



**Bullets Activities Reported During April 2005 through May 16, 2005**  
**All Activities Reported**

Service Code	Activity Date	County	NOTES
1216-	2/18/2005	Simpson	Teresa Hendricks of the Barren River District HD submitted an article to the Franklin Favorite Newspaper that ran on February 18th and reached 5,500 readers. The article "Why Folic Acid Is So Important," was part of a monthly column featured for CHANC (Community, Health, Activity, and Nutrition Coalition).
1216-	3/1/2005	Pike	Connie Johnson distributed folic acid vitamins and materials to 22 women shopping at Dawahares in the Mall.
1216-	3/2/2005	Pike	Connie Johnson gave folic acid vitamins and folic acid handouts to 30 women at the Belfry Public Library.
1216-	3/4/2005	Pike	Connie Johnson supplied folic acid pamphlets and vitamins to 36 women shopping at Wal-Mart.
1216-	3/7/2005	Pike	Connie Johnson provided vitamins and folic acid information to 30 women shoppers at Phelps' Pic-Pac Grocery Store.
1216-	3/8/2005	Pike	Connie Johnson provided vitamins and folic acid materials to 5 women attending Cooper Clayton smoking cessation classes.
1216-	3/11/2005	Pike	Connie Johnson reported that a table was placed in the lobby of the Community Trust Bank where pamphlets and vitamins were provided to 20 women using the bank that day.
1216-	3/14/2005	Pike	Connie Johnson distributed vitamins and information to 18 women shopping at Goody's Department Store.
1216-	3/15/2005	Pike	Connie Johnson distributed vitamins and literature to a total of 6 women at Pike County Homeless Shelter and Pike County Abuse Shelter.
1216-	3/21/2005	Pike	Connie Johnson distributed pamphlets and vitamins to 12 women at Landmark Restaurant.
1216-	3/28/2005	Pike	Connie Johnson of Pike County HD distributed vitamins and folic acid information to 21 women at Magic Mart.
1216-	4/1/2005	Pike	Connie Johnson of the Pike County HD visited local area beauty shops and provided 80 folic acid pamphlets to the shops to provide to the women who come there for service.
12-16	4/1/2005	Barren River	THE CHILDCARE PROFESSIONAL-The Newsletter of the Child Care Resource & Referral at WKU, Volume XII, Number 4, April 2005 contains an article submitted by the Barren River District promoting Free Prenatal Classes and Smoking Cessation Support Groups for Pregnant Women offered at 4 different county locations within the Barren River District HD. Diane Sprowl reported.
1216-	4/3/2005	Henderson	The Henderson Gleaner with a distribution of 13,000 included an insert from the GRDHD on this day, which provided an overview of LHD services specific to the GRDHD that also included a full page about Folic Acid Awareness. Jaime Rafferty reported.
1216-	4/4/2005	Hancock	Becky Horn with the Green River District HD provided a total 120 newspaper inserts showing a comprehensive overview of LHD services

