Notes from our Director

As I write this letter, we are preparing for an annual review of the Health Bullitt County 2020 Community Health Improvement Plan. 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. If you missed out, it’s not too late. 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.

During the annual review we want to hear how you have incorporated these documents where you live, work, and play. Did you use the results to add programs, develop policies, or as guidelines for grant funded initiatives? We look forward to sharing the results of the review as we all strive towards a healthier Bullitt County.

Have a Happy and Healthy Fall,
Andrea

BCHD Receives Award

The Bullitt County Health Department was honored with the Model Practice Award at the 2017 Annual Conference of the National Association of County and City Health Officials (NACCHO). The award celebrates local health departments for developing programs that demonstrate exemplary and replicable best practices in response to a critical local public health need. Food Safe Bullitt County was one of 41 local health department programs to receive NACCHO’s prestigious Model Practice Award.

Food Safe Bullitt County focuses on the creation and implementation of a mandatory Food Handlers and Food Managers training program in the county and its impact on restaurant inspection scores and food safety. Training materials were also translated into multiple languages for residents who do not speak English as a first language. The trainings have led to an educated food service workforce and changes in industry practice.
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/.

3 steps Women can take to understand their Hereditary Breast Cancer Risk

1. Learn your family history of breast cancer.
2. Talk to your doctor if you are at a higher risk.
3. Know how your breasts normally look and feel.

Get Screened
A mammogram is an X-ray picture of the breast. Mammography is the best screening tool for breast cancer used today. It can find cancers at an early stage, when they are small (too small to be felt) and the chances of survival are highest. During a mammogram, your breasts are pressed between two plastic plates. These plates flatten the breast tissue so that a good picture is taken. Two views of each breast are taken, one with the X-ray beam aimed from top to bottom and the other from side to side. The X-ray uses very little radiation. Be sure to tell the technologist about any lumps or changes you have noticed. Your X-rays can be compared from year to year to see if there have been any changes. The test takes a few minutes, and you should have your results within two weeks. Starting at age 40, women should get a mammogram every year. If you are under age 40 and have a family history of breast cancer, or other concerns about your breasts, talk to your health care provider about when to start getting mammograms or other tests and how often to have them. Most insurance programs cover mammograms, including Medicare.

Know What’s Normal for You
Breasts are composed of lobules, ducts, connective tissue, lymph nodes and fat. That’s why breasts feel lumpy to the touch. The signs of breast cancer are not the same for all women. It is important to know how your breasts normally look and feel. If you notice any breast change such as a new lump or dimpling, nipple discharge or pain — don’t ignore it. It may be a benign breast condition or it could be a symptom of breast cancer. If you notice any change in your breast, see your health care provider.
Congratulations HANDS Graduates!

Congratulations to our 6 HANDS graduates who attended their HANDS graduation ceremony on August 15, 2017. When a child completes the HANDS program, they get to attend a graduation ceremony, receive their graduation cap and receive their diploma.

Did you know that babies are born with their brain already wired to learn? And by age three, your child’s brain has already developed nearly 90%. Your child’s experiences in the first three years of life are critically important because the growth in each part of the brain depends on the amount of stimulation that is received. This stimulation provides the foundation for learning for the rest of the child’s life.

The HANDS program teaches parents how to interact with their children to provide the needed stimulation to grow each section of the brain. Through curriculum-based home visits, parents will not only learn about brain development, but also simple things they can do to do assure that they are interacting with their baby in a way to fully develop all parts of the brain. The HANDS worker shows parents activities and teaches parents methods to include in their daily activities with their child to promote optimal brain development. By doing these activities, your child will be ready to learn in school and lead a successful and productive life as an adult. The work really starts as soon as your child is born.

For more information about the HANDS program, call 502-955-5668.

The sun and the moon put on a dazzling show throughout Kentucky. The people in Hopkinsville saw the moon completely block out the sun and the rest of KY observed 90 percent of the sun covered by the moon. The heat index was over 100 degrees in Hopkinsville but that did not stop visitors from traveling long distances to experience this highly anticipated phenomenon. As daylight turned into dusk, visitors in downtown Hopkinsville cheered, clapped, and captured the images on their phones.

Public Health played a major role to ensure a safe and pleasant experience for everyone and 35 Medical Reserve Corps (MRC) volunteers, including two from Bullitt County, staffed portable medical tents to ensure first aid was available to those who needed services. At Orchardale Farms, where a viewing area was established for some 6,000 VIPs, the heat index rose to over 100 degrees, but there were few problems.

The next total eclipse in North America will be April 8, 2024. Originating in Mexico, the path will enter the United States in Texas and exit through Maine. Paducah will be the main Kentucky city in the eclipse’s path. The Illinois town of Carbondale has the distinction of being in the “path of totality” for both the 2017 and 2024 eclipses.

You can join the Bullitt County Medical Reserve Corps by visiting www.KentuckyHelps.com, or to find out more call the Bullitt County Health Department at 502-955-7837. The Bullitt County Medical Reserve Corps meets quarterly at the Health Department.

Upcoming MRC Meetings:
October 3rd from 6:30pm-7:30pm
January 23rd from 6:30pm-7:30pm
Undo Holiday Overindulgences

What comes to mind when you think of the holiday season? Spending time with family? Shopping? Playing in the snow? Eating a lot of food probably makes the list too. But that doesn't mean you have to pack on the pounds. Why not focus on balancing the calories you consume with the calories you burn to avoid weight gain this year? Here are some ways to help you eat healthier and move more this holiday season.

