

# 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.*

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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