



BARTON COUNTY

Public Health

Prevent. Promote. Protect.

Laboratory Services

February

2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 ECHD Staff Meeting 8:00 AM	3 BAM #5 Your Infant 1:30-3:30 PM BT CO Commission Meeting 9:00AM	4	5	6	7
8	9 ECHD Staff Meeting 8:00 AM	10 BAM #4 After Pregnancy 1:30-3:30 PM BT CO Commission Meeting 9:00AM	11	12 Senior Center Blood Pressure Check 9:30-10:00AM	13	14 <i>Happy Valentine's Day</i>
15	16 Office Closed 	17 BT CO Commission Meeting 9:00AM	18	19 ECHD Advisory Committee Meeting 11:30 AM - 12:30 PM	20	21
22	23 ECHD Staff Meeting 8:00 AM	24 BT CO Commission Meeting 9:00AM	25 WIC Prenatal Breastfeeding Class 2:00-3:00pm	26	27	28



February may be a shorter month, but it offers many simple ways to support public health — for yourself, your family, and the Barton County community. Public health is about everyday actions that help prevent illness, support well-being, and keep our community strong.

Focus on Heart Health

February is American Heart Month, making it a great time to care for your heart.

Small steps matter, such as:

- Moving more throughout the day 
- Choosing heart-healthy foods 
- Managing stress 
- Keeping up with routine checkups 

These habits support long-term heart health for individuals and families.

Visit the Healthy Living Lab — No Appointment Needed

Looking for an easy way to focus on your health this month? The Barton County Health Department's Healthy Living Lab is open with no appointment required.

The Healthy Living Lab offers:

- Free or low-cost health screenings
- Wellness education and resources
- Support for healthy lifestyle choices

You can stop by on your schedule — no referral, no appointment, just walk in. It's a simple way to take a step toward better health for yourself and your family.

Support Mental & Emotional Well-Being

Winter months can be challenging for mental health. February is a good time to:

- Check in on yourself and others
- Reach out to friends, family, or neighbors
- Reduce stigma around mental health conversations

A kind word, a listening ear, or sharing resources can make a meaningful difference.

Practice Prevention

Prevention is at the heart of public health.

February is a great reminder to:

- Stay up to date on vaccinations
- Schedule recommended screenings
- Keep routine health appointments

Preventive care helps catch health concerns early and protects the whole community.

Be Prepared

February weather can be unpredictable.

Public health preparedness includes:

- Having an emergency kit
- Knowing winter weather safety plans
- Staying informed during severe weather events

Prepared individuals and families help build resilient communities.

Public health isn't just something that happens at the health department — it's something we practice every day through prevention, connection, and care.

This February, let's continue working together to build a healthier Barton County — one small step at a time.

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

Advisory Committee Supports Family Planning Services



The Barton County Health Department values community input as an essential part of public health. On January 15, 2026, members of the BCHD Advisory Committee met to review family planning information and educational materials and provide recommendations to ensure resources are accurate, appropriate, and responsive to community needs.

During the meeting, committee members carefully reviewed materials, shared perspectives, and discussed ways to improve clarity, accessibility, and effectiveness for individuals and families served by the health department.

The Advisory Committee plays an important role in helping guide programs and services by offering community insight, feedback, and support. Their work helps ensure BCHD continues to provide trusted, evidence-based information while remaining responsive to the needs of Barton County residents.

BCHD appreciates the time, dedication, and thoughtful input of advisory committee members and thanks them for their continued commitment to supporting public health in our community.

Free Prenatal Education Classes



Becoming a Mom

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

When: Every Tuesday from 1:30 to 3:30 PM
Where: Barton County Health Department

JAN 6	You and Your Pregnancy
JAN 13	Healthy Pregnancy
JAN 20	Labor and Delivery
JAN 27	Feeding Your Baby
FEB 3	Newborn and Infant Care
FEB 10	Healthy After Pregnancy

Register today by calling 620-793-1909

^{July} 17 February BAM Classes

BAM classes are held every Tuesday from 1:30-3:30 PM at the Barton County Health Department.

February class topics include:

- February 3 – Newborn and Infant Care
- February 10 – Healthy After Pregnancy

These sessions are especially helpful for parents preparing to welcome a baby or adjusting to life after delivery.

