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

Inside This Issue:

- Immunization Regulation
- CHIP Updates/Mammograms
- Stop Smoking/Exercise Program
- Diabetes Classes/HANDS Program
- Winter Storm Preparedness
- Septic System/Closing Dates
- Healthy Hearts Luncheon

Notes from Our Director

Our goals for this newsletter is to bring education and awareness not only of what programs and services the Bullitt County Health Department has to offer, but also of current issues impacting public health. A prime example is the Kentucky Administrative Regulation changes for immunization schedules to be effective July 1, 2018. Parents, if you have children attending school or child care, please pay close attention to the article in this newsletter (page 2) regarding changes in the laws regarding immunization requirements. Please contact your child’s medical office or health department to make sure your child is up to date on vaccinations per the new regulation.

Have a Happy and Healthy New Year,

Andrea

Congratulations to Our Director!

Andrea Renfrow was awarded the Trailblazer Award at the Kentucky Health Department Association’s (KHDA) Annual Conference held in October. This award is to recognize and honor a creative and innovative public health director who has served as director for five years or less and has demonstrated great leadership skills. Guidelines recognize the qualities of loyalty, devotion and perseverance for the betterment of public health departments with an impact on comprehensive public health services.

Andrea was selected through nomination and letters of recommendation by her peers. “I am humbled by the support and recognition of my peers across the Commonwealth. The KHDA organization has been a tremendous resource for me as a new director.” Andrea was pleasantly surprised as the recipients are kept secret until the awards ceremony of the conference.

Congratulations!

Thank You for Your Service

On November 14, 2017, Darlene Haley attended her last quarterly Board of Health meeting. Ms. Haley has served our community for 11 years as a board member. Thank you Ms. Haley for your service and commitment to Bullitt County.

Pictured: Public Health Director Andrea Renfrow presenting Darlene Haley with a glass vase award for her 11 years of service.
ATTENTION PARENTS!

New Immunization Regulation

The following is a summary of the recent changes, effective June 21, 2017, to 902 KAR 2:060. Immunization schedules for attending child day care centers, certified family child care homes, other licensed facilities which care for children, preschool programs, and public and private primary and secondary schools, http://www.lrc.ky.gov/kar/902/002/060.htm. This amended Kentucky Administrative Regulation requires all children to have a current immunization certificate on file and contains the required immunizations schedule for attending.

One new age-specific immunization requirement and one booster dose requirement effective for the school year beginning on or after July 1, 2018:

- 2-Dose Series of HepA (Age: 12 months through 18 years) given at least 6 months apart
- Quadrivalent meningococcal vaccine (MenACWY) booster dose (Age: 16 years)
- Homeschooled children are required to submit a current immunization certificate to participate in any public and private school activities (classroom, extra curricular activity, or sports).

A child whose certificate has exceeded the date for the certificate to be valid shall be recommended to visit the child’s medical provider or local health department to receive immunizations required by this administrative regulation. An updated and current certificate shall be provided to the:

- Day care center, certified family child care home, or other licensed facility that cares for children by a parent or guardian within thirty (30) days from when the certificate was found to be invalid; or
- School by a parent or guardian within 14 days from when the certificate was found to be invalid.

Please call 502-955-7837 for more information.

Facebook.com/bullittkyhealth
@BullittKYHealth
www.bullittcountyhealthdept.org

Hepatitis A

Symptoms of Hepatitis A include dark urine (the color of tea or cola), fever, abdominal pain, nausea/vomiting, and tiredness. You may not want to eat. Stools may be white or gray-colored. You may appear jaundiced (yellowing of eyes or skin). If you are infected, it may take 15 to 60 days for symptoms to start (usually takes 28 days).

Hepatitis A is spread by eating or drinking food or beverages contaminated with stool. It is also spread by touching hands, objects, or surfaces, contaminated with stool. It has a contagious period of 2 weeks before to 2 weeks after symptoms start.

There are many people who could be at risk for contracting Hepatitis A including: the homeless, those who use recreational drugs (whether injected or not), household members or caregivers of a person infected with Hepatitis A, men who have sexual contact with men, and travelers to countries where Hepatitis A is common.

Household members or caregivers of recent adoptees from countries where Hepatitis A is common are also at risk, as well as people with clotting factor disorders such as hemophilia.

If you or someone in your home has been exposed to Hepatitis A or has symptoms of the disease please call your health care provider.

Preventing Hepatitis A

⇒ Wash hands after using the toilet and changing diapers
⇒ Wash hands before preparing food or eating
⇒ Clean and disinfect any objects that come in contact with stool
⇒ Hepatitis A vaccine is available for children over 12 months old and should be considered for groups at increased risk

Hepatitis A is a viral infection of the liver
CHA/CHIP Updates

Updates to the county health data used in the 2015 Community Health Assessment (CHA) are now available. The full report of Bullitt County Indicators is located on the Bullitt County Health Department website. New data indicates the Bullitt County population has grown to over 79,000. The good news is some behavioral factors such as adult smoking, sexually transmitted infections, physical activity levels, and receiving annual flu vaccines are improving. The percentage of medically uninsured is decreasing. More women are receiving adequate prenatal care and the percentage of low birth weight deliveries has decreased. Breast cancer rates are also down.

