



Public Health
Prevent. Promote. Protect.
Barton County Health Department

Laboratory
Services

Services We
Provide

BREAST CANCER AWARENESS

BARTON COUNTY HEALTH DEPARTMENT



Lindsey Ensley, RN
Family Planning
Coordinator

HEALTH DEPARTMENT SERVICES

Barton County Health Department offers

- Well woman/reproductive health exams, including breast exams.
- Providers can order imaging like mammograms or ultrasounds to screen for breast cancer or other breast issues.

“As you get older your risk of cancer may increase. It is important to know your family health history. You can also reduce your risk by: being physically active, not using tobacco products, choosing healthy foods and drinks, and getting screened regularly.” -Early Detection Works



OCTOBER

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03  Barton County Commissioners Meeting 9:00AM	04	05  Teen Mom Support Group	06	07
08	09  Central Kansas Partnership Community Meeting	10  Becoming a Mom Class Barton County Comm'r Meeting	11  Flu Outreach: Susank, Beaver, Odin, and Clafin	12	13  Flu Outreach: Galatia, Olmitz, Albert, and Pawnee Rock	14  Break the Silence Fall Fest Oct. 14, 5 - 9 pm Jack Kirby Square
15	16	17  Becoming a Mom Class Barton County Comm'r Meeting	18  Breastfeeding Support Group @ 1:30 PM	19	20	21
22	23	24  Becoming a Mom Class Barton County Comm'r Meeting	25  Prenatal Breastfeeding Class @ 2:00PM	26	27	28  DEA NATIONAL TAKEBACK
29	30	31  Happy Halloween Barton County Comm'r Meeting				

MONTHLY PUBLIC HEALTH UPDATE

From Health Department Director Karen Winkelman



As we head into fall, we take a pause to think about the lives that we influence every day! Every day, the public health field is working – often behind the scenes – to prevent hazards and to keep people healthy!

A few highlights of the happenings at your Barton County Health Department include:

1. October is Breast Cancer Awareness Month, an annual campaign to raise awareness of this complex disease. Each year, individuals, businesses, and communities come together to show their support for the many people affected by breast cancer. Throughout the month, women are encouraged to take charge of their own breast health by practicing regular self-breast exams to identify any changes and scheduling regular visits and annual mammograms with their healthcare provider.
2. Fire Prevention Month – This year’s Fire Prevention campaign, “Cooking safety starts with YOU. Pay attention to fire prevention,” works to educate everyone about simple but important actions they can take to keep themselves and those around them safe when cooking.
3. Outreach/Clinic Services – Look for us out and about in the county in our mobile health unit providing Influenza Vaccines. Insurance billing is provided. All vaccines are also available in our clinic on a walk-in basis during operational hours. No appointments are necessary. In some instances, we will make a home visit or come to you in your vehicle in our parking lot.
4. National Drug Take Back Day – The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs while educating the public about the potential for abuse of medications. The date of the event is

Saturday, October 28, 2023, 10 am – 2 pm. A drive-thru location will be available at Barton County Courthouse, East side. The Barton County Sheriff's Office in conjunction with the Barton County Health Department, will be sponsoring this event.

Explore additional information regarding these highlights and more in the featured articles in this newsletter!

Please feel free to visit the department in person or call @ 620-793-1902 if you have any questions.

As always, thank you for your support of Public Health!

Mobile Flu Shot Clinic

FLU SHOTS
Across Barton County

Public Health
Barton County Health Department

FLU SHOTS AVAILABLE!
Wednesday, October 11th, 2023

- Susank**
Time: 8:30AM-9:30AM
Location: Agco Corporation
- Beaver**
Time: 10:00AM-11:00AM
Location: Fire Station
- Odin**
Time: 11:30AM-12:30PM
Location: Odin Store
- Claflin**
Time: 1:30PM-2:30PM
Location: Claflin Fire Station

620-793-1902 | <https://www.bartoncounty.org> | @bartoncountyhealthdept

FLU SHOTS
Across Barton County

Public Health
Barton County Health Department

FLU SHOTS AVAILABLE!
Friday, October 13th, 2023

- Galatia**
Time: 9:30AM-10:30AM
Location: United Ag Services
- Olmitz**
Time: 11:00AM-12:00PM
Location: That New Place
- Albert**
Time: 1:00PM-2:00PM
Location: Albert City Building
- Pawnee Rock**
Time: 2:30PM-3:30PM
Location: City Hall

620-793-1902 | <https://www.bartoncounty.org> | @bartoncountyhealthdept

Immunization
Form

Cooking safety starts with YOU.

