You Can Stop Overdose Deaths!

July 16, 2019 show up anytime between 11:00AM-6:00PM

Bullitt County Health Department
181 Lees Valley Road Shepherdsville, KY 40165

FREE NALOXONE

The Kentucky Department for Public Health, the Kentucky Pharmacist Association and Bullitt County Health Department will be offering free Naloxone education and kits to everyone 18 years or older at Bullitt County Health Department. It only takes 15 minutes of your time. For more information please contact Bullitt County Health Department at 502-955-7837 or see our Facebook page facebook.com/Bullittkyhealth.

BEAT THE HEAT: Extreme Heat

Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. Humid and muggy conditions can make it seem hotter than it is. Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. In these cases, a person’s body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs. Heat related deaths and illnesses are preventable. Despite this, around 618 people in the United States are killed by extreme heat every year. If you are in a hot area, stop all activity and get to a cool environment if you feel faint or weak.

Reference: www.cdc.gov/phpr/infographics/beattheheat.htm
Bullitt County 2019 County Health Rankings

The 2019 County Health Rankings are out and Bullitt County ranks as the 9th healthiest county in Kentucky, according to the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. County Health Rankings began in 2010 to serve as a call to action for communities to:

► Understand the health problems in their community.
► Get more people involved in improving the health of communities.
► Recognize that factors outside medical care influence and provide a snapshot of how health is influenced by where we live, learn, work and play.

County Health Rankings provide a snapshot of a community’s health and a starting point for investigating and focusing on ways to build a healthier community. The overall ranking is made up of both health outcomes and health factors measure. The health outcomes category is a snapshot of today’s health. It describes how long we are living and how well we feel while living (quality of life). Health factors take a look at tomorrow’s health and the dynamics that will affect how healthy we are in the future. Health factors include rankings in four additional areas: health behaviors, clinical care, social and economic factors, and our physical environment.

In 2019, Bullitt County was ranked 9th out of 120 counties in Kentucky on health outcomes and 22nd on health factors, compared to 2018 when the county ranked 5th in health outcomes and 22nd in health factors. Graph 1 shows how Bullitt County has ranked, in both areas, since 2011.

Changes in rank are a good starting point to investigate what may be happening in Bullitt County, as they might indicate interesting changes in health. However, there are many reasons ranks can change, including: other counties experiencing health improvements or deterioration, random variations in measures, and changes in how measures are collected or reported. For this reason, the Robert Wood Johnson Foundation encourages using specific measures to track progress over time.

![Graph 1: Health outcomes and health factors for Bullitt County, Kentucky 2011-2019](image)

Bullitt County has seen improvement in multiple measures over time. These include: sexually transmitted infection rate (199.5 in 2019 vs. 223.8 in 2017), food insecurity (10% in 2019 vs. 12% in 2017), high school graduation rate (91% in 2019 vs. 86% in 2017) and percent of children in poverty (12% in 2019 vs. 15% in 2017). Three-year trends for these measures and others can be found in Table 1.

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<tr>
<th></th>
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<tbody>
<tr>
<td>Adult obesity</td>
<td>33%</td>
<td>36%</td>
<td>36%</td>
<td>34%</td>
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<tr>
<td>Excessive drinking</td>
<td>17%</td>
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<tr>
<td>Sexually transmitted infections</td>
<td>223.8</td>
<td>225.8</td>
<td>199.5</td>
<td>413.2</td>
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<tr>
<td>Food insecurity</td>
<td>12%</td>
<td>11%</td>
<td>10%</td>
<td>16%</td>
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<table>
<thead>
<tr>
<th>Clinical Care</th>
<th></th>
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<tbody>
<tr>
<td>Uninsured</td>
<td>8%</td>
<td>5%</td>
<td>5%</td>
<td>6%</td>
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<tr>
<td>Ratio of population to primary care providers</td>
<td>6,000:1</td>
<td>6,050:1</td>
<td>5,650:1</td>
<td>1,520:1</td>
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<thead>
<tr>
<th>Social and Economic</th>
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<tbody>
<tr>
<td>High school graduation</td>
<td>86%</td>
<td>86%</td>
<td>91%</td>
<td>90%</td>
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<tr>
<td>Children in poverty</td>
<td>15%</td>
<td>14%</td>
<td>12%</td>
<td>22%</td>
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<table>
<thead>
<tr>
<th>Physical Environment</th>
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</thead>
<tbody>
<tr>
<td>Daily fine particulate matter</td>
<td>10.7</td>
<td>10.7</td>
<td>12.4</td>
<td>10.7</td>
</tr>
<tr>
<td>Driving alone to work</td>
<td>86%</td>
<td>85%</td>
<td>85%</td>
<td>72%</td>
</tr>
<tr>
<td>Commute greater than 30 min</td>
<td>45%</td>
<td>48%</td>
<td>48%</td>
<td>12%</td>
</tr>
</tbody>
</table>