The data reviewed also indicates continued challenges. Adult obesity continues to increase. Binge drinking shows a seven percent increase. The number of primary care providers is down to 13.2 per 100,000 population from 17.3 in 2015. The percentage of moms who smoke during pregnancy and diabetes is on the rise. Cancer in general presents as the number one cause of death in Bullitt County and this trend is continuing.

The Community Health Improvement Plan (CHIP) is working to implement programs and policies designed to make Bullitt County healthier. The community partners meet monthly to plan events and work on policy changes. The public is invited and welcomed at these meetings. The Inter-Agency Council (IAC) meets the fourth Tuesday at 2:30pm at the health department. The IAC focuses on communicating between agencies, networking, and mapping the resources in the county. The Coalition for Recreation, Education, and Wellness (CREW) meets the first Thursday each month at 2:00pm at the health department. Their focus is to create educational opportunities to increase awareness of healthy habits and a healthier lifestyle. The Partners In Prevention Coalition (PIP) focus is reducing substance abuse and use among youth in the county. PIP meets the second Tuesday at 12:00pm at the health department. The Provider Coalition meets the third Tuesday each month at 2:00pm at the Multi-purpose Community Center. This coalition works on access to care issues. Call the Health Education office (502-955-5355) for more information about these groups. Volunteers are always needed, and always welcomed.

Mammograms on the Go!

Screening mammograms are one of our best weapons against breast cancer. To help make this essential test convenient for the women in our community, we contract with James Graham Brown Cancer Center to provide the mobile mammogram unit here at the Bullitt County Health Department.

It is estimated that one-third of all breast cancer deaths in America each year could be prevented by early detection. Breast cancer treated in its early stage can usually be treated successfully.

Every woman 40 or over should be screened for cancer. If you are age 18 or older, you need a yearly breast exam by a health professional, pap test, pelvic exam, and instruction in breast self-exam. If you are age 40 or older you need a yearly breast exam by a health professional, pap test, pelvic exam, and a mammogram.

The Kentucky Women’s Cancer Screening Program provides free or low-cost mammograms. These services are available every year for women 21-64 who do not have health insurance. If you are age 20 or under, call the health department to find out what services are available for you. For women over 65 years old Medicare/Medicaid allows for annual mammograms.

For more Information contact: 502-955-7837

Mobile Mammography dates for 2018:

<table>
<thead>
<tr>
<th>February 28</th>
<th>April 25</th>
<th>June 27</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 8</td>
<td>October 17</td>
<td>December 19</td>
</tr>
</tbody>
</table>

Each date is on a Wednesday.
Appointment times run from 8:00am to 3:00pm.
**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

**Freedom From Smoking**

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

**January 16, 2018**

5:30pm–7:00pm

Bullitt County Health Department

Register Now!
Call 502-955-5355

---

**Building a Healthy You**

Research shows that doing muscle strengthening and bone strengthening physical activity of at least a moderately intense level can slow the loss of bone density that comes with age.

Regular physical activity helps with arthritis and other conditions affecting the joints. If you have arthritis, research shows that doing 2 hours and 10 minutes to 2 hours and 30 minutes a week of moderate-intensity, low-impact aerobic activity can not only improve your ability to manage pain and do everyday tasks, but it can also make your quality of life better.

Muscle strengthening activities can help you increase or maintain your muscle mass and strength. Slowly increasing the amount of weight and number of repetitions you do will give you even more benefits, no matter your age.

Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better. Research has shown that doing aerobic or a mix of aerobic and muscle strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits. Some scientific evidence has also shown that even lower levels of physical activity can be beneficial.

Reference: [www.cdc.gov/physicalactivity/basics](www.cdc.gov/physicalactivity/basics)
Diabetes 101 Program

The next class begins Thursday, January 4, 2018.

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 9:00am and ends at 11:00am.

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

Classes are held at the Bullitt County Health Department (181 Lees Valley Road, Shepherdsville)

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 10:00am-11:00am at the Bullitt County Health Department in Shepherdsville. For questions call 502-955-5355.

Upcoming Dates:
January 11th, February 8th, March 8th

HANDS Program

The Health Access Nurturing Development Services (HANDS) Program and the Bullitt County Schools Family Resource Centers held their annual HANDS Family Christmas Party on November 28, 2017. HANDS Families enjoyed a visit from Santa, the company of other HANDS families, a meal, a craft activity, and learned about early Head Start and school readiness. HANDS is an evidence-based, voluntary home visitation program for expecting and new parents. The main goals of HANDS are to ensure healthy pregnancies and births, healthy child growth and development, healthy safe homes, and self-sufficient families.

