

Health & Wellness

Disease Management

- Diabetes Self-Management
- Life Change Diabetes Prevention Program

Tobacco Prevention & Cessation

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

- Freedom from Smoking Cessation Class
- 1-800-QUIT-NOW
- My Life My Quit Youth Cessation
Call 855-891-9989

Healthy Start in Childcare

- Consulting services for child care providers

Health Coalitions

- Community Health Action Teams

Wellness

- Personal Wellness

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

- Teen Wellness

*Teens can anonymously submit their 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



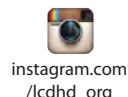
Lake Cumberland District Health Department

A Healthy Today for a Brighter Tomorrow.

500 Bourne Avenue • Somerset, KY 42501
ph: (606) 678-4761 • toll free: 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.*

REVISED 02/2022



Lake Cumberland District Health Department

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Health Department Services

LAKE CUMBERLAND DISTRICT HEALTH DEPARTMENT

ADAIR COUNTY
CASEY COUNTY
CLINTON COUNTY
CUMBERLAND COUNTY
GREEN COUNTY
McCREARY COUNTY
PULASKI COUNTY
RUSSELL COUNTY
TAYLOR COUNTY
WAYNE COUNTY



www.LCDHD.org

Preventative Clinical Services

Public Health Services

Well Child Exams (ages 0 - 21)

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

WIC Program*

**Women, Infant, Children Nutritional Supplement Program*

- Pregnant, Breastfeeding or Postpartum Women
- Infant 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 and touch

Child Fatality Review

- Infant, Child and Adolescent accident and Injury Prevention

Family Planning

- Birth Control Methods
- Preconceptional Counseling
- Pregnancy Testing

Immunization

- Recommended immunizations for children and adults

Sexually Transmitted Diseases

- Counseling
- Treatment
- Testing

Women's Cancer Screening

- Mammograms
- Pap Smears
- Follow-up Coordination
- Referrals

Tuberculosis (TB) Control

- TB skin test
- Screening
- Clinical Evaluation
- Treatment
- Blood assay for TB infection

Ryan White Part B Care

- Support Groups
- Referrals
- Case Management
- Medication Assistance
- Living with HIV/AIDs Education

School-Based Programs

Nutrition

- Fruits and Veggies - More Matters

Tobacco Prevention & Cessation

- 1-800-QUIT-NOW
- My Life My Quit 855-891-9989

Teen Pregnancy Prevention

- Making A Difference
- Reducing The Risk

Environmental Services

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

Disaster Preparedness

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

Epidemiology

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

Vital Statistics

- Application for Birth and Death Records
- Birth Verification