BCHD Honored for Excellence in Public Health

The Bullitt County Health Department was honored with the Promising Practice Award at the 2019 Annual Conference of the National Association of County and City Health Officials (NACCHO). Promising Practices are local health departments who have developed exciting approaches and strategies to public health issues and are on the path to the next level of achievement called Model Practices. Hepatitis A Vaccination in Correctional Facilities was one of 76 local health department programs to receive NACCHO’s prestigious Promising Practice Award.

Hepatitis A Vaccination in Correctional Facilities documents the process for contact investigation and administration of hepatitis A vaccines to inmates at our local jail as both pre-exposure and post-exposure prophylaxis. Hepatitis A can be prevented with post-exposure prophylaxis (PEP) administered to close contacts within 14 days of exposure. This collaborative approach led to no secondary spread of HAV within the facility and was an opportunity to reach a population at high risk for infection with barriers to medical and preventive services.

“We are proud to receive NACCHO’s Promising Practice Award. The award is evidence of our commitment to developing responsive and innovative public health programs that improve the health of local residents,” said Marci Flechler, MSN, RN, Bullitt County Health Department’s Nurse Administrator.

NACCHO’s Promising Practice Awards have honored programs, resources, and tools that demonstrate how local health departments and their community partners can effectively collaborate to address local public health challenges. Each innovative project receiving the Promising Practice Award was peer-reviewed and selected from a competitive group of over 150 applicants.

“We are pleased to recognize local health departments striving to develop innovative public health projects to better ensure their communities’ health and safety,” said NACCH’s Chief Executive Officer Lori Tremmel Freeman.
Are You Protected from the Flu?

All persons 6 months of age and older are recommended to get a flu vaccine every year, with rare exception. Flu vaccination is especially important for those who are at high risk of serious flu-related complications, including adults 50 years and older, pregnant women, persons with extreme obesity (Body Mass Index of 40 or greater), residents of nursing homes and other long-term care facilities, and people with certain chronic conditions like asthma, diabetes, or heart disease. Vaccination of caregivers for those that are high risk is also important. These include parents of children less than 6 months of age, health care workers, or anyone who works in a long-term care facility.

Getting vaccinated against the flu while pregnant during any trimester decreases the risk of flu and flu-related illnesses for the mother and developing baby throughout the pregnancy and can provide protection for the baby for several months after birth. This protection is crucial since children younger than 6 months of age are too young to receive their own flu vaccine, and are at high risk of severe illness from flu. Flu vaccine is now available at the Bullitt County Health Department. For further information and/or questions regarding the flu vaccine, please contact the Bullitt County Health Department at 502-955-7837.


First 72 on You: Family Preparedness

Some disasters come with warning and others with little or no warning. In the aftermath, communities are left without safety, security, food and shelter. Everyone should plan for being self-sufficient for at least 72 hours because this is the timeframe after a disaster that is critical to surviving a serious crisis. Families need to take action and prepare today – know your hazards, assemble supplies and practice what to do in case a disaster strikes.

Preparing for emergencies and disasters can start with four important steps:

1. **Be ready with an emergency supply kit** – Build an emergency supply kit that contains essential items to keep you and your family self-reliant for at least 72 hours without utilities, electricity and water or without access to a supermarket or local services. A detailed list of items to be included in the kit can be found at https://www.ready.gov/kit. Be sure to rotate supplies so they do not exceed their expiration dates.

2. **Develop a family emergency plan** - Families may not be together when an emergency happens so the plan will allow families to develop a meeting place, establish an out-of-town contact and gather essential information that would help them to stay connected in the event of an emergency. Practice your plan with regular drills and know your local evacuation routes. For information on writing a plan visit https://www.ready.gov/make-a-plan.

3. **Be informed** - Learn about emergencies that could happen in your area and identify sources of information in your community that will be helpful before, during and after an emergency.

4. **Get involved** - Preparedness is a shared responsibility and it takes a whole community to prepare and respond to emergencies. Donate time to a local Medical Reserve Corps unit to contribute skills and expertise throughout the year as well as during times of community need.
Taking Steps to Achieve Your Healthy Weight

Making the decision to lose weight, change your lifestyle, and become healthier is a big step to take. Start simply by making a commitment to yourself. Many people find it helpful to sign a written contract committing to the process. This contract may include things like the amount of weight you want to lose, the date you’d like to lose the weight by, the dietary changes you’ll make to establish healthy eating habits, and a plan for getting regular physical activity.

Writing down the reasons why you want to lose weight can also help. It might be because you have a family history of heart disease, or because you want to see your kids get married, or simply because you want to feel better in your clothes. Post these reasons where they serve as a daily reminder of why you want to make this change.

