With the celebration of the New Year, many of us have resolved to live healthier lifestyles. As we make our personal resolutions, I invite you to join me in resolving to make Bullitt County healthier. Many of you participated in the Healthy Bullitt County 2020 Community Health Assessment where we, as a community, identified priority strategies to improve the health of Bullitt County.

There are two documents that detail the process for the assessment and prioritization of strategies. The Bullitt County Community Health Assessment (CHA) and the Bullitt County Community Health Improvement Plan (CHIP) can be found on our website at www.bullittcountyhealthdept.org. We would love to hear how you have incorporated these documents where you live, work, and play. Could you use them to add programs, develop policies, or to support grant funding applications?

The completion of the CHA and CHIP documents does not indicate the work is over. Workgroups have been created to address the priorities in the CHIP. Meetings are held at the Bullitt County Health Department and all are welcome to participate. The Healthy Choices workgroup meets the first Thursday of each month at 2:00pm. The Substance Abuse workgroup meets the second Tuesday of each month at 11:00am. Meeting times for Healthcare Access workgroup are still being determined. To join the efforts of any of these workgroups contact 502-955-5355. (See page 5 for workgroup updates)

Together, let’s continue to work towards a healthier Bullitt County.

Have a Happy and Healthy 2017,
Andrea
Protect Yourself from Antibiotic Resistance

Antibiotic resistance is considered one of the world’s most pressing public health problems caused in part by the overuse and misuse of antibiotics. Did you know that colds, the flu, most sore throats, bronchitis and many sinus and ear infections are caused by viruses? This means that antibiotics are not effective at treating these illnesses. Since their discovery in the 1920s, antibiotics have enabled us to treat what were once life threatening illnesses. Two examples of antibiotic resistant organisms include *Klebsiella pneumoniae* and MRSA. *Klebsiella pneumoniae* (an intestinal bacteria) has become resistant to a last resort treatment (carbapenem antibiotics) and MRSA (methicillin-resistant *Staphylococcus aureus*) has become resistant to multiple antibiotics. As resistance increases, antibiotics don’t work as effectively as they once did and it becomes harder to treat common infections. It is estimated that over half of the antibiotics prescribed for patients who visit a clinic in the US are inappropriate. These patients are most commonly seeking care for acute respiratory infections caused by viruses.

How do organisms become resistant to antibiotics? Resistance occurs naturally over time, usually through genetic changes. However, misuse and overuse of antibiotics are speeding up this process. After being exposed to antibiotics, some bacteria may survive because it found a way to resist the antibiotic. If even one bacterium becomes resistant, it can multiply and replace all the bacteria that the antibiotic killed earlier (Figure 1).

To help protect yourself and the community from antibiotic resistance there are some things you can do. When you are sick, ask your healthcare provider if there are steps you can take to feel better and get symptomatic relief without using any antibiotics; take any prescribed antibiotics exactly as prescribed; discard any leftover medication and never save antibiotics for the next time you get sick; never skip any doses; and never pressure your healthcare provider to prescribe an antibiotic.

Know the Risks of Zika from Traveling

If you have any spring travel plans this year, be sure to think about Zika! Pregnant women, those who are looking to become pregnant, and their partners should avoid traveling to areas with ongoing Zika virus transmission. If you are traveling to an area with active transmission, or if you are unsure, use insect repellent and wear protective clothing to avoid mosquito bites. When you return from the Zika-affected area, practice safe sex to help prevent transmission and use an insect repellent during outdoor activities. For more information, visit the CDC’s Traveler’s Health Website at [http://wwwnc.cdc.gov/travel/](http://wwwnc.cdc.gov/travel/).
Quit Smoking For Life!

Quitting smoking isn’t easy— but it’s easier with the right help. The American Lung Association’s Freedom From Smoking program gives you options, resources, and support to quit for good!

