



*MILL SPRINGS MILL, WAYNE COUNTY
PHOTO PROVIDED BY: ANITA FRANKLIN*

2022-2023

**ANNUAL IMPACT REPORT
JULY 1, 2022 - JUNE 30, 2023**

**PROUDLY SERVING ADAIR,
CASEY, CLINTON, CUMBERLAND,
GREEN, MCCREARY, PULASKI,
RUSSELL, TAYLOR, AND WAYNE
COUNTIES**

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CORE PUBLIC HEALTH

FOUNDATIONAL PUBLIC HEALTH

Five focus areas, which includes statutorily and regulatorily defined services:

1. Population Health
2. Enforcement of Regulation
3. Emergency Preparedness & Response
4. Communicable disease control
5. Administrative and organizational infrastructure

Community Health Assessment

WIC

HANDS

HARM REDUCTION & SUD

Local Public Health Priorities

Lake Liberty, Casey County
Photo Provided by: Kristin Casada

LAKE CUMBERLAND DISTRICT HEALTH DEPARTMENT

SERVING RESIDENTS AND VISITORS OF:

- *ADAIR COUNTY
- *CASEY COUNTY
- *CLINTON COUNTY
- *CUMBERLAND COUNTY
- *GREEN COUNTY
- *MCCREARY COUNTY
- *PULASKI COUNTY
- *RUSSELL COUNTY
- *TAYLOR COUNTY
- *WAYNE COUNTY

"A Healthy Today for a Brighter Tomorrow"



www.lcdhd.org
 http://www.facebook.com/lcdhd
 www.twitter.com/LCDHD
 www.instagram.com/lcdhd_org



PRINCESS FALLS, MCCREARY COUNTY
 PHOTO PROVIDED BY: LETICIA TUCKER

CORE PUBLIC HEALTH

FOUNDATIONAL PUBLIC HEALTH

Five focus areas, which includes statutorily and regulatorily defined services:

1. Population Health
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Community Health Assessment

WIC

HANDS

HARM REDUCTION & SUD

Local Public Health Priorities

OUR MISSION

The Lake Cumberland District Health Department prevents illness and injury, promotes good health practices, and assures a safe environment to protect and improve the health of our communities.

OUR VISION

The Lake Cumberland District Health Department will be a progressive leader providing innovative solutions to achieve optimal health status for our communities.

OUR VALUES

- integrity
- respect
- empathy
- excellence
- responsibility
- efficient
- trustworthy
- compassion
- accountability
- inspire/empower
- leadership



FY22-23 Annual Impact Report



500 Bourne Ave
 Somerset, KY 42501



Director's Comments

FY22-23



I am very excited to present the Lake Cumberland District Health Department's very first Annual Community Impact Report. We have historically completed and shared Annual Reports, however this year, we have completely overhauled how the information is presented. It is our intention that this will give a truer picture to our communities and stakeholders of the impact public health has on our daily lives. Many people only think about public health in very narrow terms - immunizations, restaurant inspections or WIC services. This report will demonstrate the bigger impact public health has on the places we live, learn, work and play.

Every single employee of Lake Cumberland District Health Department plays a role in our mission to prevent illness and injury and promote and protect the health of Lake Cumberland. We are dedicated professionals who care for our neighbors daily. I am proud to serve with this team and this agency at this moment in time.

The last few years have been challenging beyond belief, but LCDHD remains a shining star of service, innovation and leadership across Kentucky.

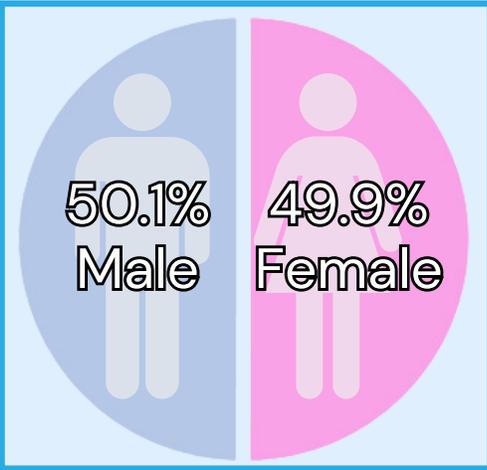
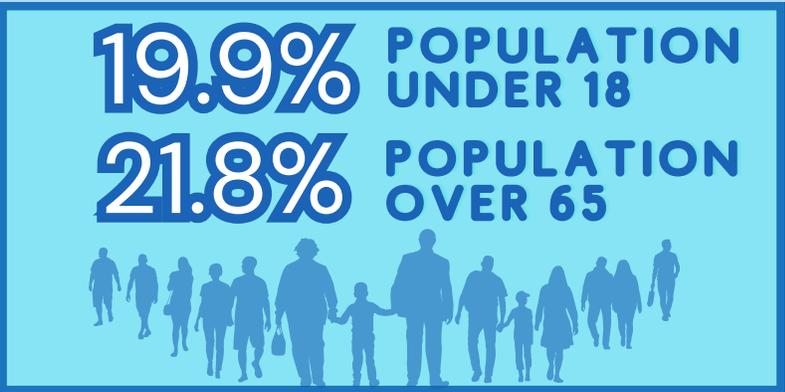
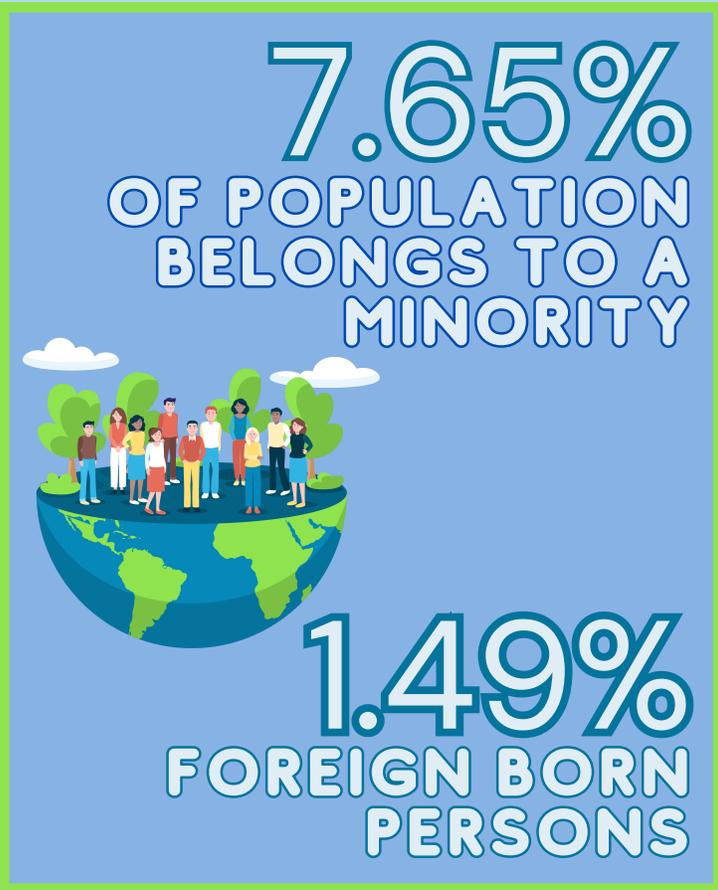
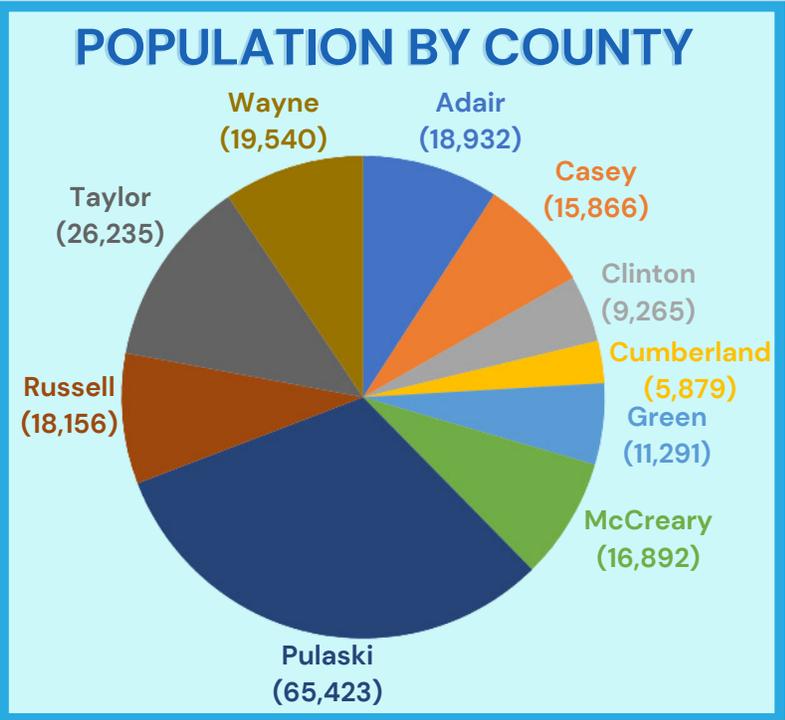
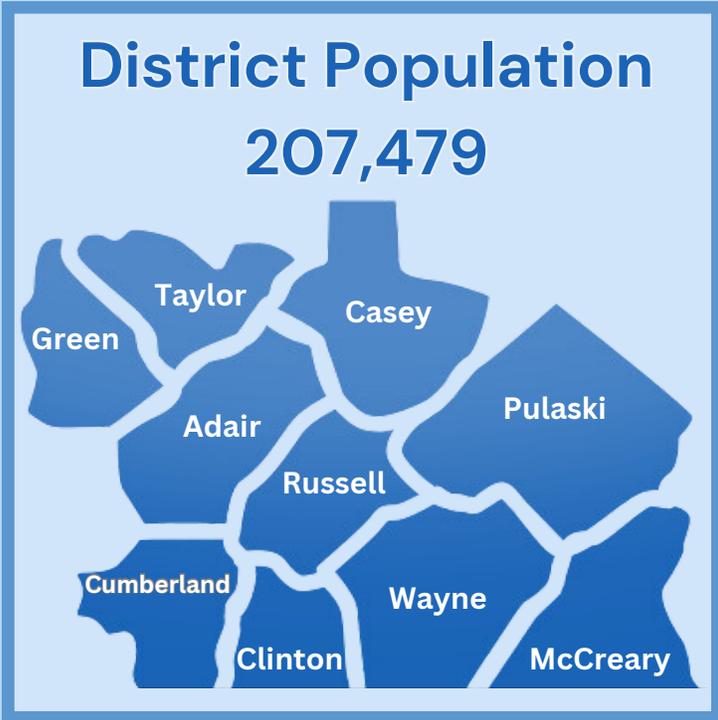
Amy



