LCHD was invited to participate in the Wellington-Napoleon High School Personal Development Day on May 10th. Breann Jensen and Missy Martin spoke to sixth through eighth grade students about healthy eating. Down the hall, Heather Campbell and Kyle Hougland gave a presentation to ninth through eleventh graders about how to do things like sign up for insurance and how to make a doctor appointment. There were three 45-minute sessions for each subject. The presentations went well, everyone had fun, and the day was a success.

One of our favorite things to do here at LCHD is to get out into the schools and connect with the kids. We’re excited to attend this event again next year!

Breann Jensen and Missy Martin with one of their student groups.

Students were surprised at the amount of sugar in these sugar-sweetened beverages.
Children going into 8th and 12th grades are required by the state of Missouri to get Tdap and Meningitis shots before starting the school year. In an effort to assist Lafayette County school nurses and parents get this done in a timelier and more convenient manner, LCHD began going into the schools in the spring to do the required vaccines for the following school year. The program launched successfully last year and this year we were happy to see the number of students served grow. We will continue to work with the schools, nurses and parents to make sure students get their required vaccines before the first day of school.

Don’t Wait! Vaccinate!

Meet Mary

Summer is here and with it brings Mary Beal! This is Mary’s third year as a summer intern here at LCHD. She is a graduate of Lexington High School and a student at St. Louis University, studying public health. One of her favorite things about interning at LCHD is collecting data and learning about Lafayette County’s needs and assets. She has provided support for many of our programs and we’re very happy to have her.
Eight Lafayette County schools participated in the Tar Wars Youth Tobacco prevention program this year. Education on the cost, health risks of tobacco use, marketing by tobacco companies and ways to lead a healthier tobacco-free lifestyle are offered to all 5th grade classes in Lafayette County. Tar Wars, sponsored by The American Academy of Family Physicians, offers a poster contest at the conclusion of the presentations. Posters from each school are reviewed and voted on by LCHD staff. A first, second, and third place winner is announced at each school. First place posters from each school are then sent on to the state poster contest.

LCHD is pleased to announce that Lafayette County swept the top three winning slots with our Tar Wars Youth Tobacco Prevention State Poster Contest entries!

1st Place - Rylee Jo Hicklin from Odessa Upper Elementary
2nd Place - LaNiya Davis from Lexington Middle school
3rd Place - Izabel Koonce from St. Paul’s Lutheran Elementary in Concordia

On June 22, the first place winner was honored with an award given by The Missouri Academy of Family Physicians during a ceremony in Osage Beach, MO, (all expenses paid) as was LCHD’s own Tar Wars coordinator, Georgia Guthrie, for her dedication to youth tobacco prevention. The first place winner also received a $100.00 gift card, second place received a $50.00 gift card, and third place received a $25.00 gift card.

The new 2019-2020 Tar Wars calendar will showcase the top three poster winners from each participating school as well as information on tobacco prevention. The Tar Wars calendar is designed by LCHD staff, printed by a local collaborating school at a reduced price and distributed to the community free of charge. New calendars will be available in the fall.
Prevent. Promote. Protect.

Tar War Awards
LCHD visited three area schools to provide dental sealants to third and sixth graders that qualified for the program. Thanks to a grant from the Health Forward Foundation, we were able to purchase the equipment to allow us to do the dental sealants at the schools. We traveled to Wellington-Napoleon, Lexington Middle School and Leslie Bell Elementary in Lexington. A total of 52 sealants were applied to the 16 third and sixth graders that signed up this year. Along with the sealants, seven full dental cleanings were done. Students were sent home with sheets informing parents and dentists which teeth were sealed and if any issues were seen that needed follow-up as well as a brand new electric toothbrush and toothpaste. Follow-up will be done in the fall with students who did not receive the full set of sealants. We were very happy with the outcomes of this spring's dental sealants and are looking forward to possibly expanding the program into the rest of the county in the future.

Pictured are Mone Taylor, Dental Hygienist, and Breann Jensen, Program Coordinator, applying sealants to Tucker Martin, a Wellington-Napoleon sixth grader.