

Free Count the Kicks app boosts maternal health in Kentucky

BY MELISSA PATRICK
KENTUCKY HEALTH NEWS

A free Count the Kicks app will allow expectant parents to track their baby's movements in the third trimester of pregnancy, a measure that is used to determine the baby's well-being.

Anthem Blue Cross and Blue Shield in Kentucky is partnering with the Count the Kicks stillbirth prevention program to improve birth outcomes for Kentucky families.

"One of the most critical pregnancy warning signs is a change in a baby's movements during the third trimester. That's why we are proud to partner with Count the Kicks to share this free and easy-to-use pregnancy tool with all expectant parents in Kentucky," Dr. Lori Caloia, Anthem Medical Director, said in a news release.


Count the Kicks allows expectant parents to get to know what movement patterns are normal for their baby. It is available in more than 20 languages. The webpage also provides instructions in multiple

languages for how to use paper charts to count a baby's movements.

By doing a daily kick counting session during the third trimester, the release says expectant parents will become familiar with their baby's movement patterns, be more alert to potential red flags, and feel empowered to contact their provider if their baby's movements ever change.

The app also includes a contraction timer and Ask Ana, an AI-generated assistant, which allows users to receive curated, evidence-based responses to questions about their baby's movement.

Using data from the Centers for Disease Control and Prevention, Count the Kicks found that in Kentucky, 311 babies on average are lost to stillbirth each year.



LEGAL NOTICE

PUBLIC NOTICE
Please take notice that the Fiscal Court of Spencer County on the 16th day of June 2025 will consider the following ORDINANCE(S) for second reading and adoption: Barry King – Requesting R-1, residential to AG-2, agricultural on .998 acres and AG-1, agricultural to AG-2, agricultural on 7.08+/- acres located at 857 Woodland Hills Drive. Scott Travis Spencer County Judge Executive


Attest
Lynn Hesselbrock
Clerk Spencer Co Fiscal Court

Stillbirth is defined as the loss of a baby after 20 weeks of pregnancy.

The program has been successful elsewhere. Research published in BJOG: An International Journal of Obstetrics and Gynaecology shows a more than 30% reduction in Iowa's stillbirth rate in the first 10 years of the Count the Kicks stillbirth prevention program.

"Anthem is hoping to bring the same success that Iowa has seen to Kentucky, which would save approximately 100 babies in the state each year," according to the release.


Toward this goal, Anthem encourages all maternal health providers to order the free educational materials available at CountTheKicks.org to share with the families they care for.



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The Mt. Eden Fire Protection District, pursuant to KRS 75.031, herby advertises that an election will be conducted to elect to its Board of Trustees a Property Owner Trustee. The election will be held on Saturday, June 28, 2025, between the hours of 11AM and 2PM at the principal firehouse of the Fire Protection District at 260 Van Buren Road, Mt. Eden, KY 40046
The names and addresses of the candidates are:

C. Duane McClain
485 Van Buren Road Mt. Eden, KY 40046



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APRIL LEE LOTT, CO-ADMINISTRATIX
of the Estate of
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c/o Atty. SHARON H SATTERLY
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