Our Vision Statement

The Bullitt County Health Department strives to be a chief public health strategist in the areas of prevention, protection, and health promotion.

Our Mission Statement

“To promote healthy lifestyles in Bullitt County through prevention and protection.”

Notes from our Director

The Bullitt County Health Department recently completed our strategic planning process – an essential part of any operation. This plan provides a framework to direct our efforts so we can maximize the use of dwindling resources. It is no small feat to create a strategic plan. We involved all of our internal stakeholders, facilitated leadership workgroups, held meetings to identify and develop the process, and conducted surveys of all employees and Board of Health members. This process identified priorities specific to efficiencies within the agency and in providing services that align with the priorities identified in our Community Health Assessment and Community Health Improvement Plan.

During this process we revisited our Mission and Vision statements. We determined our Mission Statement should remain the same, but our Vision Statement needed an update. Our previous Vision for the agency was “to become an Accredited Leader among local health departments in Kentucky in the areas of prevention, protection and health promotion”. I am proud to say we just celebrated our first anniversary of being a nationally accredited health department – one of only 163 health departments in the country! As a result of accreditation, our Vision Statement needed to evolve as the agency has evolved. Our new Vision Statement is: “The Bullitt County Health Department strives to be a chief public health strategist in the areas of prevention, protection, and health promotion.”

The strategic plan gives direction to our efforts to improve the health of our community. We are proud to be here to serve you.

Andrea Renfrow, MSN, RN
Public Health Director
How to Avoid Bites from Summer Time Insects

During summer, many insects are more active and we tend to participate in more outdoor activities that take us into their environment. Mosquitoes and ticks, both very active during the summer, can carry many diseases, such as Zika virus disease and Rocky Mountain Spotted Fever, which is a disease that includes rashes and flu-like symptoms. Luckily, there are many things you can do to limit the number of insects around your home and other outdoor areas and to protect yourself when you go to areas where they are common.

### Mosquitoes

**Protect Your Environment**
- Eliminate standing water in and around your home.
- Tightly cover water storage containers. For containers without lids, use wire mesh to keep out adult mosquitoes.
- Repair cracks in septic tanks, and cover any open vents and pipes.
- Use screens on windows and doors, repair any holes in screens, and use air conditioning when available.

**Protect Yourself and Your Family**
- Use an EPA-registered insect repellent and reapply every few hours, depending on labeling instructions.
- Treat clothing and gear with permethrin (do NOT use on your skin).
- Wear long-sleeved shirts and long pants when outdoors.

### Ticks

**Protect Your Environment**
- Avoid wooded or bushy areas with grass and leaf litter.
- Walk in the center of nature trails.
- Ensure proper flea and tick prevention for pets.

**Protect Yourself and Your Family**
- Use repellents that contain 20%-30% DEET on exposed skin and clothing.
- Treat clothing and gear with permethrin (do NOT use on your skin).
- Shower and bathe as soon as possible after exposure to find and wash off ticks that may be crawling on you.
- Conduct a full-body check on yourself, children, and pets.
- Tumble clothes in dryer on high heat for an hour to kill ticks.
- Wear light colored clothing to make ticks easier to spot.

### Flu Shots Still Available

It’s never too late to get a flu shot! Bullitt County had the largest spike in flu cases in February of this flu season, which is shown on the corresponding graph. While we encourage you to get a flu shot in October, you can still get one later in the season to protect yourself and your family. Please call 502-955-7837 for more information.
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?

April 25, 2017
5:30PM–7:00PM
Bullitt County Health Dept. Annex
Register Now! Call 502-955-5355

Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program is a FREE group exercise program designed specifically for people with arthritis and related diseases. The program’s multiple components help reduce pain and stiffness, and help maintain or improve mobility, balance, muscular strength and functional ability. Each class includes a variety of exercises that can be done while sitting, standing, or lying on the floor. The classes will end with a relaxation component that will help participants practice different techniques to reduce stress, pain, and improve sleep. Individuals from basic to advanced capabilities can benefit from this program.

The exercise classes will meet each Monday and Wednesday, beginning April 10th, for eight weeks from 10:00am–11:00am in the Bullitt County Health Department Annex building. You are encouraged to bring your own exercise mat if you intend on doing the floor exercises in class. Space is limited. Please call 502-955-5355 to register.

Who can Participate?
- First-time, new and expectant moms and/or dads. (At no cost to the families)

When can participation begin?
- Participation in HANDS can begin during pregnancy or anytime before a child is 3 months old.

For more information about the HANDS Program, please visit our website at www.bullittcountyhealthdept.org and/or call 502-955-5668.
Diabetes Support Group

We will have a 30-minute lesson on self-care aspects of living with diabetes, followed by discussion and problem-solving time to help 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:

- April 13, 2017
- May 11, 2017
- June 8, 2017

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, and Taking Medicines.