HANDS is a statewide program and has had excellent outcomes. The following are evidence-based outcomes of the HANDS program as compared to families that did not participate in HANDS:

- 26% less prematurity
- 46% less low birth weight infants
- 47% less child abuse and neglect
- 74% lower child mortality
- 50% less emergency room visits
- 14% growth in employment
- 14% more prenatal care visits
- 40% less maternal complications
- 49% less pregnancy -induced hypertension
Preventing for Winter Storms

- Listen to your radio or television for winter storm forecasts and other information.
- Prepare your home for cold weather.
- Install storm windows. Insulate outside walls, attics and crawl spaces. Wrap pipes, especially those near cold outer walls or in attics or crawl spaces. Repair leaks in the roof, around the doors and in the windows.
- If you have a kerosene heater, refuel your heater outside and remember to keep it at least three feet from flammable objects.
- Have appropriate cold weather clothing available.
- Make sure your fireplace functions properly.
- Have rock salt and sand on hand for traction on ice.
- Fill your gas tank before the snow starts falling.

During a Winter Storm

- Wear several layers of loose fitting, light weight, warm clothing rather than one layer of heavy clothing. Wear mittens rather than gloves. Wear a warm, woolen cap.
- Do not drive unnecessarily.
- Reduce the temperature in your home to conserve fuel.
- Heat only the areas of your home you are using. Close doors and curtains or cover windows and doors with blankets.
- Use alternative heat methods safely. Never use a gas or charcoal grill, hibachi or portable propane heater to cook indoors or heat your home.
- Be careful when shoveling snow. Do not overexert yourself.
- Be sure to eat regularly. Food provides calories that maintain body heat.
- Watch for signs of frostbite and hypothermia — slurred speech, disorientation, uncontrollable shivering, stumbling, drowsiness and body temperature of 95 degrees Fahrenheit or less.
- If you become trapped outside, get out of the wind and stay dry. Build a lean-to or snow cave if nothing else is available. Do not eat snow; it will make you too cold.

Prevent Carbon Monoxide Poisoning

- Don’t use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device in your home, basement, garage, or near a window.
- Don’t run a car or truck inside a garage attached to your house.
- Don’t heat your house with a gas oven.

Prevent Hypothermia

- Hypothermia can result when the body’s temperature drops below what is necessary to maintain normal bodily functions.
- To prevent hypothermia, wear appropriate clothing and limit the time you spend outdoors. Layer clothes made of synthetic and wool fabrics, which are best for keeping warm. Remember to wear hats, coats, scarves, and gloves.
- 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.

Winter storms can range from moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow or freezing rain that lasts several days. The time to prepare is before the snow falls or ice forms.
Your Septic System is Your Responsibility

How do I maintain my septic system?

Pump Frequently! You should have your septic system inspected at least every 3 years by a professional and your tank pumped as necessary (generally every 3 to 5 years).

Use water efficiently! Average indoor water use in the typical single-family home is almost 70 gallons per person per day. Dripping faucets can waste about 2,000 gallons of water each year. Leaky toilets can waste as much as 200 gallons each day. The more water a household conserves, the less water enters the septic system.

Flush Responsibly! Dental floss, feminine hygiene products, condom, diapers, cotton swabs, cigarette butts, coffee grounds, cat litter, paper towels, and other kitchen and bathroom items can clog and potentially damage septic system components. Flushing household chemicals, gasoline, oil, pesticides, antifreeze, and paint can stress or destroy the biological treatment taking place in the system or might contaminate surface water and groundwater.

Health Department Up-Coming Closing Dates

January 1, 2018 - Closed for New Year’s Day
January 15, 2018 - Closed for Martin Luther King Day
January 18, 2018 - Closed at 2:30pm for Staff Meeting
February 15, 2018 - Closed at 2:30pm for Staff Meeting
March 15, 2018 - Closed at 2:30pm for Staff Meeting
March 30, 2018 - Closed for Good Friday

Did you know that as a homeowner it’s you’re responsible for maintaining your septic system? Did you know that maintaining your septic system protects your investment in your home? Did you know that you should periodically inspect your system and pump out your septic tank?

If properly designed, constructed, and maintained; your septic system can provide long-term and effective treatment of household wastewater. If your septic system isn’t maintained you might need to replace it, costing you thousands of dollars. A malfunctioning system can contaminate groundwater that might be a source of drinking water. If you sell your home, your septic system must be in good working order.

Why should I maintain my septic system?

A key reason to maintain your septic system is to save money. Failing septic systems are expensive to repair or replace, and poor maintenance is often the culprit. Having your septic system inspected every few years is a bargain when you consider the cost of replacing the entire system. Your system will need to be pumped every 3 to 5 years, depending on how many people live in the house and the size of the system. An unusable septic system or one in disrepair will lower your property’s value and could pose a legal liability.
Healthy Hearts

Luncheon

Paroquet Springs Conference Centre

February 15, 2018

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

Program Starts: 12:00pm -1:30pm

Ticket Cost: $10 per person

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

Becky Whitt, President of Lexington Mended Hearts Chapter

Dr. Kristen Sell-Dottin, Cardiovascular Surgeon, UofL Physician Group

Free Health Screenings

Survivor Fashion Show

Information Booths and Items to Purchase

Information on NEW Blood Pressure Guidelines

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 2018 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 donations payable to Mended Hearts.

For more information on Mended Hearts go to: www.mendedhearts.org

Registration Deadline: February 8, 2018 (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