



Employee Spotlight: Lindsey Jeffers, BHS

Hello everyone! My name is Lindsey Jeffers and I currently work as the Creating Healthy Communities Program Director at the Meigs County Health Department. I have recently graduated from Wilmington University with my Bachelor's in Health Science's. Previously to obtaining my bachelor's degree, I graduated from The University of Rio Grande in 2010 with an Associates in Applied Science. I worked as a Diagnostic Medical Sonographer for the last 10 years. Where I spent the last 5 years of that time with Ohio Health OPG OB/GYN.

In 2020, I made the decision that I wanted to completely change my career path. As I loved my job as a sonographer, I knew there was something else that I destined to do. I had fallen in love with educating patients, helping them with their social determinants and helping them live a healthier lifestyle. I quickly enrolled into Wilmington University and was eager to learn. Earning my bachelors really helped me become competent in public outreach, diversity and improving health of others.

I originally grew up in a small suburb of Cleveland for the first part of my life. But I ended up moving to Meigs County in 2000 when I was 14 years old. I have never left since. I love the small rural community that surrounds Meigs and the passion the community has for our county. I have a partner, two children and two dogs. Both of my children are very sports oriented. So, we spend most of our time running to the next sports activity. On my days off, I enjoy cooking, baking for others and spending quality time with family.

The Creating Healthy Communities program is a program through Meigs County Health Department. As this program has been very successful for over 15 years, it has helped our community become improve access to healthy food choices and enhanced physical activity. This year's completed projects include paving the trail around the Middleport Park and resurface the basketball court at Chester's United Methodist Church. I am looking forward to continuing to promote access to healthy food options and a healthier activity lifestyle for our community.

I truly am passionate about Meigs county and our community. I am so honored to be at the Meigs County Health Department. I plan on continuing to serve and help build a healthy community. If you have any questions about the program, you can call Meigs County Health Department at 740-992-6626.