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			specific to GRDHD, to various entities in Hancock county. The insert includes one full page devoted to folic acid. Places receiving the insert were: Hancock County Middle and High Schools (20 each), Lewisport Baptist Childcare and Mary's Little Lamb Childcare (20 each), Hancock County Board of Education and ASAP Board (20 each).
1216-	4/4/2005	Pike	Connie Johnson of the Pike County HD visited local doctor offices and provided 80 pamphlets for the doctors to distribute to their patients on folic acid.
1216-	4/5/2005	Daviess	Distributed a comprehensive overview of the LHD services provided specific to the GRDHD, including a page devoted to folic acid awareness to 15 employees of environmental services by Mark Sears, Director for the Green River District Health Department.
1216-	4/5/2005	Ohio	One hundred and fifty copies of the GRDHD Newspaper insert containing a full-page article about Folic Acid Awareness were distributed at various locations in Ohio County. They included: the Ohio County Together We Care offices, home healthcare to be distributed to patients during home visits, and they were also placed in the Ohio County food pantry for patrons to obtain at will. Jaime Rafferty reported.
1216-	4/5/2005	Ohio	225 Copies of the GRDHD Newspaper insert containing a full page dedicated to Folic Acid Awareness were delivered to Ohio County pre-schools. The inserts were placed in the backpack of every preschooler to be shared with parents in that county.
1216-	4/5/2005	Daviess	Don Crask of the Green River District HD provided a 16-page newspaper insert of a comprehensive overview of LHD services specific to the GRDHD to 60 participants during the noon Lion's Club meeting. It includes one full page devoted to folic acid.
1216-	4/6/2005	Union	The Union County Advocate reaching 6,000 homes included an insert from the GRDHD, which provided an overview of LHD services specific to the GRDHD. This 16-page insert included one full page dedicated to Folic Acid Awareness. Jaime Rafferty reported.
1216-	4/6/2005	Statewide KY	Jaime Rafferty sent copies of the GRDHD Newspaper insert to the following ten professionals statewide: Dr. Hacker, Dr. Davis, Rae Williams, Susan Brown, Diane Sprowl, Roger Phillips (MODS-GRDivision), Gaynelle Austin (GRDivision), Marvin Miller, Linda Lancaster, Sandy Cleveland, and Katrina Adams-Thompson. The insert contained a full-page dedicated to Folic Acid Awareness.
1216-	4/7/2005	Ohio	The Ohio County Times News with a distribution of 6,700 homes included an insert with a comprehensive overview (16-pages) of LHD services specific to the GRDHD on this day. The insert also included a full page dedicated to Folic Acid Awareness. Jaime Rafferty reported.
12-16	4/7/2005	Hart	Susan Brown taught pregnancy workshop classes and smoking cessation to 8 participants in Hart County. One woman dropped from 32 cigs/day and 5.2% in her blood from the last class, to 23 cigs/day and 4.2% in her blood today (smoke analyzer results). She received applause and a standing ovation from the rest of the class for her progress.
1216-	4/8/2005	Green River	Jaime Rafferty with the Green River District HD provided 600 copies of the GRDHD newspaper insert to all GRDHD health centers (all but two counties received 100 copies each with McLean and Webster receiving 50 each) for patient distribution. The health related insert contained a full page dedicated to Folic Acid Awareness. Jaime Rafferty reported.

