



BARTON COUNTY

Public Health

Prevent. Promote. Protect.

Laboratory Services

January

2026

SUN	MON	TUE	WED	THU	FRI	SAT
				Happy New Year ¹	2	3
4	5 BCHD Staff Meeting 8:00 AM	Bam #1 ⁶ You and Your Pregnancy 1:30-3:30 PM BT CO Commission Meeting 9:00AM	7	8	9	10
11	12 BCHD Staff Meeting 8:00 AM BT CO Commission Meeting 9:00AM	Bam #2 ¹³ Healthy Pregnancy 1:30-3:30 PM	14	Senior Center ¹⁵ Blood Pressure Check 9:30-10:00AM	16	17
18	19 BCHD Staff Meeting 8:00 AM	Bam #3 ²⁰ Labor and Delivery 1:30-3:30 PM BT CO Commission Meeting 9:00AM	21	22	23	24
25	26 BCHD Staff Meeting 8:00 AM	Bam #4 ²⁷ Infant Feeding 1:30-3:30 PM BT CO Commission Meeting 9:00AM	28 WIC Prenatal Breastfeeding Class 2:00-3:00pm	29	30	31



What Is Public Health — and What It Means for Our Community in 2026

When people think about health, they often think about doctor visits, prescriptions, or hospitals. Public health, however, focuses on something a little different — keeping our entire community healthy before illness or injury happens.

Public health looks at the big picture. It's about clean water, safe food, healthy environments, access to care, prevention, and education. It's the work that happens behind the scenes to help people live longer, healthier lives — whether they realize it or not.

At the Barton County Health Department, public health means supporting individuals, families, schools, workplaces, and neighborhoods. It means tracking and preventing the spread of disease, offering vaccinations and screenings, promoting mental health and substance use prevention, supporting healthy youth development, and responding to emergencies when they arise. It also means listening to our community's needs and adapting as those needs change.

As we move into 2026, public health is more important than ever. Our community is facing new challenges, from mental health concerns and substance use to chronic disease prevention and access to care. Public health works to address these challenges early — through education, partnerships, and prevention — so fewer people reach a crisis point.

Public health is not just about programs or services. It's about people. It's about making sure children are safe and supported, families have access to resources, older adults can age with dignity, and everyone has the opportunity to live a healthy life.

In 2026, Barton County Health Department remains committed to being a trusted partner in our community. We will continue working with schools, local organizations, healthcare providers, and residents to build a healthier, stronger Barton County — together.

Public health is all of us, working toward a healthier future.

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!!

NATIONAL
BLOOD
DONOR
MONTH



Donating blood is a simple way to save lives. Blood is needed every day for surgeries, accidents, cancer treatments, and emergencies, and it can't be made — it must be donated. One donation can help up to three people, making a big impact with a small amount of time. By donating blood, you help make sure lifesaving care is available for patients in our community when they need it most.

Free Prenatal Education Classes



Becoming a Mom

Public Health
Prevent. Promote. Protect.
Bartons 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



Don't let arthritis slow you down. Manage your arthritis by:
-Staying hydrated

- Gentle exercise
 - Healthy eating
 - Stretching
 - Sleep
-

What Is Public Health?

And What It Means for Our Community in 2026

Health vs. Public Health

Health Care Doctor Visits Prescriptions	Public Health Preventing Illness <i>Before It Happens</i>
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The Big Picture

Clean Water | Safe Food | Healthy Environment

Access to Care | Prevention & Education

What Public Health Means at BCHD

Disease Prevention
 Vaccines & Screenings

Mental Health & Substance Use
 Healthy Youth Development

Emergency Response

Why It Matters in 2026

Mental Health | Substance Use | Chronic Disease

Public Health Steps In Early

Education | Partnerships | Prevention

Public Health Is About People

Safe Kids
 Strong Families
 Aging with Dignity
 Health for All

Looking Ahead to 2026

- ✓ - Trusted Partner
- ✓ - Schools & Providers
- ✓ - Building a Healthier Barton County

The Takeaway

Public Health = People.

- ♥ It's People.
- ♥ It's Partnership.
- ♥ A Healthier Future.

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

Crockpot Chicken Enchilada Soup



Ingredients:

- 1.5 pound boneless skinless chicken breasts
- 2 cups bone broth, or organic chicken stock
- 1.5 cups enchilada sauce
- 14oz. black, or pinto beans rinsed and drained
- 14oz. black eyes peas beans, rinsed and drained
- 14-ounce jar of organic tomato sauce
- 2 cups organic corn (I used frozen)
- 2 green bell peppers, diced
- 2 jalapenos, sliced and seeded
- 2-3 cloves fresh garlic, minced
- 1 small red onion, diced
- 1 Tbsp ground cumin
- 1 tsp sea salt, or to your taste

Optional Garnishes:

- chopped fresh cilantro
- diced avocado
- diced red onion
- shredded cheese
- sliced green onion

Instructions:

Add all ingredients to a large crockpot, and stir gently to combine. Cook for 4-5 hours on High or 8-10 hours on low, until the chicken is cooked through and shreds easily.

Use two forks to shred the chicken.

WHAT WOULD YOU GAIN IF YOU QUIT VAPING?

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



MY LIFE MY QUIT™

NEW YEAR, NEW ME!

- READ A NEW BOOK EVERY MONTH
- GET MORE SLEEP
- START A NEW HOBBY
- LEARN A NEW LANGUAGE
- START A NEW WORKOUT ROUTINE
- QUIT SMOKING :)

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



Contact Us



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

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

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