Table 1. Three-year trends for selected measures from County Health Rankings for Bullitt County with state comparison, 2017-2019

![Facebook link](facebook.com/bullittkyhealth) ![Twitter link](@BullittKYHealth) ![Website link](www.bullittcountyhealthdept.org)
Of the four subcategories that determine the health factor ranking, Bullitt County improved in two areas between 2018 and 2019. Bullitt County improved in ranking in the area of health behavior from 24th in 2018 to 18th in 2019. This area includes measures on tobacco use, diet and exercise. The county also improved in social and economic environment rankings, moving from 22nd in 2018 to 20th in 2019. This measure evaluated factors such as education, income/employment, and community safety. The county’s ranking in clinical care, however, fell from 27th in 2018 to 37th in 2019. This includes measures on access to and quality of care. Bullitt County also shows a decline from 88th in 2018 to 105th in 2019 in the physical environment subcategory, which includes factors such as pollution, housing and transit. The trends in these subcategories since 2011 are displayed in graph 2.

Bullitt County’s performance in the physical environment subcategory has fluctuated over time. This measure is calculated using metrics on air pollution, drinking water safety, severe housing problems, and commuting. The metrics where Bullitt County underperforms in comparison to the rest of the state include air pollution (measured as daily fine particulate matter), and driving alone to work as well as having a commute greater than 30 minutes (specifics on these measures can be found in table 1). These are areas that the county can prioritize in the future to begin the process of moving towards action to improve health through policy and decision-making.

County Health Rankings also identify areas of strength for each county. Bullitt County scored better than the state average in 2019 in teen birth rate (26 vs. 36 per 1,000 females age 15-19), uninsured rate (5% vs. 6%), children in poverty (12% vs. 22%), and injury deaths (78 vs. 91 per 100,000).

The rankings also identify areas for improvement and further exploration. In 2019 for Bullitt County, these areas include: adult obesity (36% vs. 34% in Kentucky), excessive drinking in adults (17% vs. 16% in Kentucky), and ratio of population to primary care physicians (5,650:1 vs. 1,520:1 in Kentucky). Three-year trends for these measures can be found in table 1.

The Rankings are just the beginning of the discussion when it comes to community health. Data from the rankings can be used to inform policy and decision-making in support of action to improve health. Many of the areas identified above are included in our Community Health Assessment/Community Health Improvement Plan (CHA/CHIP), which is available on our website www.bullittcountyhealthdept.org.
Diabetes 101 Program

This FREE 8-hour (2-hours a week for 4 weeks) series of classes include: Healthy Coping, Being Active, Healthy Eating (carb counting, label reading, etc.), Blood Sugar Monitoring, Travel, Problem-solving (sick days, hypo/hyperglycemic episodes, etc.), Reducing the Risk, and Taking Medicines.

Please call the Health Education Department at 502-955-5355 to sign up.

Upcoming 2019 Class Schedule:

Starts Tuesday, July 9th from 5:30pm-7:30pm

Starts Tuesday, Oct 3rd from 2:00pm-4:00pm

Do you want to learn how to...
...eat healthy?
...feel better?
...get motivated?

Diabetes Support Group

Our meetings are on the second Thursday of each month from 10:00am-11:00am at the Bullitt County Health Department in Shepherdsville. Everyone is welcome! For questions call 502-955-5355.