Keep a “food diary” for a few days, in which you write down everything you eat. By doing this, you become more aware of what you are eating and when you are eating. This awareness can help you avoid mindless eating.

Next, examine your current lifestyle. Identify things that might pose challenges to your weight loss efforts. For example, does your work or travel schedule make it difficult to get enough physical activity? Do you find yourself eating sugary foods because that’s what you buy for your kids? Do your coworkers frequently bring high-calorie items, such as doughnuts, to the workplace to share with everyone? Think through things you can do to help overcome these challenges.

Finally, think about aspects of your lifestyle that can help you lose weight. For example, is there an area near your workplace where you and some coworkers can take a walk at lunchtime? Is there a place in your community, such as a YMCA, with exercise facilities for you and child care for your kids?

For more tips on weight loss visit www.cdc.gov/healthyweight/losing_weight/getting_started.html

Healthy Holiday Challenge

The Healthy Holiday Challenge is back again this year at the Bullitt County Health Department with the theme, Maintain Don’t Gain. Maintain Don’t Gain will focus on maintaining your weight and staying active during the holiday season. The Challenge will begin the week of November 18 and end January 10. Signs ups will be the week of November 18th with the cost of $10 to join. You will pay your $10 fee when you weigh in and each week you will receive tips on being healthy through the holiday season. You will weigh in again at the end of the 8 weeks. Your name will be entered into a drawing if you maintained your weight during the holiday season. You will be entered into the bonus raffle if you lost weight during the 8 weeks. Call the Bullitt County Health Department at 502-955-5355 or follow us on Facebook @Bullittkyhealth for locations of weigh ins.

Medical Nutrition Therapy

Medical Nutrition Therapy (MNT) is an evidence-based medical approach to treating certain chronic conditions through the use of an individually-tailored nutrition plan by a Registered Dietitian. MNT includes individual counseling on diets that cover weight loss, heart health, low sodium, low cholesterol, and diabetes. Your insurance may cover the cost. No coverage? Call 502-955-7837 and ask about prices.
October is Breast Cancer Awareness Month

The month of October is recognized as National Breast Cancer Awareness Month. Breast cancer is a family of diseases where cells in the breast tissue grow and divide without normal control. This growth of cells forms a mass or lump called a tumor. Tumors are either benign (not cancerous) or malignant (cancerous).

Are you at risk of breast cancer? Simply being a woman and getting older puts you at risk. Other risk factors can include early menstrual period, late or no pregnancy, not being physically active, and a family history of breast cancer. Risk factors do not cause breast cancer, but they increase the chances that breast cancer may develop. Having many risk factors for breast cancer does not mean that you will get breast cancer. It just means that your chances of getting the disease are higher than those who have fewer risk factors. Also, many women with breast cancer do not have any known risk factors aside from being female. If you would like further information on breast cancer risk factors, please visit www.cdc.gov/cancer/breast/.

Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

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

Diabetes Support Group

Join us as we learn the ins and outs of diabetes through guest speakers, activities, and discussions. Everyone is welcome to attend.

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

Upcoming Dates:
Oct 10th, Nov 14th, Dec 12th

For upcoming classes visit www.bullittcountyhealthdept.org or call 502-955-5355.

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, Problem-solving (Sick days, hypo/hyperglycemic episodes, etc.), Reducing the Risk, and Taking Medicines.

Topics will include:
- What is Diabetes?
- Managing Diabetes
- Problem Solving
- Travel
- Eating Healthy
- Medications

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

You can manage diabetes

WORK WITH A HEALTH PROFESSIONAL
EAT HEALTHY
STAY ACTIVE

Paroquet Springs Conference Centre
395 Paroquet Springs Dr, Shepherdsville, KY 40165

Join the Coalition for Recreation, Education, and Wellness (CREW) for this FREE event to learn about ways to beat diabetes and take control of your health. FREE biometric screenings, FREE food demo with lunch, prizes and giveaways are available!

Space is Limited. RSVP by calling 502-955-5355

**Biometric screenings begin at 8:00am**
Program from 9:00am.-12:00pm

Biometric Screenings Include:
- Cholesterol (HDL, LDL)
- Triglycerides
- Glucose
- Blood Pressure
- BMI

FREE T-SHIRTS AVAILABLE

Paroquet Springs Conference Centre

Anthem, Inc.
Keeping Food Safe for the Holidays

As the end of the year approaches, it’s likely there are multiple meals and parties in your future. Carrying food from one location to another and sharing dishes with a crowd means more opportunity for bacteria to grow and cause food poisoning. Whether you’re an experienced cook, a first-time party host, or simply adding a dish to the potluck lineup, the holidays can make even the most confident chefs nervous. Follow these steps to keep your holiday season food poisoning-free.