Freedom From Smoking is the premier smoking cessation program from the American Lung Association. This program is FREE and will help you develop a plan of action that leads to your quit day. You’ll also get the support you need to remain smoke-free for life!

What You’ll Learn
- How to know if you’re really ready to quit
- Developing a new self image
- Lifestyle changes to make quitting easier
- Coping strategies for managing stress
- How to stay smoke-free for good

Are You Ready to be a Quitter?

January 17, 2017
5:30 PM– 7:00PM
Bullitt County Health Dept. Annex
Register Now! Call 502-955-5355

Even a Few Cigarettes a Day Can Cause Early Death

People who consistently smoked an average of less than one cigarette per day over their lifetime had a 64 percent higher risk of earlier death than never smokers, and those who smoked between one and 10 cigarettes a day had an 87 percent higher risk of earlier death than never smokers, according to a new study from researchers at the National Cancer Institute (NCI). Risks were lower among former low-intensity smokers compared to those who were still smokers, and risk fell with an earlier age at quitting. The results of the study were reported December 5, 2016, in JAMA Internal Medicine. NCI is part of the National Institutes of Health.

When researchers looked at specific causes of death among study participants, a particularly strong association was observed for lung cancer mortality. Those who consistently averaged less than one cigarette per day over their lifetime had nine times the risk of dying from lung cancer than never smokers. Among people who smoked between one and 10 cigarettes per day, the risk of dying from lung cancer was nearly 12 times higher than that of never smokers.

The researchers looked at risk of death from respiratory disease, such as emphysema, as well as the risk of death from cardiovascular disease. People who smoked between one and 10 cigarettes a day had over six times the risk of dying from respiratory diseases than never smokers and about one and half times the risk of dying of cardiovascular disease than never smokers.

“Thus the results of this study support health warnings that there is no safe level of exposure to tobacco smoke,” said Maki Inoue-Choi, Ph.D., NCI, Division of Cancer Epidemiology and Genetics, and lead author of the study. “Together, these findings indicate that smoking even a small number of cigarettes per day has substantial negative health effects and provide further evidence that smoking cessation benefits all smokers, regardless of how few cigarettes they smoke.”

Diabetes Prevention Plan (DPP)

A Centers for Disease Control and Prevention (CDC) Proven Program to Prevent Diabetes

A key part of the National DPP is a lifestyle change program that provides:

- A trained lifestyle coach
- CDC-approved curriculum
- Group support over the course of a year

Are you 18 years of age or older? Have you never been diagnosed with diabetes?

“Tip of the Iceberg” is a common analogy for current levels of diabetes, and it is easy to see why. Almost 26 million Americans have diabetes. However, CDC estimates that 79 million more have prediabetes (CDC, 2011). This means that about 35% of U.S. adults have prediabetes. Moreover, if the national rates of obesity remain high, this figure is likely to grow.

To register please contact 502-955-7837

Diabetes 101: Essentials for Living with Diabetes

This 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, & Taking Medicines

Begin: January 5, 2017 from 9:00am– 11:00am
Where: Bullitt County Health Department
Call to Register: 502-955-5355

Diabetes Support Group

We will have a 30-minute lesson on some self-care aspects of living with diabetes, followed with discussion and problem-solving time to help you with your management plan.

Please join us on the second Thursday of each month from 9:00am – 10:00am at the Bullitt County Health Department in Shepherdsville. For questions call 502-955-5355.

Upcoming Dates:
January 12th
February 9th
March 9th

** If Bullitt County Public Schools cancel due to inclement weather, Health Department classes will be cancelled as well.**
Get A New Year, A New You!

For some people, “exercise” is a dirty word. The fact remains, however, that almost everyone can improve their health through physical activity. Regular physical activity can substantially reduce the risk of developing or dying from heart disease, diabetes, colon cancer, and high blood pressure. Research has also linked regular physical activity to the prevention of breast cancer, stroke, and osteoporosis. It strengthens bones, builds muscles, improves circulation, and helps maintain a healthy weight. Physical activity can also improve mental health by relieving stress and reducing the symptoms of depression and anxiety.