Begins: July 6, 2017 from 9:00am–11:00am
Where: Bullitt County Health Department
Call to Register: 502-955-5355

What to Monitor for Better Diabetes Control

Diabetes is a complicated disease process. Diabetes is a chronic disease that can cause serious complications for a person if not controlled. Control is the ultimate goal with diabetes. The American Association of Diabetes Educators (AADE) identifies several Self-Care Behaviors on which one should focus to obtain that goal.

Healthy eating- Making healthy food choices, understanding portion sizes and learning the best times to eat are central to managing diabetes. Children and teenagers grow and develop as they would if they didn’t have diabetes by making appropriate food selections. Many adults may be able to manage their condition for a time without medications by controlling their weight and achieving optimal blood glucose levels.

Being active- Regular activity is important for overall fitness, weight management and blood glucose control. With appropriate levels of exercise, those at risk for type 2 diabetes can reduce that risk, and those with diabetes can improve glycemic control. Being active can also help improve body mass index, enhance weight loss, help control lipids and blood pressure and reduce stress.

Monitoring- Daily self-monitoring of blood glucose provides people with diabetes the information they need to assess how food, physical activity and medications affect their blood glucose levels. Monitoring, however, doesn’t stop there. People with diabetes also need to regularly check their blood pressure, urine ketones and weight.

Taking medication- Diabetes is a progressive condition. Depending on what type a person has, their healthcare team will be able to determine which medications they should be taking and help them understand how their medications work. The goal is for the patient to be knowledgeable about each medication, including its action, side effects, efficacy, toxicity, prescribed dosage, appropriate timing and frequency of administration, the effect of missed and delayed doses, and instructions for storage, travel and safety.

Problem solving- A person with diabetes must keep their problem-solving skills sharp because on any given day, a high or low blood glucose episode or a sick day will require them to make rapid, informed decisions about food, activity and medications. This skill is continuously put to use because even after decades of living with the disease, stability is never fully attained: the disease is progressive, chronic complications emerge, life situations change and the patient is aging.
Expectant and New Mothers Community Baby Shower

Community Partners invite you to join us on:

Tuesday, April 13, 2017
5:30PM—8:00PM**

**Must register by 6:00 pm to be eligible for door prizes drawn at 8:00 pm. Must be present to win.

Paroquet Springs Conference Centre
395 N Joe B Hall Shepherdsville, KY 40165

Who Can Attend: Expecting Parents & Parents with Babies up to 12 months old. Residents of Bullitt County. Fathers are welcome too!

ADULTS Only—Due to lack of available space, we will be unable to accommodate any children.

Congratulations On Your Retirement Vickie!
I miss your smiles, hugs, encouraging words and “the spoiling” lol. But most of all I’m happy for you, enjoy your retirement days. If you get a little bird in your birdhouse I need a pic, text me.—Debbie

Happy retirement, Vickie!! Hope it’s a great one. You deserve it!!—Cathy B.

Wishing you a relaxing & fun retirement. Miss you!—Teresa Murphy

Savor the moments!!—Carol

Enjoy your retirement Vickie. You are the best!—Daniel

I hope you enjoy your retirement and get some well-deserved R&R.—Frances

Congratulations Vickie, I am so excited for you. I hope you enjoy every minute of your retirement!—Melissa

Vickie T is one of the most compassionate nurses I have ever worked with and she will be dearly missed.—Don

Wishing you much happiness and health as you embark on this new chapter in life. You are missed!!—Anne R.

Retirement marks the end of working for someone else and the beginning of living for yourself, BEST WISHES! Miss you!—Shirley

I truly appreciate everything you did for me over the years. You will be missed. I hope that you have something wonderful planned!—Liz

Thanks for all your hard work on behalf of the health department. You served the people of Bullitt County compassionately.—MaryAnn

Thank you for your years of service Vickie and enjoy your well-deserved retirement!!!—Marci

After 16 years of service, wishing you happiness and relaxation in your well-deserved retirement!—Andrea
Stay Healthy In the Water: Share the Fun, Not The Germs

Most sickness outbreaks linked to water we swim, relax, and play in are outbreaks of diarrhea. These outbreaks are caused by germs like Cryptosporidium (or “Crypto” for short), norovirus, and E. coli. These germs can spread when someone who is sick has diarrhea in the water. Other people can get sick if they swallow the germy water, even just a mouthful.

Pool chemicals, like chlorine or bromine, are added to the water to kill germs, but they do not work right away. If used properly, they can kill most germs in a few minutes. However, some germs, like Crypto can live in properly treated pools for several days. When things like pee, poop, sweat, and dirt rinse off our bodies and into the pool water, the chemicals break down these other things instead of killing germs. This uses up the chemicals’ power, which means there is less power to kill germs. That is why it is important to follow the easy steps listed below.

Smell that “chlorine”? It’s not what you think.