MYSTERY FALLS, WAYNE COUNTY
PHOTO PROVIDED BY: COURTNEY ROBERTS



Lake Cumberland District Population Demographics



census.gov (July 1, 2022)
 countyhealthrankings.org (2023)

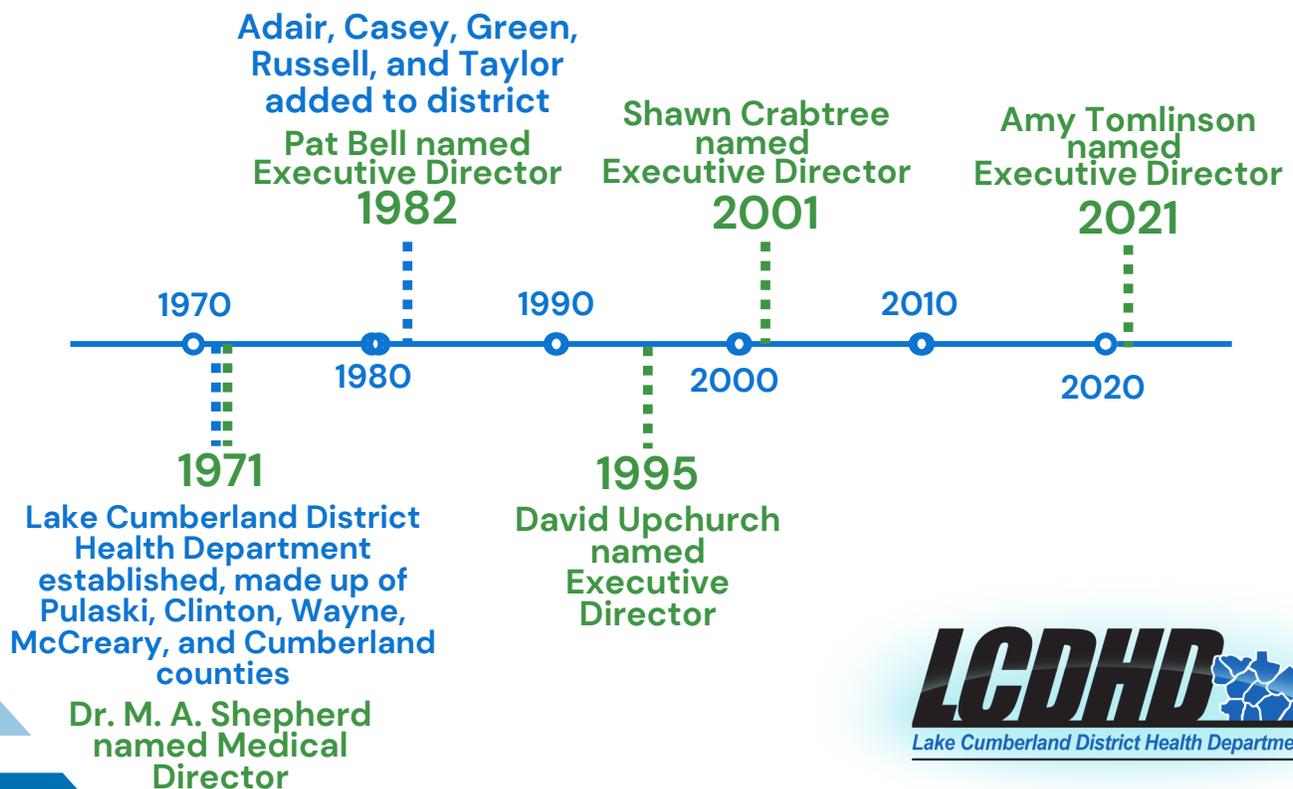
LAKE CUMBERLAND DISTRICT HEALTH DEPARTMENT

OUR HISTORY

Lake Cumberland District Health Department was created in 1971, making it the first District Health Department in the state of Kentucky. It originally consisted of 5 counties – Pulaski, Clinton, Wayne, McCreary, and Cumberland. In 1982, the counties of Adair, Casey, Green, Russell, and Taylor were added to the district, making it the 10 county district that it is today.

The land covered by the Lake Cumberland District is around 3,613 square miles with a population of approximately 208,000. Somerset is the largest city in the 10 county area with a population of approximately 12,218.

The LCDHD is governed by a 30-member board of directors with representation from each county local boards of health. The board is comprised of county judge executives, physicians, nurses, dentists, veterinarians, optometrists, and citizen members.



HEALTH CARE ACCESS & QUALITY

Circumstances like poverty and geographic location can make it difficult to access a primary care provider and make it more difficult to afford health care services and medications.

EDUCATION ACCESS & QUALITY

People with higher levels of education are more likely to be healthier and live longer. Children from low-income families, children with disabilities, and children who experience discrimination are more likely to struggle with math and reading.