Steps to follow during holiday grocery shopping:
- Keep raw meat, poultry, and seafood away from other foods in your grocery cart.
- Buy cold foods last.
- Ask the cashier to place your raw meat, poultry and seafood in a separate bag.

Steps to follow during food preparation:
- Use separate cutting boards for raw meat and ready-to-eat items like vegetables or bread.
- Prepare uncooked recipes before recipes requiring raw meat to reduce cross-contamination. Store them out of the way while preparing meat dishes to ensure they don’t become contaminated after preparation.
- Use a meat thermometer to check the internal temperature of dishes to ensure they are fully cooked and safe to eat. Fresh beef, pork, veal, and lamb should be cooked to 145 °F with a three-minute rest time; fish should be cooked to 145 °F; ground beef, ground veal, and ground lamb should be cooked to 160 °F; egg dishes should be cooked to 160 °F; and all poultry should be cooked to 165 °F.

Fool proof tips when cooking for groups:
- Keep hot food hot and cold food cold, using chafing dishes or crock pots and ice trays. Hot items should remain above 140 °F and cold items should remain below 40 °F.
- Use several small plates when serving food.
- Discard perishable foods left out for 2 hours or more.

Steps to follow when cooking a holiday roast:
- Use separate cutting boards, plates and utensils for raw roasts and cooked roasts to avoid cross-contamination.
- Wash items such as cutting boards that have touched raw meat with warm water and soap, or place them in a dishwasher.
- To ensure the juiciest possible roast this holiday, use a meat thermometer. Once it has reached the USDA recommended internal temperature of 145 F, the roast is safe to eat.
- Remember all cuts of pork, beef, veal, and lamb need a three minute rest time before cutting or consuming.

Learn more at www.foodsafety.gov
Healthy Bullitt County 2025

Are you interested in improving the place where you live, work, or play? A Community Assessment can help create an environment of improvement within a community. Whether it is a city or the whole county, a community assessment is the first ingredient needed for an overall healthy community. It highlights the strengths and weaknesses in the community as well as the opportunities and threats. It can help bring grant funds into the community. It helps businesses understand the community workforce, and allows you to learn more about your community.

The community drives the process. Community ownership is the fundamental component of a comprehensive community assessment. Because the community’s strengths, needs, and desires drive the process, MAPP (Mobilizing for Action through Planning and Partnership) provides the framework for creating a truly community-driven initiative. Community participation leads to collective thinking and, ultimately, results in effective, sustainable solutions to complex problems. Participants include, but are not limited to, those who live or work in Bullitt County, those who operate/own businesses in Bullitt County, elected officials, hospitals, private practices—both legal and health care, law enforcement, emergency management, transportation, media, and manufacturers.

To initiate the MAPP process, lead organizations in the community begin by organizing themselves and preparing to implement MAPP. Community-wide strategic planning requires a high level of commitment from partners, stakeholders, and the community residents who are recruited to participate. This is your invitation to join the Bullitt County Health Department on this journey. We need you!

For more information on community assessment or to get involved in the process, contact 502-955-5355 or email DanielE.Crum@ky.gov / ElizabethR.Crigler@ky.gov

Renovation Project Underway

After almost 30 years, the Bullitt County Health Department has begun substantial upgrades to the clinical building’s interior. We appreciate your patience and understanding while the renovation project is taking place. We will still be able to provide services, and are working hard to ensure our patrons experience as minimal noise or disruptions as possible. Thank you again for your patience.

Health Department Up-Coming Closing Dates

October 28, 2019 - Closed at 2:30pm for Staff Meeting
November 11, 2019 - Closed for Veteran’s Day
November 25, 2019 - Closed at 2:30pm for Staff Meeting
November 27, 2019 - Closed at 12:00pm for Thanksgiving
November 28, 2019 - Closed for Thanksgiving
November 29, 2019 - Closed for Thanksgiving
December 24, 2019 - Closed for Christmas
December 25, 2019 - Closed for Christmas
December 31, 2019 - Closed for New Year’s
January 1, 2020 - Closed for New Year’s
An Evening to Educate & Celebrate
Paroquet Springs Conference Centré
395 Paroquet Springs Drive, Shepherdsville, KY
Tuesday, October 22, 2019
5:00pm – 7:30pm
FREE OF CHARGE
ONLY 200 SEATS AVAILABLE
To RSVP, please call 502-955-5355
Deadline to RSVP is October 15th

Think Pink is a special event sponsored by Bullitt County Health Department and Kentucky Cancer Program to raise cancer awareness and to recognize breast cancer survivors during October. If interested in joining the event, please call 502-955-5355 to RSVP or for more information.