The best part is that physical activity does not have to be difficult to improve your health. Starting slowly and building gradually will put you on the path to better health. The hardest part may be just knowing where and how to start.

The Bullitt County Coalition for Recreation, Education, and Wellness has developed an eight week weight loss competition as a program to help people lose weight and improve their health. This is a great way to jump start that fitness you know you have been wanting to work on. So turn off the TV, move away from that computer, grab your sneakers, and take the challenge with us!

Community Health Improvement Plan (CHIP) Update

The Community Health Improvement Plan (CHIP) was developed from a year-long community assessment. There were three strategic issues that emerged: increasing access to health care, increasing healthy choices, and reducing substance abuse. Three workgroups were formed to work on these issues. Visit www.bullittcountyhealthdept.org to see the full report, and to join the efforts of any of the three workgroups, please call 502-955-5355 for more information.

The Healthcare Access workgroup meets to gather information about local resources for all types of health care including mental/emotional health, spiritual health, and physical health. Meeting times are currently being determined.

The Healthy Choices workgroup has created a December calendar of fun and healthy choices that provides an activity or suggestion for each day of the month. Their second project is a “Healthier You”, a collaboration with the Pioneer News to provide healthy lifestyle tips to the community in each issue. Keep an eye out for this starting in January. The group is already planning multiple activities for 2017. Their meetings are held the first Thursday of the month at 2:00pm during the C.R.E.W. meeting at the health department.

The Substance Abuse workgroup has been busy working on multiple projects. This year their main project has been the creation of a reference card for substance abuse resources that law enforcement can distribute. We are continuing to work closely with Partners in Prevention (PIP), a drug-free coalition. Our meetings are held the second Tuesday of the month at 11:00am (before the PIP meeting) at the health department.
Avoid the Risks of Using Generators

A good generator can get you through a power outage but it also poses safety hazards of its own including carbon monoxide poisoning, electric shock, or electrocution and the risk of fire. Every year people die in incidents related to portable generator use, reports the Consumer Product Safety Commission. Most of the incidents involve carbon monoxide (CO) poisoning from generators used indoors or in partially-enclosed spaces. Here’s how to stay safe, with tips from the CPSC.

**Carbon monoxide hazards**

- Never use a generator in an enclosed or partially-enclosed space. Generators can produce high levels of carbon monoxide very quickly. Remember that you cannot smell or see CO. Even if you can't smell exhaust fumes, you may still be exposed to CO. If you start to feel sick, dizzy, or weak while using a generator, get to fresh air immediately. The CO from generators can rapidly lead to full incapacitation and death.

- Never use a generator indoors, including in homes, garages, basements, crawl spaces, and other enclosed or partially-enclosed areas, even with ventilation. Opening doors and windows or using fans will not prevent CO build-up in the home.

- Follow the instructions that come with your generator. Locate the unit outdoors and away from doors, windows, and vents that could allow CO to come indoors.

- Use battery-operated CO alarms or plug-in CO alarms with battery back-up in your home, according to the manufacturer's installation instructions. Test the CO alarms and replace dead batteries.

**Electrical hazards**

- Keep the generator dry and do not use it in rain or wet conditions. To protect from moisture, operate it on a dry surface under an open, canopy-like structure. Dry your hands before touching the generator.

- Plug appliances directly into the generator. Or, use a heavy duty, outdoor-rated extension cord that is rated (in watts or amps) at least equal to the sum of the connected appliance loads. Check that the entire cord is free of cuts or tears and that the plug has all three prongs, especially a grounding pin.

- Never try to power the house wiring by plugging the generator into a wall outlet, a practice known as "backfeeding." This is an extremely dangerous practice that presents an electrocution risk to utility workers and neighbors served by the same utility transformer. It also bypasses some of the built-in household circuit protection devices.

- For best results, use an appropriate power transfer switch, installed by a professional.