NEIGHBORHOOD & BUILT ENVIRONMENT

Racial/ethnic minorities and people with low incomes are more likely to live in places with high rates of violence, unsafe air or water, and other health and safety risks.



Social Determinants of Health

The conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

ECONOMIC STABILITY

In the US, 1 in 10 people live in poverty and many people can't afford healthy foods, health care, and housing. People with steady employment are less likely to live in poverty and more likely to be healthy.

SOCIAL & COMMUNITY CONTEXT

People facing challenges and dangers like unsafe neighborhoods, discrimination, or trouble affording the things they need can have a negative impact on health and safety.





HEALTH CARE ACCESS & QUALITY

of Lake Cumberland District

9 hospitals in district

7 of 9 are Critical Access (low level care)

McCreary County, population 16,701, has no hospital.

7.8% of district population under 65 do not have health insurance



Social Determinants of Health

24% of adults reported that they consider themselves in fair or poor health



Ratio of Population to Physicians

Adair	1 Per 3,260
Casey	1 Per 16,070
Clinton	1 Per 2,020
Cumberland	1 Per 2,170
Green	1 Per 3,670
McCreary	1 Per 8,540
Pulaski	1 Per 1,280
Russell	1 Per 3,000
Taylor	1 Per 1,350
Wayne	1 Per 1,840



NEIGHBORHOOD & BUILT ENVIRONMENT

of Lake Cumberland District

9 out of **10** counties issued Farmers Market Benefits to WIC participants.



4% of people report low incomes and do not live close to a grocery store, limiting their ability to access healthy foods



Social Determinants of Health



12.2% of households experienced severe housing problems such as overcrowding, high cost, and lack of facilities

13 public schools in district have enacted smoking ordinances



ECONOMIC STABILITY

of Lake Cumberland District

23.1% of people live in poverty



4.6% unemployment rate



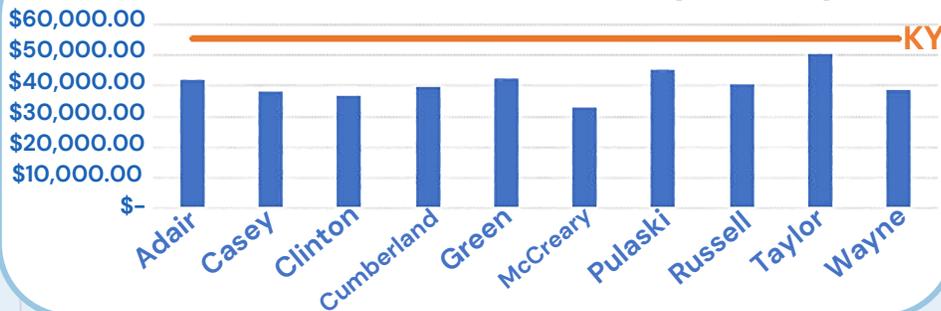
Social Determinants of Health



Median Household Income \$40,730



Median Household Income By County





SOCIAL & COMMUNITY CONTEXT

of Lake Cumberland District

53.1

Children in foster care (rate per 1,000 children)



68.7%

of children are eligible for free or reduced lunch



Social Determinants of Health



24.6%

of children live in single-parent households



7.83

Membership organizations* per 10,000 people

*Civic, religious, political, sports, professional





EDUCATION ACCESS & QUALITY

of Lake
Cumberland
District

13
public school
systems in
district (K-12)



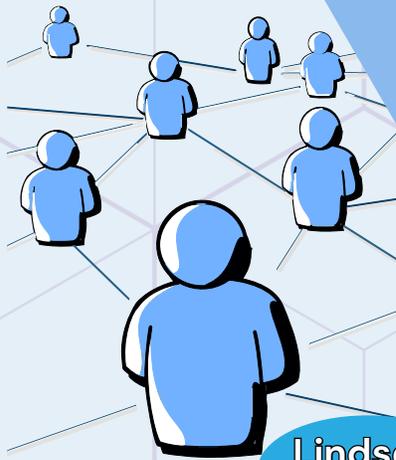
80.6%
of adults
graduated
high school



Social Determinants of Health



15%
of adults have
a bachelor's
degree or
higher



Somerset
Community
College

Lindsey
Wilson

University
of the
Cumberlands

Colleges & Campuses in District

Campbellsville
University

Western
Kentucky
University

Eastern
Kentucky
University

Southeast
Kentucky
Community &
Technical
College

LCDHD Health Policy and Promotion

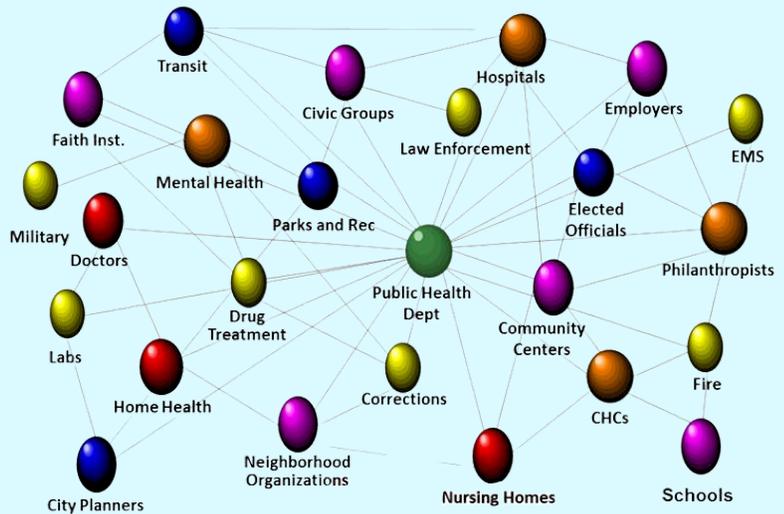
FY 22-23

COALITION/STAKEHOLDER MEETINGS

229 MEETINGS
1,603 STAKEHOLDERS IN ATTENDANCE

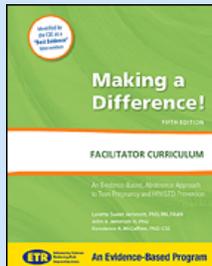
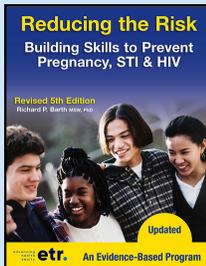


LCDHD'S PUBLIC HEALTH SYSTEMS



ADOLESCENT TEEN PREGNANCY PREVENTION

3,319 STUDENTS
16,598 EDUCATIONAL SESSIONS



TOBACCO PREVENTION & CESSATION

- ✓ DEVELOPED SOCIAL MEDIA CAMPAIGN, CHOOSE YOU KENTUCKY
- ✓ DEVELOPED & PROVIDED THE LCDHD YOUTH TOBACCO CESSATION TOOLKIT
- ✓ HEALTH EDUCATORS TRAINED ON YOUTH VAPING CURRICULUM, **CATCH MY BREATH** YOUTH E-CIGARETTE PREVENTION PROGRAM



CHILDCARE HEALTH CONSULTATION PROGRAM

29 CHILD CARE PROVIDER TRAININGS
59 CLASSES IMPACTING **705** CHILDREN

- ✓ **130** TOOLKITS DISTRIBUTED TO ALL MIDDLE & HIGH SCHOOL STUDENTS IN DISTRICT
- ✓ **2,764** EDUCATIONAL ENCOUNTERS
- ✓ **20** SMOKE FREE VAPE SIGNS TO ADAIR COUNTY LITTLE LEAGUE PARK
- ✓ **1,300** MY LIFE, MY QUIT YOUTH CESSATION FLIERS TO 13 SCHOOL DISTRICTS

Maternal and Child Health Program

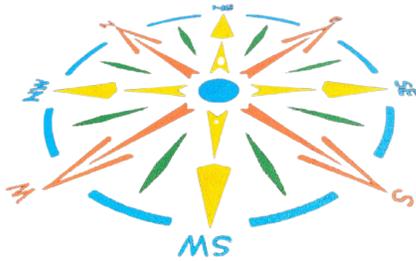


58

PAC N PLAYS
DISTRIBUTED
THROUGH SAFE
SLEEP
KENTUCKY
INITIATIVE

37

PAINT STENCILS
COMPLETED AT
CASEY COUNTY
AG EXPO



2,400



AMAZING
MOMS
BOOKLETS
DISTRIBUTED



INJURY PREVENTION
PROJECTS

WATER SAFETY

SAFE SLEEP

ATV SAFETY

SUICIDE PREVENTION

BIKE SAFETY

PEDESTRIAN SAFETY

CHILD ABUSE PREVENTION

CHILD FATALY REVIEWS

FIRE SAFETY

BULLYING PREVENTION



FY22-23



Public Facility Inspections

(pools, schools,
hotels/motels, mobile home
and rv parks, etc.)