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1216-	4/8/2005	Green River	Jaime Rafferty with the Green River District HD provided 475 copies of the GRDHD newspaper insert to various GRDHD programs for patient distribution. Building Stronger Families received 150 copies; Social workers received 100 copies, CD-CAP/DC-REACH received 100 copies, HANDS/Perinatal received 100 copies, and First Steps/Point of Entry received 25 copies. The health related insert contained a full page dedicated to Folic Acid Awareness. Jaime Rafferty reported.
1216-	4/9/2005	Green River	The Messenger Inquirer Newspaper has a distribution of 34,000 people living in Daviess, Ohio, McLean and Hancock counties within the GRDHD. On this day an insert devoted to a comprehensive overview of LHD services specific to the GRDHD was distributed. A full page dedicated to Folic Acid Awareness was part of this insert reaching 34,000 homes with the FA message. Jaime Rafferty reported.
1216-	4/9/2005	Daviess	Amy Brown of the Green River District HD provided a total of 50 newspaper inserts that provide a comprehensive overview of LHD services specific to the GRDHD, including one page devoted to folic acid awareness to Kids Town Child Care Center that will be shared with the families of the children who are enrolled there.
1216-	4/9/2005	Daviess	Amy Brown of the Green River District HD provided a total of 40 newspaper inserts that provide a comprehensive overview of LHD services specific to the GRDHD, including one page devoted to folic acid awareness to the Pleasant Grove Child Care Center. These will be shared with families of the children enrolled there.
1216-	4/9/2005	McLean	Amy Brown of the Green River District HD provided a total of 45 newspaper inserts that provide a comprehensive overview of LHD services specific to the GRDHD, including one page devoted to folic acid awareness to the McLean County Resource Center to be shared with the families who are enrolled there.
1216-	4/11/2005	McLean	Merritt Thomas of the Green River District HD provided a total of 200 newspaper inserts that provide a comprehensive overview of LHD services specific to the GRDHD, including one page devoted to folic acid awareness to the McLean County Pre-School/Headstart Programs that will be shared with the families of the children enrolled there.
1216-	4/11/2005	Daviess	Fifty copies of the GRDHD Newspaper containing a full page dedicated to Folic Acid Awareness was provided to the Commission for Children with Special Healthcare Needs to distribute to parents for use as a resource for LHD services.
1216-	4/11/2005	Pike	Connie Johnson provided pamphlets and vitamins to 60 women shopping at Wal-Mart.
12-16	4/12/2005	Warren	Susan Brown and Carol England taught pregnancy workshop and smoking cessation support classes to 11 participants in Warren County. This was class #1 The Do's and Don't of Pregnancy. It was the first class for two new students and this class received a portion of the class curriculum from a dietetic intern "Tracey" who challenged them all to think more visually about the food pyramid and exactly what size portions "eating for two" is all about. The class soon realized that 300 extra calories per day isn't really very much and the differences between choices for their health and the health of the baby. Great class participation and effective learning in the process. The importance of folic acid and iron during pregnancy was discussed and the women learned the importance of continuing the healthy habit of a multivitamin daily throughout the rest of their lives.

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12-16	4/12/2005	Logan	Susan Brown and Carol England provided pregnancy workshop and smoking cessation support classes to 3 pregnant women in Logan county. This was class #1 about the Do's and Don'ts of Pregnancy. This was the final class for one student and the first class for two new students. The two newcomers are friends who both smoke, both are age 21, and both work at the same restaurant. One smokes 20 cigarettes/day, with no decrease since pregnancy, and the other has dropped from 20/day to 10/day since pregnancy. They usually smoke while riding the car together-their goal for this week is to stop smoking in cars. They feel good about the challenge and think it will probably help them to decrease their total cigs/day smoked. Susan Brown reported.
1212-	4/13/2005	Fayette	The Lexington-Herald-Leader newspaper interviewed Katrina Adams-Thompson and the article appeared on April 13, 2005. The article contained many quotes from Katrina as well as comments from Dr. Lynda Sanders, a neonatologist from Central Baptist and board member of the KPA. The article promoted the upcoming WalkAmerica scheduled for April 23 in Lexington, but it also shared the story of twins born at 23 weeks gestation whose parents were originally told there was zero chance of survival. One of the twins, Kennedy Grace, did die at 5 days of age. Surviving sister Kendyl Gayle is now 18-months old and plans to walk with Mom and Dad: Gordon and Jill Hippe at the WalkAmerica to raise money and awareness about the seriousness of prematurity. The twins also represent the youngest preemies to have lived at the NICU of UK Hospital. When Kennedy died, sister Kendyl was renamed Grace Kendyl Gayle in her memory. The Hippees are grateful to their families and credit a prayer chain of about 1,000 for the fact that Kendyl survived her start in life as a very pre-term baby and now shows no signs of any long-term disability. They also credit the benefit of cutting edge research provided by the March of Dimes, along with the many blessings received and explainable only through the grace of God. Mother Jill states, "When we look at Kendyl we know how much we owe to the March of Dimes, but when we think about Kennedy, we know we still have a long way to go."
12-16	4/14/2005	Warren	Kathleen Kennedy of the March of Dimes sent the Walk Talk newsletter to interested walkers for the Warren County Walk America containing information promoting prematurity awareness and encouraging folic acid consumption for childbearing age women. She provided these healthful tips of "How to love your baby before it's born:" 1. See a healthcare provider before and during pregnancy, 2. Don't drink, smoke or use drugs; avoid secondhand smoke, 3. Take a multivitamin with at least 400 mcg of folic acid every day, 4. Premature birth can happen to any pregnant woman. Learn the signs of preterm labor and what to do if it happens to you, and 5. Contact the Pregnancy & Newborn Health Education Center @ the March of Dimes for all your pregnancy questions. Visit <a href="http://marchofdimes.com">marchofdimes.com</a> or email <a href="mailto:askus@marchofdimes.com">askus@marchofdimes.com</a> .
1216-	4/15/2005	Daviess	One hundred copies of the GRDHD Newspaper insert were provided to the H. L. Neblett Center for teens and parents to use as a resource for all LHD services, including the full page dedicated to Folic Acid Awareness. Jaime Rafferty reported.
1216-	4/15/2005	Pike	Connie Johnson provided folic acid pamphlets to 80 childbearing age women attending the Hillbilly Days festival in Pikeville.
12-16	4/17/2005	Warren	Susan Brown manned a booth at the Medical Center's Expectant Baby Shower on Sunday, April 17th from 11:30 to 3:45 with approximately 300

