-928-4416
www.LCDHD.org**



Health Department Hours

Monday-Friday

8:00 am-4:30 pm*

***ask about our late clinic hours**

The Lake Cumberland District Health Department is open to everyone and does not discriminate on the basis of race, color, religion, national origin, age sex or disabilities

11/2016



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A Healthy Today for a Brighter Tomorrow

LAKE CUMBERLAND DISTRICT HEALTH DEPARTMENT SERVICES



WWW.LCDHD.ORG

PREVENTATIVE CLINICAL SERVICES*

*Charges for most services are based on household income.

Well Child Exams (age 0-21)

- Lab Tests
- Counseling
- Immunizations
- Physical Exam
- Hearing Screening

WIC Program

(Women, Infant, Children Nutritional Supplement Program)

- Pregnant, breastfeeding, or postpartum women
- Infants and children ages birth to 5 years
- Breastfeeding Peer Counseling

H.A.N.D.S./ Home Visiting

- Helping new parents develop skills to prepare for parenthood
- Helping parents understand baby's communication cues
- Promoting positive pregnancy outcomes
- Promoting father involvement
- Providing information on basic care, bonding, & touch

Child Fatality Review

- Grief Counseling

Referrals to:

Commission for Children with Special Health Care Needs (Age 0-21)

First Steps (Age 0-3)

- Vision/Hearing Problems
- Specialists
- Speech Therapy
- Cardiology
- Developmental Evaluation/Intervention

Immunization

- Recommended immunizations for children and adults

Family Planning

- Birth Control Methods
- Preconceptional Counseling
- Pregnancy Testing

Sexually Transmitted Disease Service

- Counseling
- Treatment
- Testing

Women's Cancer Screening

- Pap Smears
- Follow-up coordination
- Mammograms
- Referrals

Tuberculosis (TB) Control Service

- TB skin test
- Screening
- Clinical Evaluation
- Treatment
- Blood assay of latent TB

Ryan White Part B Care Coordination

- Case Management
- Living with HIV/AIDS Education
- Support Groups
- Referrals

School-Based Programs

Nutrition

- Choose My Plate
- Fruits and Veggies -More Matters

Tobacco Prevention & Cessation

- Lifeskills Curriculum
- TEG/TAP
- 1-800-QUITNOW
- Smart Mouth

Physical Activity

- 5210

Teen Pregnancy Prevention

- Making A Difference
- Reducing the Risk

PUBLIC HEALTH SERVICES

Environmental Services

- Complain/Nuisance Control
- Foodborne Illness Outbreak Investigation
- General Sanitation
- Mobile Home Park Inspection
- Motel Inspection
- Public Building Plan Review & Processing
- Public Swimming Pool Inspection
- Rabies Control
- Radon Testing
- Restaurant Inspection
- Rodent Control
- School Inspections
- Sewage Inspection/ Permit
- Water Sampling
- Certified Septic Installer Classes
- Food Manager and Handler Certification Classes

Disaster Preparedness

- Disaster Planning
- Emergency Communication
- Education and Training
- Medical Reserve Corps
- Preparedness Exercise
- Public Health Response

Epidemiology

- Case Investigation
- Disease Surveillance and Reporting
- Education and Training

Vital Statistics

- Application for Birth and Death Records
- Verification of Birth Certificates