Pay attention to fire prevention.™



**FIRE
PREVENTION
WEEK™**

©2023 National Fire Protection Association | Sparky® is a trademark of NFPA.



“Cooking safety starts with YOU! Pay attention to fire prevention™,” the theme for the 2023 Fire Prevention Week, October 8-14, works to educate the public about simple but important steps they can take to help reduce the risk of fire when cooking at home, keeping themselves and those around them safe.

DEA NATIONAL ^{Rx} TAKEBACK



Turn in unneeded
medication for safe disposal.

Saturday, October 28th
10 a.m. - 2 p.m.

East Side of Barton County Courthouse
Keep them safe. Clean them out. Take them back.



Barton County
Public Health





Double check for *car seat safety*



Sarahi Prieto



WIC Clerk/ Interpreter/ Breastfeeding
Peer Counselor/ Cars Seat Tech.

Universal Home Visiting Program is an education home visiting program that provides prenatal and postpartum support to caregivers and their families in Barton County with no out-of-pocket expense to participants. Registered nurses and community liaisons provide education and family support through home and office visits.

How do you sign up?

Complete a phone self-referral by calling (620) 793-1902

Did You Know ?



Kansas 2021 stillbirth rate was 5.6 per 1,000 live births (310 deaths).

Go to KIDSKS.org to learn about stillbirth interventions.



Pregnancy And Infant Loss Awareness Month

Sleep-related death is the leading cause of infant deaths in Kansas for infants one month to one year. There are about 3,500 sleep-related deaths among U.S. babies each year.

#kidsnetworkks #safesleep #reduceinfantmortality #stillbirthawareness
#miscarriageawareness #SIDSawareness



Katelyn Sigler



Public Health Educator

Thinking about quitting smoking? Celebrate Healthy Lung Month by making a quit attempt. Quitting smoking can not only improve long-term lung health, but your overall well-being too.

Free resources are available for anyone who wants to quit using tobacco products. Visit <https://kansas.quitlogix.org/en-US/> today.

September Highlights

Women's Expo



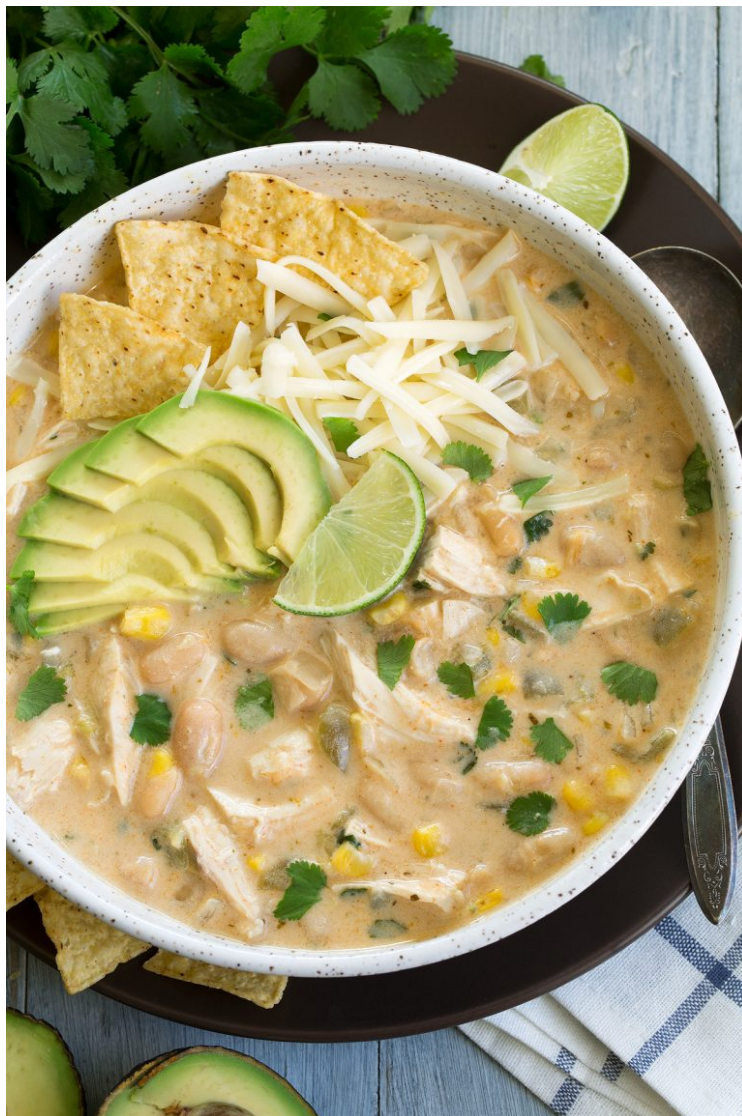
Social Determinants of Health Celebration