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			families in attendance. The booth featured the smoke analyzer machine that tests how much smoke a pregnant woman has been exposed to. Sixty-five participated in the test. The results were an eye-opener for many since only 6 out of 65 tested showed no exposure to smoke, or a zero on the machine. One woman tested had a significant amount of smoke exposure registering 52cigs/day. I believe this machine was very useful in this type of setting. When numbers were higher than expected it gave me an opportunity to tell about our smoking cessation support groups and our pregnancy workshop classes. Sometimes partners were very surprised at the number of cigarettes the mother-to-be was truly exposing the unborn baby and the rest of their family to. Besides the smoke analyzer there were 865 pieces of other materials distributed. The pamphlets distributed were the following: 100 MODs' "Are You Ready For A Baby? 50 MODs' "How Your Baby Grows," 100 CDC "Folic Acid for Healthy Babies," 100 MODs' "PTL: A teaching Guide," 100 MODs' "Smoking & Pregnancy," 100 "Breastfeeding: For all the right reasons," and 150 EPDST "Healthy Children," pamphlets. The smoke analyzer machine used 65 cardboard mouthpieces and 2 plastic pieces that the mouthpieces attach to. There were also approximately 60 "slips" taken that contained information about the pregnancy workshop classes and smoking cessation support. Susan Brown reported.
1216-	4/18/2005	Ohio	Jaime Combs of the Green River District HD provided a total of 175 copies of a newspaper insert that provides a comprehensive overview of LHD services specific to the GRDHD, including one page devoted to folic acid awareness, to COARY (a home-visiting program for "at risk" families in Ohio county).
1216-	4/18/2005	Union	Merritt Thomas of the GRDHD provided a total of 200 newspaper inserts that provide a comprehensive overview of LHD services specific to the GRDHD, including one page devoted to folic acid awareness to the Union County Pre-School/Headstart Programs that will be shared with the families of the children enrolled there.
1216-	4/18/2005	Pike	Connie Johnson provided vitamins and folic acid pamphlets to childbearing age women shopping at Magic Mart in Pikeville.
1216-	4/18/2005	Henderson	Merritt Thomas of the GRDHD provided 300 newspaper inserts that provide a comprehensive overview of LHD services specific to the GRDHD, including one page devoted to folic acid awareness, to the Henderson County Pre-School/Head Start Program that will be shared with the parents of the children enrolled there.
12-16	4/19/2005	Warren	Susan Brown and Carol England provided pregnancy workshop classes and smoking cessation support to 11 participants in Warren county. This was class #8 a final review of breathing/relaxation and a baby shower with door prizes for the participants. Susan Brown reported.
1212-	4/19/2005	Logan	Susan Brown and Carol England taught pregnancy workshop classes and smoking cessation support to 3 participants in Logan county. This was class #2 The Stages of Labor. Susan Brown reported.
1216-	4/19/2005	Davie	Jaime Rafferty provided 3,050 materials/supplies to the Davie County Health Center to be used for educational purposes for childbearing age women who come there for services. She provided: 500 folic acid key chains/pillboxes, 500 ink pens, and 500 each of 4 specific pamphlets containing the folic acid message. She also supplied them with 50 bottles of multivitamins for patient distribution.