455



On-Site Sewage System Inspections



2839



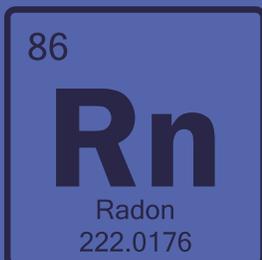
Food Service Inspections

1536



Radon Test Kits Provided

43



Nuisance Complaints Investigated (including animal bites)

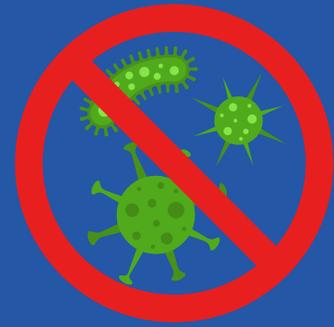
520



1099 Follow-up Inspections (all types)



LCDHD PUBLIC HEALTH PREPAREDNESS FY22-23



29,640 COVID-19 Test Kits Delivered

Over \$137K Worth of Preparedness Supplies Delivered to 14 School Districts



LCDHD Responded to the Flooding in Eastern Kentucky in 2022

Participated in Waste Water Treatment Program Projects



Streaming Audio

Travel Safety

Tornado Safety



530 Radio Spots

940 Radio Spots



Tornado Safety

Media Campaigns

Preparedness

27,764 People Watched Our Tornado Safety Video in its Entirety



13,977 People Watched Our Preparedness Video in its Entirety



Social Media

Travel Safety:

71,431 Impressions/Ads
368 Interactions/Clicks

Tornado Awareness:

121,426 Impressions/Ads
787 Interactions/Clicks



LCDHD Preparedness Department Hosted **Three** Regional Training Events

LCDHD by the Numbers 2022

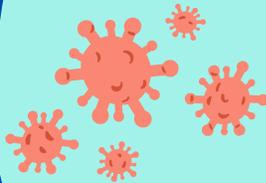
Communicable/Reportable Disease Activity



484

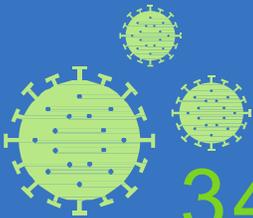
Communicable disease
reports investigated

Reportable Diseases Meeting Case
Definition: Probable or Confirmed



102 Probable

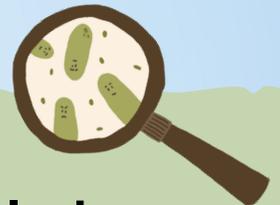
✓ **88 Confirmed**



34,641

COVID-19 cases

1 Tuberculosis case



11 Suspected Tuberculosis cases

14 Latent Tuberculosis Infections



516

Laboratory
confirmed
influenza
cases

6

Communicable
disease
outbreaks
investigated





RYAN WHITE PROGRAM 2022 →

The Ryan White Program offers medical and social support services, referrals, and guidance for HIV-positive patients living in Central and Eastern Kentucky.

In 2022, 145 unduplicated clients were served, residing in 35 Kentucky counties.



3,254 medical case management encounters



Medical transportation assistance provided for 90 clients



Psychosocial support groups held each month



Emergency financial assistance provided to 54 clients



91% of active clients were virally suppressed in 2022



MEDIA AND COMMUNICATIONS

FY22-23



Facebook posts reached

427,938
people

Facebook followers

23,967



699

new FB
page likes

23,067

total likes



- LCDHD advertised in all ten counties through local newspapers, radio stations, digital advertising and billboards.

- LCDHD advertised events such as National Public Health Week, the Public Health Hero Award, Back-to-School Bash events, SMART Recovery classes, diabetes classes, and immunization campaigns.



27

new Instagram
followers

815

total Instagram
followers

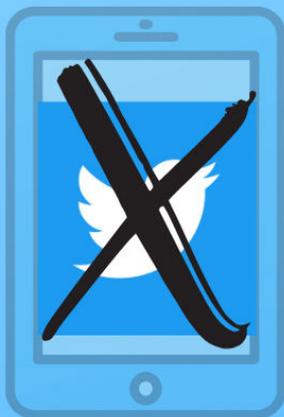
266

total IG profile
visits

IG reached
27,555
people



752
followers
on X
(formerly
Twitter)



New Website
under
construction
launching
in late
2023.



