Serving Picnic Food:
Keep Hot Food Hot and Cold Food Cold

Keeping food at proper temperatures — indoor and out — is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the “Danger Zone” — between 40°F and 140°F — for more than 2 hours, or 1 hour if outdoor temperatures are above 90°F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.

Instead, follow these simple rules for keeping cold foods cold and hot foods hot.

Cold perishable food should be kept in the cooler at 40°F or below until serving time.

- Once you’ve served the food, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90°F. If it does, discard it.
- Foods like chicken salad and desserts in individual serving dishes can be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

Hot food should be kept hot, at or above 140°F.

- Wrap it well and place it in an insulated container until serving.
- Just as with cold food — hot foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90°F. If food is left out longer, throw it away to be safe.

For more information visit the Food and Drug Administration website at: www.fda.gov/educationresourcelibrary
SHEPHERDSVILLE, KY. (April 5, 2017)— The 2017 County Health Rankings are published and Bullitt County once again ranks in the top 10 counties in Kentucky. The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute started the County Health Rankings 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 health and provide a revealing snapshot of how health is influenced by where we live, learn, work and play.

In 2017, Bullitt County was ranked 9th out of 120 counties in Kentucky on health outcomes. Health outcomes represent how healthy a county is by measuring length of life (determined by the number of years of potential life lost by premature death or dying before age 75) and the quality of life (determined by general, physical and mental health, and low birth weight).

Bullitt County was ranked 21st out of 120 counties in Kentucky on health factors. Health factors measure what influences the health of the county – they include:

- Health behaviors such as tobacco use, diet and exercise, alcohol use, and sexual activity
- Clinical care covers access to care, quality of care and preventive screenings
- Social and economic factors like education, employment, income, family and social support and community safety
- Physical environment including air and water quality, housing, and transit

Bullitt County did not experience any major changes in the categories of health outcomes and health factors in 2017 compared to the previous year. In 2016, Bullitt County was ranked 6th in health outcomes and in 2017 that decreased slightly to 9th. Bullitt County also saw a slight decrease in terms of health factors, moving from 18th in 2016 to 21st in 2017.

The purpose of County Health Rankings are to assist communities in identifying areas of strength and areas to further explore. Areas for further exploration identified by the Robert Wood Johnson Foundation for Bullitt County include: adult smoking rate, adult obesity, excessive drinking, and the ratio of primary care physicians to residents. These areas are identified based on increases over time and/or comparisons to the rest of the state and the nation as a whole.

By identifying areas to explore, communities can prioritize lower performing areas for improvement. Many of the factors identified by the Robert Wood Johnson Foundation as areas to explore are also addressed in the Healthy Bullitt County 2020 CHA/CHIP (available on the health department website) as areas of concern. These include: substance abuse issues (adult smoking rate and excessive drinking), healthy choices (adult obesity) and access to care (ratio of population to primary care providers).

The Foundation also identifies areas of strength for each county. For Bullitt County in 2017, these included: teen birth rate, uninsured rate, number of preventable hospital stays, percentage of children in poverty, income inequality ratio, and injury death rates. These are areas where the county outperforms other areas of the state or nation or has shown improvements over previous years.

When reviewing county health rankings each year, it is important to remember that data is frequently delayed. Collecting and analyzing data can take time, and the majority of data used to calculate 2017 rankings were collected in 2014. Any positive or negative changes in the county since 2014 may not be represented in these results.
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

Ready to be a Quitter?

August 15, 2017
5:30pm–7:00pm
Bullitt County Health Department
Register Now! Call 502-955-5355

For more information on how to quit call Kentucky’s FREE tobacco quit line at 1-800-QUIT-NOW.
Diabetes Support Group
We will have a 30-minute lesson on self-care aspects of living with diabetes, followed by discussion and problem-solving 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:
August 10, 2017
September 14, 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: October 4, 2017 from 9:00am–11:00am
Where: Bullitt County Health Department
Call to Register: 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 July 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.

Walk With Ease Program
No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation’s six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. This FREE program will motivate you to get in shape, reduce chronic pain, and feel great. Classes will meet Mondays, Wednesdays, and Fridays from 10:00am-11:00am at different outdoor locations. The program begins September 11th at First Street Park in Shepherdsville. Space is limited. Please call 502-955-5355 to register.
Do You Know About Whooping Cough (Pertussis)?

With National Immunization Awareness Month in August, it is a great time to remind our community that immunizations matter. Whooping Cough, also known as Pertussis, is a bacterial infection that affects the respiratory system. Children under the age of 12 months are considered high risk for complications associated with Pertussis. Over half of all cases are hospitalized where 61% of the patients stop breathing, 23% have pneumonia, 1.1% develops seizures and 1% dies. All of this can be prevented by vaccinating children and adults against Whooping Cough. Children under the age of 7 years will receive the initial dose of DTaP and those over the age of 7 years will receive the booster dose, Tdap. The CDC recommends that all pregnant women, with each pregnancy, receive Tdap to prevent their newborn from becoming ill. Whooping Cough (Pertussis) is preventable! Please call the Bullitt County Health Department at 502-955-7837 for more information and to schedule your appointment today!