What you smell are actually chemicals that form when chlorine mixes with pee, poop, sweat and dirt from swimmers’ bodies. These chemicals – not chlorine – can cause your eyes to get red and sting, make your nose run, and make you cough.

Healthy pools, waterparks, hot tubs, splash pads, and spray parks don’t have a strong chemical smell.

Know the pool is safer.

- See the bottom of the pool even at the deep end.
- Smell little or no chemical odor.
- Ask to see inspection results.
- Use test strips to check pool chemical levels.

Showering before you get in removes most of the dirt or anything else on your body that uses up pool chemicals.

Keep the “poo” out of the pool!

Swim diapers and swim pants can hold in solid poop for a few minutes, but they are not leak proof. They do NOT stop germs or diarrhea from getting into the water.

If you’re at the pool for the day, build in breaks for kids and adults at least every hour.

- Take kids on bathroom breaks.
- Check diapers, and change them away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.

Stay out of the water if you have diarrhea!

Learn more at www.cdc.gov/healthyswimming
Say Hello To the New BCHD Employees

It is with great pleasure that we introduce some new health department employees. There are four new employees over the past year; Rachel Pitto, Tessa Lyvers, Rosie Riddle, and Shawna Anderson.

Tessa Lyvers, RN, ADN and Rosie Riddle, RN, ADN joined the Bullitt County Health Department (BCHD) team in January 2017 as nurses. They both graduated nursing school in 2010, Tessa Lyvers from Jefferson Community & Technical College and Rosie Riddle from Galen University with their Associates Degree in Nursing.

Lyvers lives in Bullitt county, enjoys walking in the woods, particularly Bernheim Forest, and raising chickens. She keeps busy raising her five children. She became a nurse to help people.

Riddle became interested in nursing after losing her brother to cancer. Her interests focus on outdoor activities near Lake Cumberland like horseback riding. She was born in Tennessee and moved to Kentucky with her family in her early teen years. She is married and a mother of three children.

Both, Lyvers and Riddle will be working in the clinic meeting the public and helping clients stay healthy through preventive services like immunizations, WIC, cancer screenings and more.

Rachel Pitto, MPH joined the BCHD team in September 2016 as the regional Epidemiologist. She serves Bullitt, Henry, Oldham, Shelby, and Trimble counties. She moved to Kentucky from neighboring Indiana after graduating from Indiana University with a Master’s in Public Health with a focus in environmental health. She became interested in environmental issues through her parent’s example of being environmentally conscious of their surroundings. Her hobbies include cooking, baking, and gardening.

Shawna Anderson, PhD, MBA, joined BCHD March 2017 as the Accreditation Coordinator. She moved to Bullitt County 15 years ago. She has a doctorate in Economics and Policy Analysis and has been teaching economics for 25 years. Anderson is a world traveler having lived and taught in four countries. Anderson describes her hobby of dog training as a passion. She and her husband rescue dogs and train them to be support companions for disabled individuals.

Health Department Up-Coming Closing Dates

April 14, 2017 - Closed for Good Friday
April 20, 2017 - Closed at 2:30pm for Staff Meeting
May 18, 2017 - Closed at 2:30pm for Staff Meeting
May 29, 2017 - Closed for Memorial Day
June 15, 2017 - Closed at 2:30pm for Staff Meeting
Are You Following BCHD on the Web?

Our website [http://bullittcountyhealthdept.org](http://bullittcountyhealthdept.org) is loaded with useful information that you would expect from a nationally accredited health department. You will find information about our programs, services, upcoming events and classes, and more. The most current events are located under the Hot Topics button. One of our most frequently visited links is the Food Establishment Scores button, where you can check out the latest inspection scores for Bullitt County food establishments.

In addition to our website, you can “Like” our Facebook page at [https://www.facebook.com/bullittkyhealth/](https://www.facebook.com/bullittkyhealth/) where you will find timely information, such as:

- Safety recalls, as well as food and medical product statements
- Class announcements with descriptions; such as Diabetes 101, Freedom From Smoking, and Arthritis Foundation Exercise Program
- Event announcements, such as Healthy Hearts Wear Red, Think Pink, Community Baby Shower and other community events
- Job opportunities

The Bullitt County Medical Reserve Corps can be found on Facebook [@https://www.facebook.com/BullittCountyMRC/](https://www.facebook.com/BullittCountyMRC/). The mission of the Bullitt County MRC is to strengthen community preparedness and response to public health emergencies, both natural and man-made, through the formation of a volunteer base of trained medical and non-medical community residents. We invite all interested Bullitt County residents to join our team.

We are also on Twitter. Follow us at [https://twitter.com/BullittKYHealth](https://twitter.com/BullittKYHealth) for more great content. We are able to retweet messages composed from other organizations to give you the most current information as events unfold. Twitter can be a great tool for enhancing public awareness during emergency situations.