



BARTON COUNTY

Public Health

Prevent. Promote. Protect.

Laboratory
Services

Services We
Provide

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 HAPPY NEW YEAR	2	3	4
5	6 BCHD Staff Meeting 8:00 AM	7 BAW Becoming a Mom 1:30PM BC Comm. Meeting 9:00AM	8 Breastfeeding Support Group 3:30PM	9	10	11
12	13 BC Comm. Meeting 9:00AM BCHD Staff Meeting 8:00 AM Central Kansas Partnership Community Meeting	14 BAW Becoming a Mom 1:30PM	15 Breastfeeding Support Group 1:30PM	16 BCHD Advisory Committee Meeting 11:30 AM - 12:30 PM	17	18
19	20 BCHD Staff Meeting 8:00 AM	21 BAW Becoming a Mom 1:30PM BC Comm. Meeting 9:00AM	22 WIC Prenatal Breastfeeding Class 2:00-3:00pm	23	24	25
26	27 BCHD Staff Meeting 8:00 AM	28 BAW Becoming a Mom 1:30PM BC Comm. Meeting 9:00AM	29	30	31	

ONLINE SURVEY



This survey is designed to help the Barton County Health Department better understand the public's awareness of mental health resources and barriers to access in all areas of the county. All responses will be kept anonymous and used only to understand trends in public knowledge.

[Survey Link](#)



WELCOME 2025

Barton County Health Department – January Public Health Newsletter

📌 Public Health in 2025: Building a Healthier Barton County Together

As we step into 2025, the Barton County Health Department is excited to focus on protecting, promoting, and improving the health of our community. This year, we're addressing emerging health trends while continuing our dedication to making Barton County a healthier place for all.

📌 Our Top Health Priorities in 2025

📌 Mental Health Awareness

- Expanding education and resources to address mental health challenges.
- Promoting open conversations to reduce stigma.

📌 Preventive Care Expansion

- Encouraging routine screenings and vaccinations for all ages.
- Increasing access to care through local health programs.

📌 Tobacco Cessation & Smoke-Free Environments

- Offering support to quit tobacco products.
- Raising awareness about second- and third-hand smoke risks.

📌 Healthy Lifestyles

- Promoting physical activity through community events.
- Improving access to nutritious food for families.

📌 How You Can Help

📌 Stay Informed

Follow us on social media for health tips, local updates, and event announcements.

📌 Get Involved

Join a community health initiative.

📌 Take Action

Schedule health check-ups, encourage loved ones to seek preventive care, and support smoke-free environments.

📌 Looking Ahead

2025 is a year of opportunity for Barton County. Together, we can tackle challenges, embrace healthier habits, and ensure our community thrives. The Barton County Health Department is here to guide and support you every step of the way.

Let's make 2025 the healthiest year yet for Barton County!

Stay safe, stay healthy,
Barton County Health Department

Stay informed and take proactive steps for your health this January. Remember, small changes can make a big difference!

Explore Job opportunities here at your local Health Department!

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!!

2024 Highlights

New ADA Compliant Nurses Station



Celebrated Bev Frizell 33 years of WIC (Women, Infant, Children)



In Partnership with the Barton County Sheriff's Office Drug Take Back

Event, 392 Pounds of prescription and non-prescription drugs were collected.



During October and November, the Barton County Health Department was privileged to bring care to our community through 33 outreach events!

2 487 vaccinations were provided during this time, helping protect our neighbors, families, and friends.



Public Health Mural



In 2024, the Barton County Health Department received over \$1.3 MILLION in grant funding to improve community health! These funds helped expand programs,

**provide better resources, and
support the well-being of everyone
in Barton County.**

**1.3
Million**
In Grant
Funds



Social Worker

BFPC

WIC / MCH Nurse

WIC Clerk/
Interpreter

Apply Today!

Barton County Health Department

OPENING HOURS

Monday	8:00AM-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

Starting January 2nd, we'll be open during lunch hours to serve you better. Stop by and see us!



Ham and Cheese Sliders

The secret ingredient is a zesty honey-jalapeño spread.



Ingredients

- 16 oz. package dinner rolls, sides attached
- 1/3 c. mayonnaise
- 2 Tbsp. dijon mustard
- 1 Tbsp. chopped, pickled jalapeños
- 2 tsp. honey
- 4 oz. thinly sliced Swiss cheese
- 8 oz. thinly sliced ham
- 4 oz. thinly sliced cheddar cheese
- 1 Tbsp. olive oil
- 1 tsp. poppy seeds
- 1 Tbsp. chopped chives
-

Directions

1. Preheat the broiler on high. Remove the rolls from the packaging in 1 piece. Using a serrated knife, cut crosswise through the center of the rolls at once to divide the top half from the bottom half (keeping the sides of the rolls intact). Place both halves, cut-side up, on a baking sheet and broil until lightly toasted, 1 to 2 minutes. Set aside.
2. Reduce the oven temperature to 350°F. In a small bowl, combine the mayonnaise, mustard, jalapeños, and honey.
3. On the same sheet tray, spread the cut sides of the rolls with the mayonnaise mixture. On the bottom sides of the rolls, lay the Swiss cheese slices in a single layer, slightly overlapping if needed. Then, lay the ham slices in an even layer over top, followed by the cheddar

cheese slices. Cover with the top half of the rolls.


4. Brush the tops of the rolls all over with olive oil and sprinkle with poppy seeds. Cover the sheet tray and bake for 10 minutes. Uncover the tray and bake until the cheese is melted and the tops of the rolls are golden and toasted, 10 to 15 minutes more. Sprinkle all over with the chives. Cut along the lines of the rolls into individual sliders and serve immediately.

Tip: For a less spicy twist, substitute dill pickle relish or chopped, dill pickles for the pickled jalapeños.

START YOUR QUIT TODAY

Enroll Online

We get you. Thousands of teens have joined My Life, My Quit for free, non-judgmental support, 1:1 help to quit, and easy-to-follow tips from our friendly Coaches. Start now.



Text
"Start My Quit"
to 36072.
It's that easy!



KanQuit!

KANSAS TOBACCO QUITLINE
1-800-QUIT-NOW (784-8669)

KSquit.org

Contact Us



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

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