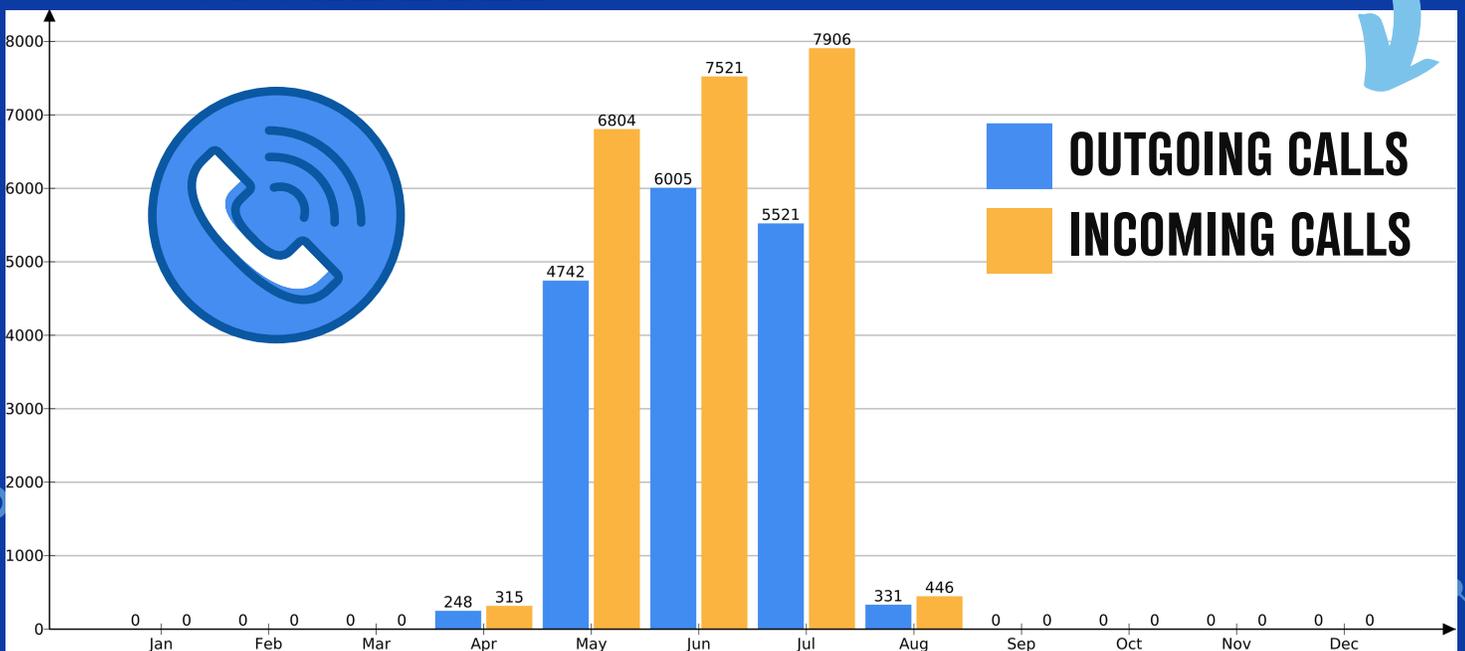


LCDHD IT DEPARTMENT FY22-23



- ALL SITES SWITCHED TO GIGABIT FIBER VIA THE “KENTUCKYWIRED PROJECT”
- IMPLEMENTED FORTINET DEVICES FOR ENHANCED ONLINE SECURITY AND EFFICIENT DATA FLOW
- TRANSITIONED TO A NEW DIGITAL FAX SYSTEM
- MIGRATED TO NEW PHONE SYSTEM APRIL 2023

CALLS



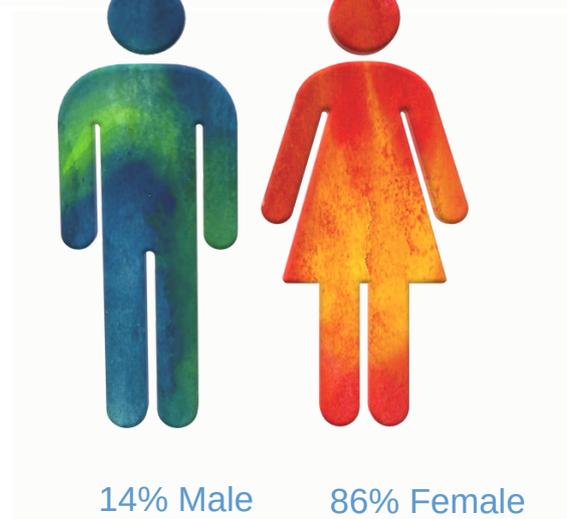
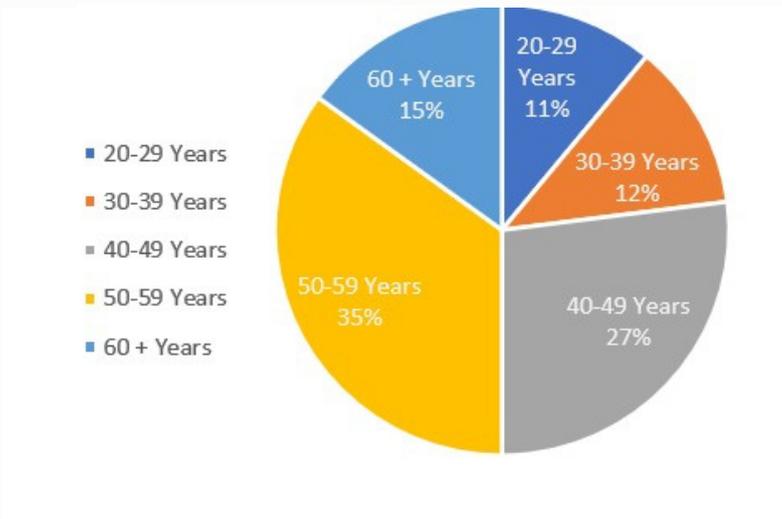
MONTH

Lake Cumberland District Health Department Employee Statistic & Demographics

162
Employees

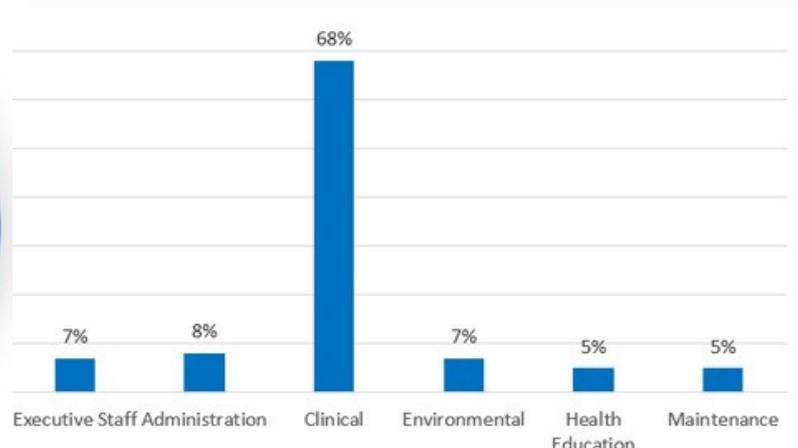
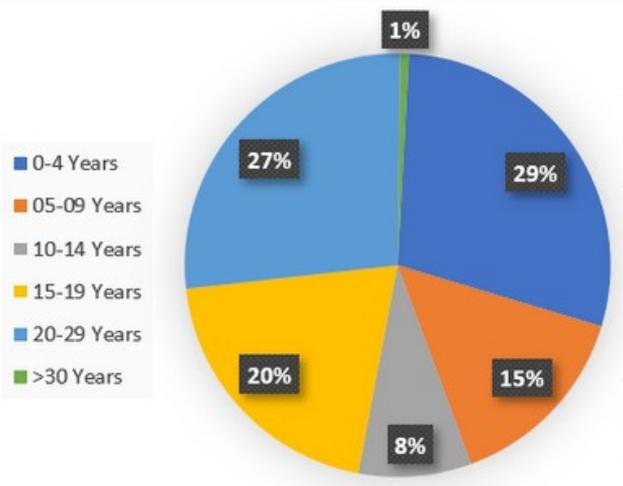
Employees by Age

Employees by Gender



Years of Service

Employees by Branch



Lake Cumberland District Health Department Human Resources Office

Fiscal Year 2022-23
by the Numbers



PERSONNEL

- 162 Employees
- 15 Resignations
- 3 Retirements

NEW POSITIONS

- 40 Job Postings
- 30 New Hire Orientations



OTHER ACTIONS

- 509 Personnel Actions
 - 125 New Compensation Rates (October '22)
- 30 FMLA Cases
- 6 Worker's Compensation Cases
- 4 ADA Accommodation Requests



Administrative Services

For fiscal year 2023, Lake Cumberland District Health Department budgeted at a **\$2,945,105 surplus**. The agency closed with a **\$2,244,822.99 surplus**.

We overbudgeted in Covid-19 cost centers thinking our cost would be as high for Covid-19 as it was in fiscal year ended 2022 but they turned out to be less. If we were able to pull down more Covid dollars we would have been able to save more costs throughout the year since reimbursement is dollar for dollar. Also, the Kentucky Department of Public Health is eight quarters behind on billing LCDHD and they did not catchup at all in this fiscal year. They are approximately behind \$400,000 in Medicaid match payments that we will have to pay them once they bill it out. As a result, our surplus was healthy but not as high as what we budgeted.

Revenues for FY 2023 were **\$1,308,229 less** than budgeted, primarily due to overbudgeting for Covid-19 funding.

The Administrative Services Department is also pleased to report we received our annual audit conducted by Ray, Foley, Hensley & Company which included **no proposed audit adjustments** or reportable findings. Additionally, they found the financial statements to be **neutral, consistent, and clear**.



Administrative Services



Lake Cumberland District Health Department
Statement of Revenues, Expenditures & Change in Fund Balance
For the Fiscal Year Ending June 30, 2023

(Published in accordance with KRS 424.220 and 65.070. The following information may be inspected by the general public at 500 Bourne Ave., Somerset, KY from September 1, 2022 between the hours of 8:00 am to 4:30 pm.)