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1216-	4/19/2005	Hancock	Jaime Rafferty supplied Hancock County Health Center with 600 materials to be used during the "World's Greatest Baby Shower" event that included 100 folic acid key chain/pillboxes, 100 ink pens, and 100 of 4 specific pamphlets containing the folic acid message.
1216-	4/19/2005	Hancock	Jaime Rafferty supplied 900 materials to the Hancock County Health Center to use for patient education and distribution. These included: 150 folic acid key chain/pillboxes, 150 ink pens, and 150 of 4 specific pamphlets containing the folic acid message.
1216-	4/19/2005	Webster	Jaime Rafferty supplied 450 materials to the Webster County Health Center to use for patient education and distribution including: 150 folic acid key chain/pillboxes, 150 ink pens, and 150 folic acid pamphlets.
1216-	4/19/2005	Ohio	Jaime Rafferty supplied 1,500 materials to the Ohio County Health Center to be used for patient education and distribution including: 250 key chain/pillboxes, 250 ink pens, and 250 each of 4 specific pamphlets containing the folic acid message.
1216-	4/19/2005	Ohio	Jaime Rafferty supplied the Ohio County HD with 1,835 materials to use during the annual "Celebrate the Child" community event. Supplies included 300 folic acid key chain/pillboxes, 300 ink pens, and 300 of 4 specific pamphlets containing the folic acid message. She also supplied 35 bottles of multivitamins to be used along with the rest to help educate childbearing age women about folic acid and for distribution during the event.
12-16	4/20/2005	Metcalfe	Susan Brown and Carol England taught pregnancy workshop classes and smoking cessation support to 7 participants in Metcalfe county. This was class #8 a final review of breathing/relaxation and a baby shower with door prizes for the participants. A pregnant mom who smoked over a pack/day for 6 years, and who has now quit smoking received applause and an extra \$25 gift card from Lifeskills for her efforts. Susan Brown reported.
1216-	4/20/2005	McLean	The Green River District HD provided the McLean County Heath Center with 75 each of two specific folic acid pamphlets, 75 ink pens, and 75 key chains for patient distribution. Jaime Rafferty reported.
1212-	4/21/2005	Hart	Susan Brown and Carol England provided pregnancy workshop classes and smoking cessation support to 18 participants in Hart county. This was class #4Communication/Birth Plan, but because a former participant attended that day with her newborn son we also included diaper change and breastfeeding into the class curriculum. This mom felt very comfortable about nursing openly in front of the other participants to share her success and love of breastfeeding her baby boy. She also demonstrated a wet and dirty diaper change after the nursing. Much was learned from this shared experience among women who had grown to know each other over the course of many weeks. Susan Brown reported.
1212-	4/22/2005	Warren	Kathleen Kennedy of the March of Dimes sent the Walk Talk newsletter to 275 interested walkers for the Warren County Walk America containing information promoting prematurity awareness and tips "For a great walk, since the Warren County WalkAmerica is Saturday April 30, 2005.
1212-	4/26/2005	Logan	Susan Brown and Carol England provided pregnancy workshop classes and smoking cessation support to 7 participants in Logan County. Carol provided some new information she learned after attending a WS provided by Dr. Cooper (of the Cooper-Clayton smoking cessation program) yesterday in Bowling Green. Dr. Cooper alluded to the fact that many