Here are some suggestions for cutting your calories:

- **Enjoy your holiday comfort foods, but try a lower-calorie version.** Use lower-calorie ingredients or prepare meals differently. For example, if your macaroni and cheese recipe uses whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, and include vegetables like fresh spinach and tomatoes.

- **Fruits and Veggies: keep it simple!** Most fruits and veggies are low-calorie and will fill you up, but the way you prepare them can change that. Breading and frying, and using high-fat creams or butter with vegetables and fruit will add extra calories. Try steaming vegetables and using spices and low-fat sauces for flavor. And enjoy the natural sweetness of raw fruit.

- **Eat smaller food portions.** When eating out, save some of your meal and take it home to make another meal or split one meal between two people. At home, try putting only the amount you want to eat in a small bowl and don't go back for more. People eat more when served larger portion sizes.

- **Drink water.** Choose water instead of sugar-sweetened beverages. This tip can help with weight management. Substituting water for one 20-ounce sugar-sweetened soda will save you around 200 or more calories, depending on the drink you choose.

- **Eat breakfast every day.** When you don't eat breakfast, you are likely to make up for the calories you saved by eating more later on in the day. Many people who maintain long-term weight loss eat breakfast daily.
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. Please contact the Bullitt County Health Department at 502-955-7837 for further information and/or questions regarding flu vaccine.


Diabetes 101 Program

The next class begins Wednesday, October 4, 2017.

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

Class begins at 2:00pm and ends at 4:00pm.

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

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:

October 13th, November 10th, December 8th
Practice Food Safety During the Holidays

- Wash your hands. Be sure to wash your hands with soap and water before and after preparing food, after touching raw meat, raw eggs, or unwashed vegetables, and before eating or drinking.

- Cook food thoroughly. Meat, poultry, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to the safe minimum internal temperature. Roasts, chops, steaks and fresh ham should rest for 3 minutes after removing from the oven or grill.

- Keep food out of the "danger zone". Bacteria can grow rapidly at room temperature. After food is cooked, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours. The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.

- Use pasteurized eggs for dishes containing raw eggs. Salmonella and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. Always use pasteurized eggs when making these and other foods made with raw eggs.

- Do not eat dough or batter. Dough and batter made with flour or eggs can contain harmful germs, such as E. coli and Salmonella. Do not taste or eat unpasteurized dough or batter of any kind, including those for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants.

- Keep foods separated. Keep meat, poultry, seafood, and eggs separate from all other foods at the grocery and in the refrigerator. Prevent juices from meat, poultry, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.

- Safely thaw your turkey in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.

Pregnancy and Food Safety

While everyone wants to keep food safe during the holidays, it is especially important for pregnant women to do so because they are at increased risk of food poisoning.

- Avoid raw or unpasteurized milk and products made with it, such as soft cheeses. Raw or unpasteurized milk and products made with it can contain harmful germs, including Listeria. Avoid drinking raw milk and eating soft cheeses, such as queso fresco, Brie, Camembert, feta, goat cheese, or Roquefort, if they are made from raw or unpasteurized milk. Do not eat or drink other raw or unpasteurized products, such as juice or cider.

- Be careful with seafood. Do not eat refrigerated smoked seafood unless it is in a cooked dish, such as a casserole, or unless it is canned or shelf-stable.

- Be aware of holiday beverages. To reduce the possibility of fetal alcohol syndrome, watch out for alcohol-containing holiday punches and eggnogs. Avoid eggnog entirely unless you know it contains no alcohol and is pasteurized or made with pasteurized eggs and milk.
Health Department

Up-Coming Closing Dates

October 19, 2017 - Closed at 2:30pm for Staff Meeting
November 9, 2017 - Closed at 11:30am for Veteran’s Day
November 10, 2017 - Closed for Veteran’s Day
November 16, 2017 - Closed at 2:30pm for Staff Meeting
November 22, 2017 - Closed at 12:00pm for Thanksgiving
November 23, 2017 - Closed for Thanksgiving
November 24, 2017 - Closed for Thanksgiving
December 21, 2017 - Closed at 2:30pm for Staff Meeting
December 25, 2017 - Closed for Christmas
December 26, 2017 - Closed for Christmas
December 29, 2017 - Closed for New Year’s
January 1, 2018 - Closed for New Year’s

Ready to be a Quitter?

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!

January 16, 2018
5:30pm–7:00pm
Bullitt County Health Department
Register Now!
Call 502-955-5355

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

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Know The Score!

Thinking of trying a restaurant? Wondering if that neighborhood restaurant made the grade on their last inspection? Before you go out to eat, visit www.bullittcountyhealthdept.com and click on the Food Establishment Scores, enter the restaurant name, and see how they scored! Once you’ve found the restaurant, you can place your curser over their score to see the violations that occurred. Each score is only a snapshot in time of an establishment’s practices and cleanliness during a recent inspection. It may not represent how an establishment always operates throughout the year. For more information on how restaurants are scored, please visit the website or call the Environmental Office at 502-955-7867.
Think Pink is a special event sponsored by Bullitt County Health Department, Kentucky Cancer Program, and Bullitt County Cooperative Extension Service, 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.

Think Pink is an Evening to Educate & Celebrate
Paroquet Springs Conference Centre
395 Paroquet Springs Drive, Shepherdsville, KY
Tuesday, October 17, 2017
5:00pm – 7:30pm
FREE OF CHARGE
ONLY 200 SEATS AVAILABLE
To RSVP, please call 502-955-5355
Deadline to RSVP is October 11th
Wear PINK! Contest:
Most Original Pink Outfit—Best Pink Accessory—Most Original Pink Hat