Strong Partnerships, Stronger Communication



The Barton County Health Department is working alongside county partners to improve communication and better serve our community. Through this partnership effort, Pocketalk language translation devices have been purchased and distributed throughout the county, including to the Barton County Sheriff's Office. These devices help staff communicate more clearly with community members who speak different languages by providing real-time, two-way translation. The Health Department believes clear communication is essential to building trust and ensuring everyone can fully understand and access services. Pocketalk devices are also HIPAA-compliant, helping protect personal information and maintain privacy during conversations. This initiative reflects our shared commitment to accessibility, respect, and strong community partnerships across Barton County.

Barton County Health Department Participates in Point-in-Time Event



Barton County Health Department was proud to participate in the recent Point-in-Time event, providing flu shots and connecting community members with important health resources. Staff were on site to support our unhoused neighbors and collaborate with local partners to improve access to care. Events like these highlight the power of community partnerships in meeting people where they are and supporting overall health and well-being.

#OurHearts



February is American Heart Month

Making time for self-care
can keep your heart healthy.



NIH

National Heart, Lung,
and Blood Institute



February Is American Heart Month: Caring for Our Hearts

February is American Heart Month, a time to focus on heart health and the everyday choices that help keep our hearts strong. Managing stress, staying active, and prioritizing self-care all play an important role in supporting a healthy heart.

♥ Why Self-Care Matters

Daily stress can affect both mental and physical health. Making time for self-care can help:

- Lower stress
- Support healthy blood pressure
- Improve sleep
- Boost overall well-being

Simple habits can make a big difference over time.

🏃 Heart Health Support at BCHD

The Barton County Health Department offers local services and screenings to help support heart health, including:

- Blood pressure screenings
- Cholesterol and other health screenings (as available)
- Wellness education and prevention resources

Many of these services are available through the Healthy Living Lab, with no appointment needed.

🧘 Small Steps for a Healthier Heart

Try adding a few heart-healthy habits this month:

- Move more throughout the day
- Practice stress-relief activities

- Get enough sleep
- Stay connected with others

Take Care of Your Heart This February

This American Heart Month, make time for yourself and your health. Caring for your heart helps build a healthier Barton County.

For more information about screenings or services, contact the Barton County Health Department.

Barton County Health Department

OPEN HOURS

Monday	9:00AM-6:00PM
Tuesday	8:00AM-6:00PM
Wednesday	8:00AM-6:00PM
Thursday	8:00AM-6:00PM
Friday	8:00AM-12:00PM
Saturday	Closed
Sunday	Closed

Monday-Thursday Open 12:00PM-1:00PM

Protein Packed Shepherd's Pie Soup



Ingredients

- 2 lbs russet potatoes or white sweet potatoes, peeled and cubed
- 1 Tbsp grass-fed butter or ghee
- sea salt and ground pepper, to taste
- 1 lb ground lamb, ground beef, ground chicken, ground turkey, ground pork or a combination of these
- 1 large sweet onion, diced
- 5 celery ribs, finely chopped
- 4 garlic cloves, minced
- 1 Tbsp Italian seasoning
- 2 tsps dried thyme
- 12 oz bag mixed frozen mixed vegetables
- 6 cups chicken or beef bone broth
- 1 cup organic grass-fed Greek yogurt, or sour cream, room temperature

- Topping suggestions:
- freshly shredded cheddar cheese
- freshly chopped parsley
- chopped green onions

Instructions

- Set your Greek yogurt/sour cream and frozen vegetables on the counter. The dairy will combine with your hot soup better if it's not cold. Allow the frozen veggies to begin thawing a bit.
- Boil your potatoes in salted water until tender (about 20 minutes), then drain all the liquid. Remove about half of your cooked potatoes and set aside. Mash the remaining potatoes in the pot with the butter or ghee. Season lightly with sea salt and pepper to your taste.
- Meanwhile, in a large stockpot or Dutch oven, add your ground meat of choice and cook, mincing it with a wooden spoon.
- Drain any excessive grease and season lightly with sea salt and ground pepper. Stir in the diced onion, celery, garlic, and seasonings then cook while stirring for a few more minutes.
- Add the frozen vegetables and stir well to combine. Add your bone broth and bring everything to a boil, then reduce to low and simmer for 10 minutes.
- Stir in the mashed potatoes and the remaining un-mashed potatoes and simmer for about 5 minutes.
- Add your Greek yogurt or sour cream and stir until combined, then remove the pot from heat.
- Garnish with freshly cracked pepper, parsley, green onions and enjoy!

WHAT WOULD YOU

GAIN IF YOU

QUIT VAPING?

Text "Start" to 36072
Free, confidential help.
Just for teens.

MY LIFE MY QUIT™



Contact Us



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