Fund Balance as of July 1, 2022		\$ 13,894,053.55
Revenues:		
State	6,153,403.61	
Federal	4,900,428.81	
Local	3,558,509.12	
Service Fees	4,396,142.53	
Interest	109,937.80	
State Restricted Previous Years' Carryover/Reserve Funds Used	0.00	
Federal Restricted Previous Years' Carryover/Reserve Funds Used	0.00	
Fee Restricted Income Previous Years' Carryover Funds	0.00	
Unrestricted Previous Years' Carryover/Reserve Funds Used	0.00	
Total Revenues	19,118,421.87	
Expenditures:		
Salary & Leave	6,933,234.48	
Fringe Benefits	6,524,639.74	
Independent Contractors	61,679.01	
Travel	336,179.78	
Space Occupancy	629,785.60	
Office Administration	548,985.28	
Medical Supplies	468,776.28	
Automotive	19,058.24	
Other	1,330,534.88	
Capital Expenditures	20,725.59	
Total Expenditures	16,873,598.88	
Excess Revenue over Expenditures (Including Carryover/Reserve Funds)	2,244,822.99	
Less State Restricted Previous Years' Carryover Funds Used	0.00	
Less Federal Restricted Previous Years' Carryover Funds Used	0.00	
Less Fee Restricted Income Previous Years' Carryover Funds	0.00	
Less Unrestricted Previous Years' Carryover Funds Used	0.00	
Total Previous Year Carryover Funds Used	0.00	
Total Excess Revenue Over Expenditures (Less Carryover Funds)		\$ 2,244,822.99
Fund Balance as of June 30, 2023		\$ 16,138,876.54