Upcoming Dates:
July 11th, Aug 8th, Sept 12th
Protect Your Children from the Heat

With Summer here, it is important to protect your children from the heat. Here are some tips from the CDC to keep your child safe:

**Keep kids cool and hydrated.**
- Never leave infants or children in a parked car, even if the windows are open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Make sure they're drinking plenty of fluids. Stay away from really cold drinks or drinks with too much sugar.
- Follow additional tips on how to prevent heat-related illness.

**Never leave kids in a parked car.**
- Even when it feels cool outside, cars can heat up to dangerous temperatures very quickly.
- Leaving a window open is not enough - temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open.
- Children who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death.

Women, Infant, and Children (WIC)
The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

**Are you eligible for WIC?**
Contact 502-955-7837 for more information.

**WIC provides at no cost:**
- Healthy foods like milk, cheese, yogurt, cereal, whole grains (bread, tortillas, brown rice, and pasta), juice, eggs, peanut butter, beans, fruits, and vegetables
- Nutrition education
- Infant feeding information
- Healthcare referrals
- Breastfeeding support

Bullitt County Community Baby Shower
Tuesday, September 17, 2019
5:30pm- 8:00pm**

**Bullitt Central High School**

**Who Can Attend:** Expecting parents & parents with babies up to 12 months old. Residents of Bullitt County.

**What to expect:** Exhibitors from area businesses, Refreshments, Open panel to ask questions, Give-A-Ways, Special activities for fathers or fathers-to-be, Fun and Great Information.

**Call 502-955-5355 for more information**
Tick-borne diseases are on the rise and prevention should be on everyone’s mind, particularly during the spring, summer, and early fall when ticks are most active. From May through July, people will get more tick bites and tickborne diseases (such as Lyme disease and Rocky Mountain Spotted Fever) than any other time of year in the United States. It’s especially important to take steps to protect yourself and your loved ones (including pets) from ticks during this season when you’re outside. Whether you’re working, enjoying your yard, camping, hiking, hunting or otherwise outdoors, the Centers for Disease Control and Prevention (CDC) recommends that people take steps to avoid tick bites as seen in the chart below. If you think you may have a tickborne illness, please speak with your health care provider as soon as possible.

**FIND A TICK?**

- **REMOVE TICK** with fine-tipped tweezers
- **CLEAN AREA**
- **KEEP RECORD OF BITE DATE**
- **LOOK FOR WARNING SIGNS OF DISEASE (RASH OR FEVER)**

**STAY CLEAR** of tall, thick vegetation

**WEAR LONG-SLEEVED SHIRTS and long pants when outdoors**

**SPRAY CLOTHING** with .5% permethrin insect repellent

**USE INSECT REPELLENT** that contains at least 20% DEET, picaridin or IR3535 on any uncovered skin

**CHECK YOURSELF AND CHILDREN** for ticks daily. Favorite hiding spots: armpits, ears, belly button, waist, head, hair, between legs, behind knees

**Required School Immunizations**

Kentucky mandates every student have a current Commonwealth of Kentucky Immunization Certificate to attend school. Immunization laws and regulations protect everyone. Kentucky has regulations requiring immunizations for children in child care and school. The Cabinet for Health and Family Services (CHFS) administers the Immunization Program in Kentucky schools. These same requirements also provide exemptions from these immunizations for both medical reasons and religious beliefs. A current immunization certificate should be on file at the school within two weeks of the child’s enrollment. (702 KAR 1:160, formerly 704 KAR 4:020)

**One new age-specific immunization requirement and one booster dose requirement effective for the school year beginning on or after July 1, 2018:**

- 2-Dose Series of HepA (Age: 12 months through 18 years) given at least 6 months apart
- Quadrivalent meningococcal vaccine (MenACWY) booster dose (Age: 16 years)
- Homeschooled children are required to submit a current immunization certificate to participate in any public and private school activities (classroom, extra curricular activity, or sports).