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			areas around the country are beginning to feel his method is also safe with pregnant women IF they realize the importance of no smoking while wearing the patches. If the pregnant women DO NOT SMOKE while using the patches, they (the mother and baby) will receive less nicotine, and no harmful "smoke." Carol encouraged the women to ask their obstetricians about this possibility, while also encouraging them to continue coming for the weekly group support sessions we provide. Susan Brown reported.
1212-	4/26/2005	Warren	Susan Brown and Carol England taught pregnancy workshop classes and smoking cessation support to 11 participants in Warren County. This session included classes 2 & 3 (a make-up from a previously cancelled class). Carol provided some new information she learned after attending a WS provided by Dr. Cooper (of the Cooper-Clayton smoking cessation program) yesterday in Bowling Green. Dr. Cooper alluded to the fact that many areas around the country are beginning to feel his method is also safe with pregnant women IF they realize the importance of no smoking while wearing the patches. If the pregnant women DO NOT SMOKE while using the patches, they (the mother and baby) will receive less nicotine, and no harmful "smoke." Carol encouraged the women to ask their obstetricians about this possibility, while also encouraging them to continue coming for the weekly group support sessions we provide. Susan Brown reported.
12-16	4/27/2005	Warren	Cheryl Kirby-Stokes, Director of the ALIVE Center on Insight Cable TV, interviewed Diane Sprowl. This was a 16-minute taped interview to appear multiple times throughout June 2005. Diane appeared representing the March of Dimes and answered questions about the organization, prematurity and folic acid.
1216-	4/28/2005	Henderson	Jaime Rafferty provided the Henderson County HD with 800 folic acid materials (200 each of two specific pieces of folic acid literature, 200 ink pens, and 200 key chains) for patient distribution.
1216-	4/28/2005	Daviess	Jaime Rafferty provided 2,000 folic acid materials (500 each of two specific pieces of FA literature, 500 ink pens, and 500 key chains) to the Owensboro BBQ Festival Committee for community distribution.
12-16	4/30/2005	Warren	The Barren River District HD participated in the March of Dimes WalkAmerica, providing a walk team and raising about \$1,000 in donations. Diane Sprowl served as team captain, and she along with Susan Brown distributed 100 bags of incentives/materials about folic acid and prematurity to interested participants that day. Each baggie contained a "B" Attitude button, "B" Attitude key chain/pillbox, Get the "B" Attitude pamphlet, a prematurity pin attached to a wallet card stating the signs and symptoms of PTL, and a slip promoting the pregnancy workshop and smoking cessation classes.
12-16	4/30/2005	Warren	While attending the Walk America Susan Brown was interviewed by Greg Wells, a reporter for the Bowling Green Daily News. His article appeared in the Sunday paper (circulation 26,000) the next day on May 1, 2005. The article: "March of Dimes successful" contained comments from Susan, as well as, March of Dimes Divisional Director, Kathleen Kennedy.
1216-	4/30/2005	Madison	Kelly Owens reports that Eastern KY University educated 13 childbearing age women (college students) about folic acid and dispensed a full-year supply of folic acid to each during the entire month of April (52 bottles total). Of note: Kelly is back from maternity leave and eager to "pick up

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			where she left off" in her participation with the KFAP.
1216-	5/3/2005	Daviness	Jaime Rafferty provided Daviness County HD with 1200 materials (300 each of two specific pieces of folic acid literature, 300 ink pens, and 300 key chains) to use at their "Daviness County World's Greatest Baby Shower" booth, to be manned by HANDS workers for community distribution.
12-16	5/11/2005	Warren	Brenda Iler provided 600 each Folic Acid and Prematurity pamphlets to the courthouse to be used in gift packs issued to those applying for marriage licenses.

**Service codes:**

**1216-Folic Acid**

**1212- Prematurity**

**12-16 Both Folic Acid and Prematurity**

Prepared and Distributed May 16, 2005

Susan Brown Kentucky's Folic Acid Campaign Coordinator