Drive Thru Flu Clinic



White Chicken Chili



Ingredients

- 1 small yellow onion, diced
- 1 tbsp olive oil
- 2 cloves garlic, finely minced
- 2 (14.5 oz) cans low-sodium chicken broth
- 1 (7 oz) can of diced green chilies
- 1 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- salt and freshly ground black pepper to taste
- 1 (8 oz) pkg Neufchatel cheese (aka light cream cheese), cut into small cubes
- 1 1/4 cup frozen or fresh corn
- 2 (15 oz) cans cannellini beans
- 2 1/2 cups shredded cooked rotisserie or left-over chicken*
- 1 Tbsp fresh lime juice
- 2 Tbsp chopped fresh cilantro, plus more for serving
- Tortilla chips or strips, Monterrey jack cheese, sliced avocado for serving (optional)

Directions

- Heat olive oil in a large pot over medium-high heat. Add onion and saute for 4 minutes. Add garlic and saute for 30 seconds longer.
 - Add chicken broth, green chilies, cumin, paprika, oregano, coriander, and cayenne pepper, and season with salt and pepper to taste. Bring mixture to a boil, then reduce heat to medium-low and simmer for 15 minutes.
 - Drain and rinse beans in a fine mesh strainer or colander, then measure 1 cup. Set whole beans aside, transfer 1 cup of beans to a food processor along with 1/4 cup broth from soup, and puree until nearly smooth**.
 - Add Neufchatel cheese to soup along with corn, whole beans, and pureed beans, and stir well. Simmer 5 - 10 minutes longer.
 - Stir in chicken, fresh lime juice, and cilantro. If desired, serve with Monterrey Jack cheese, more cilantro, avocado slices, and tortilla chips.
-

BREAST CANCER

awareness month

BREAST CANCER IN THE U.S. WILL AFFECT



PREVENTION TIPS



RISK FACTORS

ALCOHOL
Breast cancer risk increases with the amount of alcohol a woman drinks.

SMOKING
Smoking is associated with a small increase in breast cancer risk.

OBESITY
Being overweight is associated with increased risk of breast cancer.



APPROXIMATELY 1 OUT OF EVERY 100 BREAST CANCER DIAGNOSES IN THE U.S. IS FOUND IN A MAN.

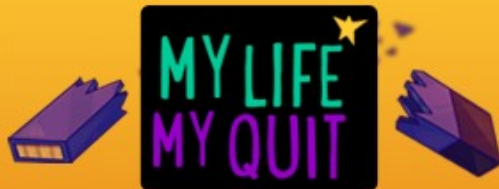
INFORMATION PROVIDED BY:
[HTTPS://WWW.BREASTCANCER.ORG](https://www.breastcancer.org)
[HTTPS://WWW.CDC.GOV/CANCER](https://www.cdc.gov/cancer)

SIGNS AND SYMPTOMS



- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

GET YOUR LIFE BACK



QUIT VAPING NOW

Learn More



Your reason to quit gets bigger every day.

Did you know the Kansas Tobacco Quitline has a special, free program for pregnant moms?

Pregnancy & Post-Partum Quit Program

- \$30 Mastercard gift card mailed to your house after each coaching call completed- *Limited time only!*
- Up to 5 coaching calls during pregnancy and 4 coaching calls post-partum.
- Resources designed specifically to help pregnant moms quit.

For free help to quit smoking and vaping, call 1-800-QUIT-NOW (784-8669).

KanQuit!
1-800-QUIT-NOW (784-8669)
KSquit.org

The Health Advisory Committee shall provide guidance, recommendations, and assistance to the Barton County Health Department staff.

Membership requirements may include allied health or the animal health field. The uncompensated position's term is December 31, 2025.

Return the signed application to



BCHD Health Advisory Committee

Barton County is accepting applications for Two full terms on Barton County Health Advisory Committee until the positions are filled.

Contact the Health Department for more information.

the Human Resource's Office:
by mail to: 1400 Main, Room 107,
Great Bend, KS 67530
or scan and email
to dwatson@bartoncounty.org

Application

Barton County Health Department

1300 Kansas Ave.,
Great Bend, KS 67530
+1 620-793-1902

Contact Us



Public Health
Prevent. Promote. Protect.
Barton County Health Department

Barton County Health Department | 1300 Kansas Ave., Great Bend, KS 67530 6207931902

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