A child whose certificate has exceeded the date for the certificate to be valid shall be recommended to visit the child’s medical provider or local health department to receive immunizations required by this administrative regulation. An updated and current certificate shall be provided to the:

- Day care center, certified family child care home, or other licensed facility that cares for children by a parent or guardian within thirty (30) days from when the certificate was found to be invalid; or
- School by a parent or guardian within 14 days from when the certificate was found to be invalid.

For questions about school immunizations refer to the Cabinet for Health and Family Services website at: https://chfs.ky.gov or call the Bullitt County Health Department at 502-955-7837.
Say Hello to Our New Employees

Melissa Hall, Health Educator
I am originally from a small town in southern Illinois. I moved to Bullitt County 10 years ago. I have a Bachelor’s in Exercise Science from East Carolina University. I’m a mom of 3 kids. I am also a group exercise instructor at the Bullitt County Family YMCA.

Kat O’Leary, Health Educator
I am so excited to be working here! I am a Mt Washington native and have lived in Bullitt County for my whole life. I earned my Bachelor’s degree in Public Health from the University of Louisville. In my free time I love to read, cook, watch Netflix, make art, and play with my dog.

TRIPLE A (Ageless, Active, Aware)

The Bullitt County Health Department invites you to take our free eight-week exercise program demonstrating the benefits of strength training and mobility. Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better. Feeling physically strong also promotes mental and emotional health. Exercises are easy to learn, and can be modified for any activity level.

Classes are Mondays and Wednesdays
Starting July 22, at 10:00am
★ Space is limited! ★
To register call: 502-955-5355

Health Department Up-Coming Closing Dates

July 4, 2019 - Closed for Independence Day
July 22, 2019 - Closed at 2:30pm for Staff Meeting
August 26, 2019 - Closed at 2:30pm for Staff Meeting
September 2, 2019 - Closed for Labor Day
September 23, 2019 - Closed at 2:30pm for Staff Meeting

Family Fest
Mt Washington Sports Complex
(176 Parkview Ave, Mt Washington)
MOVIE AND GAME NIGHT
FREE for all ages!
Opens at 5:30pm and movie begins at 7:30pm
The Bullitt County Coalition for Recreation, Education, and Wellness (C.R.E.W.) would like to invite the whole family to come out and learn how to be healthy together. Family Fest is a FREE event that promotes the importance of families being physically, mentally, socially, and emotionally fit.

For Information Contact: Melissa Hall (502) 955-5355

www.bullittcountyhealthdept.org
What is JUULing?

While vaping isn’t a new trend, teens in the U.S. do have a new word for it. JUULing (pronounced “jewel-ing”), which essentially means vaping, was coined after the popularity of The JUUL e-cigarette. JUULing is becoming more popular with youth in middle school and high school. Vaping means using an electronic cigarette (e-cigarette) or other vaping device. It is referred to as vaping because tiny puffs or clouds of vapor are produced when using the devices. E-cigarettes are battery powered and deliver nicotine through a liquid (called e-juice), which turns into a vapor when using the devices. The liquid comes in flavors, such as mint, fruit, and bubble gum, which appeal to kids. Youth often believe that the liquid used in vaping only contains water and flavoring and are unaware that it contains nicotine. Therefore, they may think vaping is less dangerous than using other tobacco products, such as cigarettes. The amount of nicotine in the liquid can be the same or even more than the amount found in cigarettes.

Most e-cigarettes contain nicotine, and no amount of nicotine is safe. Nicotine is very addictive and can harm children and teens’ developing brains. Using nicotine can cause problems with learning and attention and can lead to addiction. Even being around others who use e-cigarettes and breathing the cloud they exhale can expose youth to nicotine and chemicals that can be dangerous to their health. Studies have also shown that kids who vape are more likely to use cigarettes or other tobacco products later in life.

It is important to talk with kids about the dangers of vaping. Youth see e-cigarette advertisements from many sources, including retail stores, the internet, TV, movies, magazines, and newspapers. They can also see posts or photos about vaping on social media. E-cigarettes are also known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).” They can even be used to consume marijuana and other drugs.

Reference: https://www.cdc.gov/tobacco/basic_information/e-cigarettes