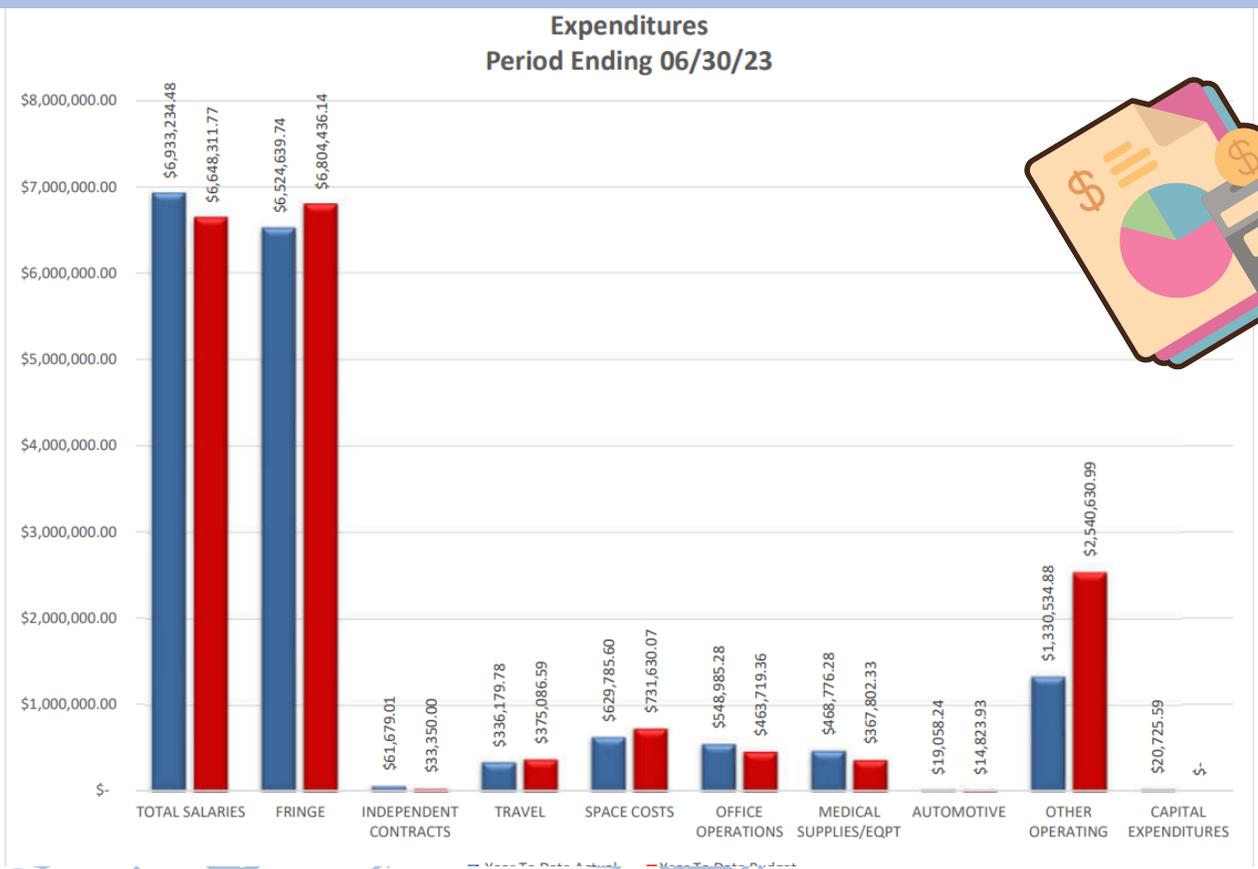


Administrative Services

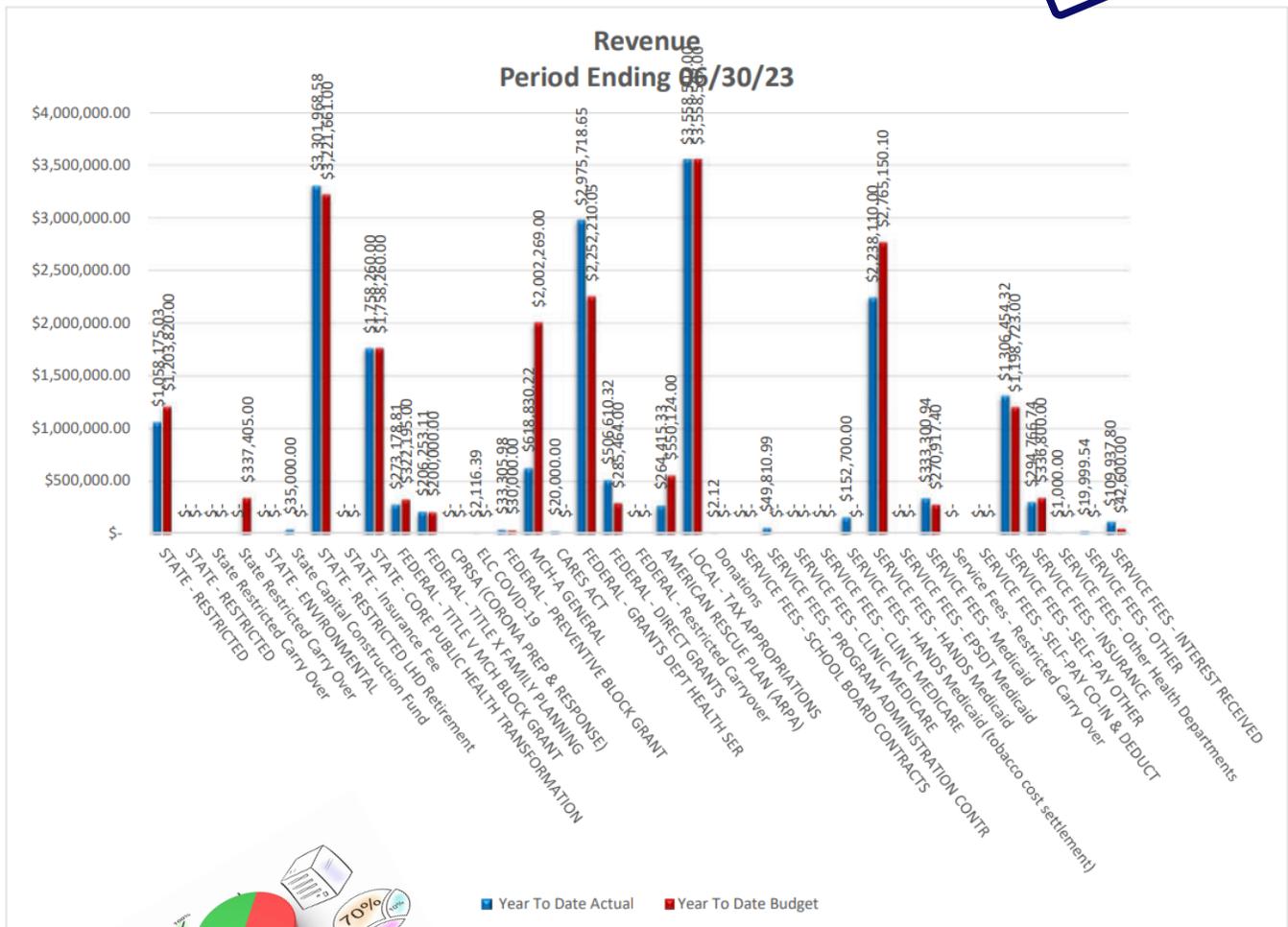


Lake Cumberland District Health Department
 Revenue & Expense Summary Comparison to Prior Year
 As of Period Ending June 30, 2023

	Current YTD Actual	Prior YTD Actual	Change	% Change
Revenue:				
State	\$6,153,403.61	\$ 4,523,821.46	\$ 1,629,582.15	36%
Federal	\$ 4,900,428.81	5,754,022.53	(853,594)	-15%
Local	\$ 3,558,509.12	3,417,499.23	\$ 141,009.89	4%
Service Fees	\$ 4,506,080.33	4,278,868.22	227,212	5%
Unrestricted Carryover	\$ -	\$ 251,760.47	\$ (251,760.47)	-100%
Total Revenue	\$ 19,118,421.87	\$ 18,225,971.91	892,450	5%
Expense:				
Salary & Leave	\$ 6,933,234.48	6,042,920.57	890,314	15%
Fringe Benefits	\$ 6,524,639.74	6,371,524.90	153,115	2%
Independent Contractors	\$ 61,679.01	54,890.31	6,789	12%
Travel	\$ 336,179.78	248,092.36	88,087	36%
Space Occupancy	\$ 629,785.60	654,896.08	(25,110)	-4%
Office Administration	\$ 548,985.28	459,946.57	89,039	19%
Medical Supplies	\$ 468,776.28	343,155.99	125,620	37%
Automotive	\$ 19,058.24	21,556.82	(2,499)	-12%
Other	\$ 1,330,534.88	2,178,891.13	(848,356)	-39%
Capital Expenditures	\$ 20,725.59	\$ 30,153.18	\$ (9,427.59)	-31%
Total Expense	\$ 16,873,598.88	\$ 16,406,027.91	467,571	3%
Excess/(Deficit) of Revenue over Expense:	\$ 2,244,822.99	\$ 1,819,944.00	424,879	23%



Administrative Services



WIC

8,511 Certs and Enrollments
 2,075 Mid-certs
 20,935 Nutrition Education Visits
 3,757 Hemoglobin Checks



3,523 Childhood Immunizations
 1,420 Adult Immunizations
 3,307 COVID-19 Immunizations

Vaccines

1,025 Women's Health Preventive Screenings



129 Pediatric Lead Screenings

624 Sexually Transmitted Disease Screenings



2,675 Tuberculosis Screenings

602 Pregnancy Tests



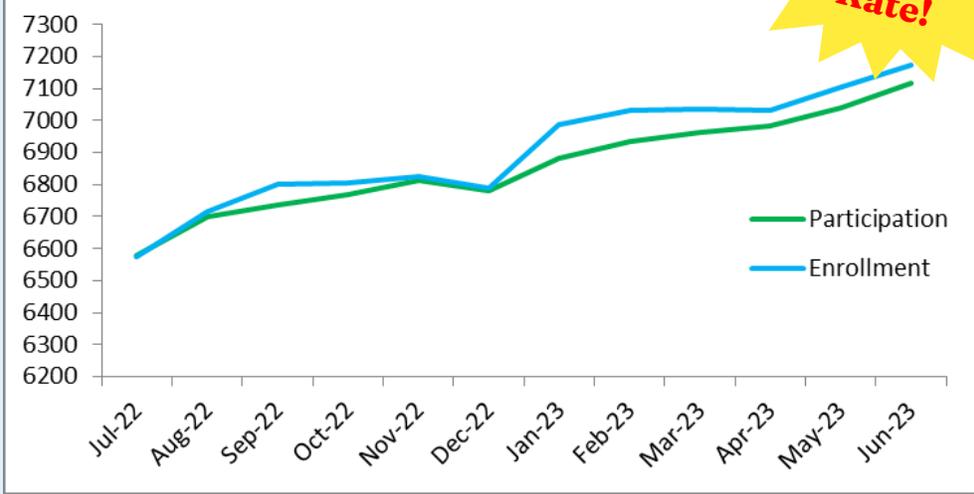
WIC Program

Women, Infants and Children (WIC) can help you with your grocery budget each month. WIC encourages healthy eating with supplemental foods, nutrition education and breastfeeding support for pregnant/postpartum women, infants and children.

July 1, 2022 - June 30, 2023

**99%
Participation
Rate!**

WIC Participation and Enrollment



*Participation rate is based on clients attending required periodic visits.

WIC Outreach Activities:

*Billboards placed in each county

*participated in person at 7 events

*multiple targeted mailings

*information provided to physicians, head start programs and daycares across the district

Farmer's Market Vouchers

Amount Per Serving

Calories 250 Calories from fat 10

% Vouchers Redeemed

Adair County 14.56%

79 Vouchers

Cumberland County 11.52%

11 Vouchers

Green County 44.45%

103 Vouchers

Russell County 27.57%

36 Vouchers

Taylor County 16.41%

143 Vouchers

Wayne County 22.82%

116 Vouchers

Vitamin A 1% Vitamin C 3%

Calcium 2% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

SAVE MONEY ON GROCERIES WITH WIC

MONTHLY ESTIMATED WIC FOOD PACKAGE VALUE FOR AGES 1 - 5

- 3 gallons milk
- 1 pound cheese
- 32 oz yogurt
- 1 dozen eggs
- 32 oz whole grains (bread, rice, pasta)
- 36 oz breakfast cereal
- 16 oz beans/peanut butter
- 2 - 64 oz juice
- \$25 for fruit/vegetables

TOTAL: \$75.00*

Food packages and prices can vary per participant



KENTUCKY

WIC

Women, Infants, & Children



FY22-23

36
Consults
Scheduled

21%
of WIC infants were
exclusively breastfed

1969 Participants

617 received
breastfeeding
support and
counseling

1352 received
breastfeeding
information and
encouragement
throughout their
pregnancy