**Fire hazards**

- Before refueling the generator, turn it off and let it cool down. Gasoline spilled on hot engine parts could ignite.

- Never store fuel for your generator in the home. Gasoline, propane, kerosene, and other flammable liquids should be stored outside of living areas in properly-labeled, non-glass safety containers. Do not store them near a fuel-burning appliance, such as a natural gas water heater in a garage.
Be Prepared for Winter

When winter temperatures drop significantly below normal, staying warm and safe can become a challenge. Extremely cold temperatures often accompany a winter storm, so you may have to cope with power failures and icy roads. Although staying indoors as much as possible can help reduce the risk of car crashes and falls on the ice, you may also face indoor hazards. Many homes will be too cold, either due to a power failure or because the heating system is not adequate for the weather. When people must use space heaters and fireplaces to stay warm, the risk of household fires increases, as well as the risk of carbon monoxide poisoning.

Exposure to cold temperatures, whether indoors or outside, can lead to hypothermia, frostbite, and other serious or life-threatening health problems. Infants and the elderly are particularly at risk, but anyone can be affected. To keep yourself and your family safe, you should know how to prevent cold-related health problems and what to do if a cold-weather health emergency arises.

Hypothermia can result when the body’s temperature drops below what is necessary to maintain normal bodily functions. In severe cases or when the body is not warmed properly, death can result. Symptoms of hypothermia include shivering, altered speech pattern, abnormally slow rate of breathing, cold pale skin and lethargy. Seek medical attention if you experience signs of hypothermia. Individuals experiencing these symptoms should call 911 or seek medical attention immediately.

Winter Emergency Supplies List:

- An alternate way to heat your home during a power failure
- Blankets
- Matches
- Multipurpose, dry-chemical extinguisher
- First Aid kit and instruction manual
- Flashlight or battery-powered lantern
- Battery-powered radio
- Battery-powered clock or watch
- Special needs items (diapers, medications, etc.)
- Battery-powered clock or watch
- Extra batteries
- Non-electric can opener
- Snow shovel
- Rock salt
- Food supply for 72 hours that does not require cooking
- Drinking water (one gallon per person, per day)

Health Department Up-Coming Closing Dates

January 2, 2017 - Closed all day for New Year
January 16, 2017 - Closed all day for Martin Luther King Jr. Day
January 19, 2017 - Closed at 2:30pm for Staff Meeting
February 16, 2017 - Closed at 2:30pm for Staff Meeting
March 16, 2017 - Closed at 2:30pm for Staff Meeting
Healthy Hearts

Luncheon

Paroquet Springs Conference Centre

February 16, 2017

Booths: 10:00am-11:30am — Lunch: 11:30am-12:00pm
Program Starts: 12:00pm -1:30pm

Ticket Cost: $10 per person

Join us to raise awareness about heart disease and help fund Mended Hearts Chapter 11, a 501(c)3 organization, as it strives to build healthier lives free of cardiovascular disease. Your generous donation at this event helps provide education on heart disease, fund nursing scholarships, and a portion will go to the 2017 Mended Hearts Chapter 11 Team efforts in support of the American Heart Walk in September. All donors receive a special gift at the event. Please make your payments payable to Mended Hearts. For more information on Mended Hearts go to: www.mendedhearts.org

Emcee: CINDI SULLIVAN, Executive Director/President of Trees Louisville

Donnette Smith, National President, Mended Hearts Inc.

Mark Slaughter, MD: UofL Physicians - Cardiothoracic Surgery

Survivor Fashion Show presented by Goody’s Department Store Shepherdsville

Sullivan University College of Pharmacy—FREE glucose & cholesterol checks (12 hour fasting to have more accurate results)

Information Booths and Items to Purchase

Registration Deadline: February 10, 2017 (Must have a ticket to enter). Tickets sold at: Bullitt County Health Department and Bullitt County YMCA. For more information, please call 502-955-5355