HANDS Program

The Health Access Nurturing Development Services (HANDS) program is designed to help you on your journey to be a successful parent. HANDS is a home visitation program for moms, dads and families. We strive to help you reach the goals you have for your children and family by supporting you in ensuring healthy child growth and development and a safe home. We give support, information and activities that will help you and your baby successfully navigate early parenthood together. The areas we can help with include caring for a baby, providing enriching learning experiences, community resources, and coping with stress.

Every member of the household plays an important role in a baby’s development. Did you know that Dad or a father figure plays an equally important role in developing a baby’s brain? Dads play differently with babies than Moms do. Dads usually engage in less structured play and play in a more physical way, such as tickling or wrestling around on the floor. This allows different pathways in the brain to form and can lead to a child being able to better regulate their emotions and to be able to recognize when to play and when to be more serious.

Did you know:

▶ 63% of youth suicides are from fatherless homes (US Department of Health Census).
▶ 90% of all homeless and runaway children are from fatherless homes (Centers for Disease Control).
▶ 85% of all children that show behavior disorders come from fatherless homes (Centers for Disease Control).
▶ 71% of high school dropouts come from fatherless homes (National Principles Associate Report).
▶ 75% of all adolescent patients in chemical abuse centers come from fatherless homes (Department for Justice, Office of Justice Programs).

Even if Dad is not in the primary home, a relationship with Dad or a father figure can greatly improve these statistics. HANDS can teach families about how to build your baby’s brain pathways to assure success in the future. For more information about the HANDS program, call 502-955-5668.
Sun Safety: Too Much Sun Hurts

There’s no other way to say it—tanned skin is damaged skin. Any change in the color of your skin after time outside—whether sunburn or suntan—indicates damage from ultraviolet (UV) rays. Unprotected skin can be damaged by the sun’s UV rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. So, if you or your child’s skin looks “a little pink” today, it may be burned tomorrow morning. Even on cool and cloudy days you can still be at risk for damage by the sun. UV rays, not the temperature, do the damage. Clouds do not block UV rays, they filter them—and sometimes only slightly. Follow these recommendations to help protect yourself and your family.

**Shade:** You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you’re outside—even when you’re in the shade.

**Clothing:** When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

If wearing this type of clothing isn’t practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

**Hat:** For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with at least SPF 15, or by staying in the shade.

**Sunglasses:** Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

**Sunscreen:** Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don’t forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

For more information visit the Centers for Disease Control and Prevention website at: www.cdc.gov/cancer/skin/basic_info/sun-safety
Challenge Accepted!

Our Director accepted the challenge for the Bullitt County Health Department employees to begin improving their health with a worksite wellness challenge. The BCHD 6 Week Wellness Challenge involved receiving points for accomplishing challenges that ranged from exercises, stretching, nutrition, step counting, and sharing positive information about ourselves and others. Those points were used for prizes at the end. Each of the daily challenges had to be verified by another co-worker so as to encourage team bonding and show accountability.

“It is easy and does show that you can fit in a small workout here and there even at work. We had a lot of fun with it as co-workers also, we encouraged and teased each other and it made it more enjoyable and more of a group activity.” -Stacy

“I can’t keep making the excuse that I don’t have time for exercise. It was very easy to work these exercises into my day and I plan to try to keep that up, after the challenge is over.” -Erin

“If I find myself slipping into negative feelings. I read over the inspirational quotes and the coworker compliments and help myself get back into a healthy mindset! This challenge reinforced my belief in the need for balance within my mind/body/spirit” -Julie

“The levels of each activity/exercise allowed me to pick a level that fit my physical limitations. I started on level one with the squats and finished on a comfortable level two squats!” -Cynthia

“Doing the exercises first thing in the morning gets you up and motivated for the day. I have enjoyed every bit of this challenge, especially paying a compliment to a coworker.” -Melissa

The Bullitt County Health Department offers many customized worksite wellness programs that include weight loss, stress reduction, physical activity, and tobacco cessation. If your organization is interested in a worksite wellness program, contact the Health Education Department at 502-955-5355.
Protect Yourself, Protect Kentucky

Protect yourself and your family from Zika Virus and other mosquito related diseases by knowing how to control mosquito breeding areas and how to protect yourself from being bitten. Join us in preventing Zika Virus and other diseases being spread locally.

Help Eliminate Mosquitoes

Here are a few ways you can get rid of standing water and reduce the number of mosquitoes around your home or property. Check each one off to do a thorough inspection.

- Eliminate standing water in buckets, birdbaths, toys, puddles, etc.
- Fix leaky faucets and outdoor hoses that are dripping water.
- Repair screens and windows to keep mosquitoes out.
- Dispose of old tires, trash, and building materials.
- Clean your gutters so water runs freely.
- Treat hedges, shrubs, and tall grass to eliminate resting locations.

Helpful Tips:

- Apply insect repellent when you’re outdoors. Always follow manufacturer directions for using repellents—especially on pregnant women and small children.
- Avoid activities in areas with lots of mosquitoes when going outdoors.
- Permethrin treated clothing, such as long pants, long sleeve shirts and socks, can help protect from bites.