60%
of WIC participants chose
to initiate breastfeeding
after delivery

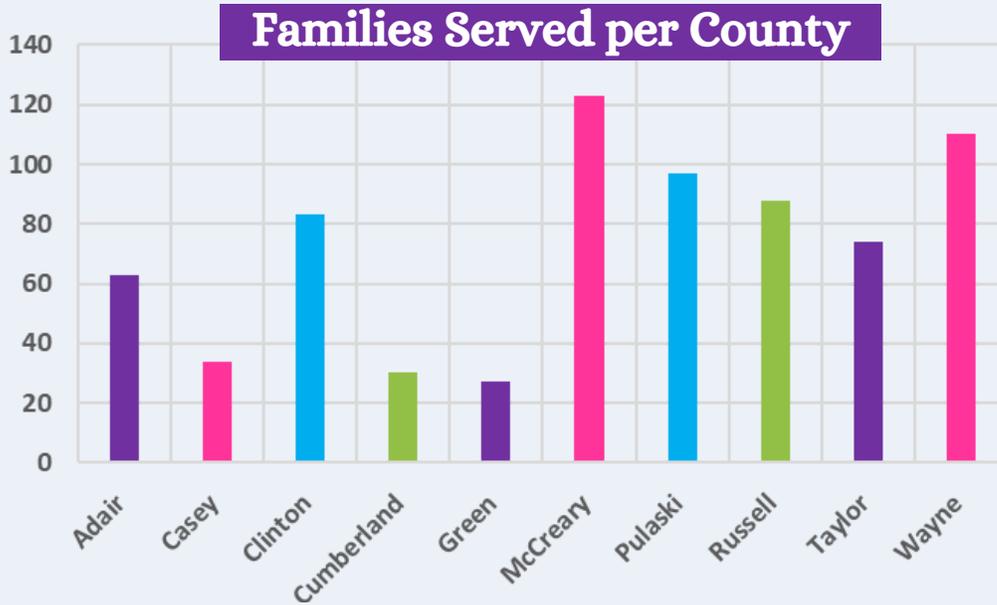
The amount of those
who chose breastfeeding
and those who
exclusively breastfeed
are steadily increasing

**BREASTFEEDING
IS ALWAYS
WORTH IT!**

GET BREASTFEEDING HELP WITH WIC

LCDHD HANDS 2022

The HANDS (Health Access Nurturing Development Services) program is a free voluntary home visiting service provided to expecting parents up until the child turns two years old. Home visitors are trained in using an evidence-based curriculum to empower parents with skills needed to become great parents. HANDS staff assist parents through the different stages of their child's growth and development.



- 102 families graduated from the program
- 485 active participants
- 30,143 visits complete throughout the district
- HANDS gave out 500 emergency supply kits to families
 - these kits were purchased with American Rescue Plan grant funding from the state



Kentucky's
HANDS

LCDHD Harm Reduction and Syringe Exchange Program (HRSEP) FY22-23



Syringes Distributed
422,391



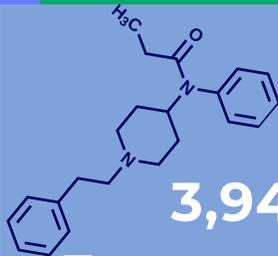
Syringes Collected
424,800



3,948



Narcan/Naloxone Kits Provided



3,948

Fentanyl Test Strips Provided



568

Hepatitis C Virus Tests Performed

SYRINGE EXCHANGE



Education Provided At Visits:

- Proper syringe disposal
- Risk reduction
- Viral Hepatitis prevention
- HIV transmission prevention
- STD prevention
- Overdose prevention/response
- Drug treatment referrals and resources

Did You Know?

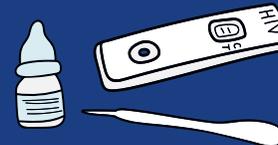


- LCDHD operates 5 of the 82 syringe exchange programs in Kentucky
- LCDHD began a partnership with UK to provide telehealth treatment for Hepatitis C

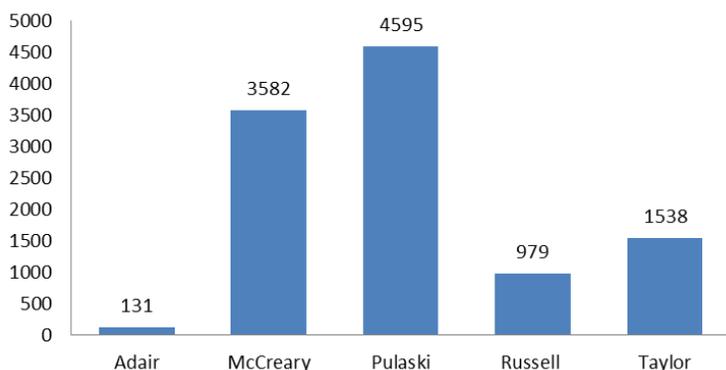


3,164

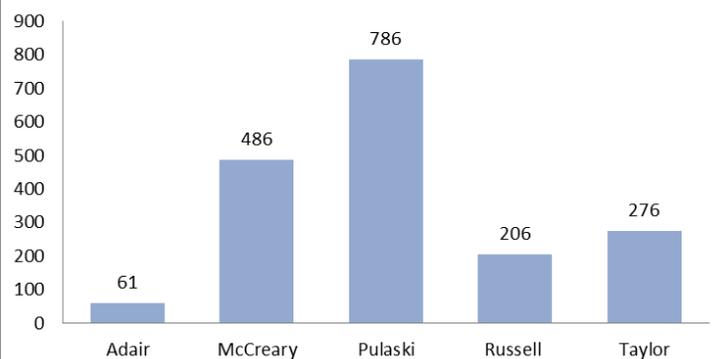
HIV Tests Performed



Total Visits



Participants



LCDHD
COMPREHENSIVE
ADDICTION REFERRAL
EDUCATION
C.A.R.E.
PROGRAM

GRANT CYCLE SEPTEMBER 1, 2022 - AUGUST 31, 2023



**138
CLIENTS
ENROLLED**

**402
REFERRALS
MADE**

269
INCARCERATED INDIVIDUALS
RECEIVED MRT (A COGNITIVE-
BEHAVIORAL TREATMENT SYSTEM
THAT LEADS TO ENHANCED MORAL
REASONING)

REFERRALS MADE FOR:

- SUBSTANCE ABUSE TREATMENT
- SELF-HELP AND SUPPORT GROUPS
- EDUCATIONAL SUPPORT
- HEALTH EDUCATION
- MENTAL HEALTH SERVICES
- MEDICAL SERVICES FOR CHRONIC CONDITIONS
- PARENTING EDUCATION
- TRANSPORTATION ASSISTANCE
- HOUSING
- FOOD ASSISTANCE
- HEALTH INSURANCE AND PRESCRIPTION ASSISTANCE
- JOB TRAINING AND PLACEMENT ASSISTANCE

Wellness & Outreach 2022

216 Individuals Attended!

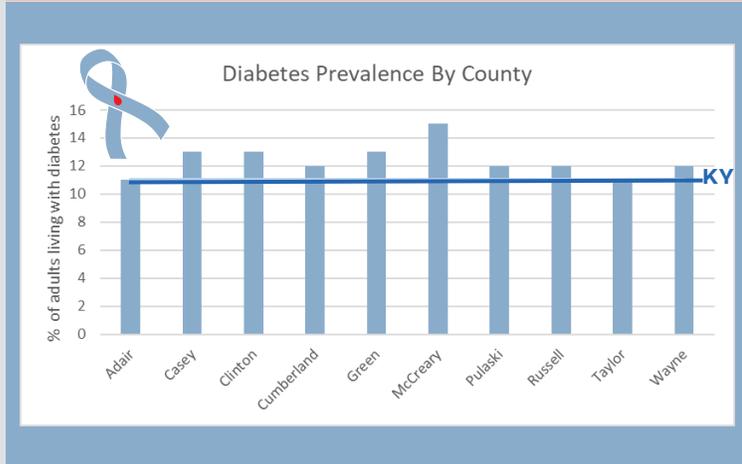


Diabetes Support Groups



2022 Biometric Screenings: 5,060





Hosted Walktober Event

471 Participants




Diabetes Meetings and Classes offered in-person and virtually in all 10 counties



127 Participants!




LCDHD

Lake Cumberland District Health Department



GREEN RIVER, GREEN COUNTY
PHOTO PROVIDED BY: SUE TAYLOR



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