Our Vision Statement
Bullitt County Health Department will become an accredited leader among local health departments in Kentucky 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!
After record-breaking snow this winter, I am ready to embrace spring’s warm weather and all that it brings. Many of us look forward to spring sports, flower gardens, and let’s not forget Spring Break. Here, at the health department, we also celebrate National Public Health Week from April 6th -12th. Not only is this a time to celebrate public health achievements, but a time to bring awareness to public health issues and to educate our community.

As public health week approaches, I would like to take this opportunity to thank the top-notch staff who lives out our mission of promoting healthy lifestyles in Bullitt County through prevention and protection. When you visit BCHD or see us out in the community, please join me in thanking our dedicated employees:

Support Staff – Our front line to linking the community to public health services and practitioners. Thank you Erin, Melissa, Stacy, Debbie, Shirley, and Cathy!

Environmentalists – Protect the health and promote safety of our residents and patrons of our public places through inspections and investigations. Thank you Chad, Greg, and Jeff!

Nurses – Provide preventative health services in addition to coordinating various programs including Tuberculosis, WIC, and case management for breast and cervical cancer. Thank you Marci, Vickie, Sherry, Stacey, Anne, Carrie, and Nancy!

Epidemiologists – Prevent spread of disease through surveillance and investigations. Educate community and staff through data reports and evaluation of programs. Thank you Brittany and Zach!

Emergency Preparedness Coordinators – Protect the community and staff through coordination, development, and exercise of disaster response plans. Thank you Don and Joey!

Home Visitors – Promote healthy families through provision of resources and support to first time parents. Thank you Teresa, Ida, Paula, Brandy and Meaghan!

Health Educators – Promote healthy lifestyles by educating the community through school programs, community classes, wellness programs, and awareness events. Thank you Liz, Cynthia, and Daniel!

Administrative Staff- The “glue” who make sure human resources and the routine business of the health department operate smoothly. Thank you Frances, Julie, Tesha, and Carol!

Have a Happy and Healthy Spring,

Andrea
2015 County Health Rankings

Bullitt County 2015 Health Rankings

SHEPHERDSVILLE, KY. (March 26, 2015)— The 2015 County Health Rankings are out and Bullitt County sits in the top 30 counties. The Robert Woods 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 that provide a revealing snapshot of how health is influenced by where we live, learn, work and play.

In 2015, Bullitt County was rated 27th out of 120 counties in Kentucky on health outcomes. Health outcomes represent how healthy a county is by measuring length of life which is determined by the number of years of potential life lost by premature death (dying before age 75) and the quality of life determined by general health, physical and mental health, and low birth weight.

Bullitt County was rated 21st out of 120 counties in Kentucky on health factors. Health factors measures what influences the health of the county—they are:

1) Health behaviors such as tobacco use, diet and exercise, alcohol and drug use, sexual activity;
2) Clinical care covers access to care and quality of care;
3) Social & economic factors like education, employment, income, family and social support, and community safety;
4) Physical environment including air and water quality, housing, and transit.

Bullitt County made some improvements in the overall health factor ranking and in the four subcategories identified above. For 2015, Bullitt County moved up from 24th to 21st in overall health factor ranking, due to an improvement in the subcategory rankings in health behaviors—up to 21st from 39th and clinical care—now up to 20th from 22nd. The subcategories that saw a decrease in ranking include physical environment—falling to 112th from 59th and social and economic factors falling from 21st to 22nd. Figure 2, a yearly trend line graph, looks closer at the four rankings for each measure of the health factors. This picture gives many starting points for community improvement projects and policies to ultimately improve the health and wellness of Bullitt County residents.

Article by Brittany Bell, Epidemiologist
Table 1. Comparisons of selected measurements for calculating health factors in Bullitt County, 2010 - 2015.

“These numbers highlight room for improvement,” states Andrea Renfrow, MSN, RN, Public Health Director, “They should serve as conversation starters and collaborative opportunities within the county for citizens, elected officials, agencies, and the business community to improve the health factors and health outcomes.”

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<thead>
<tr>
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<th>2015</th>
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<tbody>
<tr>
<td>Health behavior measures</td>
<td></td>
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<tr>
<td>Adult smoking</td>
<td>28%</td>
<td>28%</td>
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<tr>
<td>Adult obesity</td>
<td>32%</td>
<td>34%</td>
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<tr>
<td>Physical inactivity</td>
<td>32%</td>
<td>37%</td>
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<tr>
<td>Clinical care measures</td>
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<tr>
<td>Uninsured</td>
<td>13%</td>
<td>14%</td>
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<tr>
<td>Mammography screenings</td>
<td>67.8%</td>
<td>62.2%</td>
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<tr>
<td>Social and economic measures</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High school graduation rate</td>
<td>85%</td>
<td>77%</td>
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<tr>
<td>Unemployment</td>
<td>7.8%</td>
<td>8.5%</td>
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<tr>
<td>Children in poverty</td>
<td>15%</td>
<td>16%</td>
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<tr>
<td>Physical environment measures</td>
<td></td>
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<tr>
<td>Air pollution (particulate matter)</td>
<td>13.5</td>
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<tr>
<td>Severe housing problems</td>
<td>12%</td>
<td>12%</td>
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**Need to Stop Smoking?**
*Let Us Help You*
**with the Cooper/Clayton Stop Smoking Program!**

The Bullitt County Health Department is providing the Cooper/Clayton Method to Stop Smoking Program. The Cooper/Clayton method to stop smoking was developed by Thomas Cooper, D.D.S. and Richard Clayton, Ph.D., an expert on drug addiction from the Kentucky School of Public Health at the University of Kentucky.

**Session Date:**

**Tuesdays, April 7, 2015 through June 30, 2015**

5:30 P.M. to 6:30 P.M. at Mount Washington City Annex

This program has been highly successful for thousands of people for over 15 years. Participants will be using nicotine replacement patches—provided free to the first 15 registered—to slowly wean themselves off nicotine while working on behavior modification in a supportive group environment.

NOTE: Patches are only provided for 18 years and older. You must attend class each week to receive that week’s supply of patches.

Call today to sign up 502-955-5355.

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**Diabetes Support Group**

Diabetes Support Group is changing things up! The format for the support group has changed. 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. Please call Cynthia Brown at 502-955-5355 with any questions. These are FREE classes and open to all. **Next Meetings: April 9th, May 14th, June 11th**

*Inclement Weather Policy: If Bullitt County Schools are cancelled or closed due to bad weather, any classes scheduled that day will be cancelled as well.*
Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program is a FREE low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level.

The Exercise Program will help you:
- Keep joints flexible
- Strengthen muscles
- Learn relaxation techniques
- Sleep better
- Increase energy
- Improve your overall outlook

Classes begin April 20th on Mondays and Wednesdays
10:00am-11:00am at the Bullitt County Health Department Community Room.
Classes are scheduled for one hour and can be modified for those that have limitations.

Space is limited: Call 502-955-5355

The Longest Day of Play

The Bullitt County Coalition for Recreation, Education, and Wellness (C.R.E.W.) is planning a “Longest Day of Play” (LDOP) community-wide event for Bullitt County. This event promotes the importance of getting physical activity for all ages. The goal of LDOP is to expose people to various types of physical activity so that they have find something they like and will use to improve their health. FREE for all ages.

Coming in June!
Call 502-955-5355 for more information
MAPP (Mobilizing for Action through Planning and Partnership)

A BETTER PLACE TO LIVE BEGINS WITH COMMUNITY ASSESSMENT…

Are you interested in improving the place where you live, work, or play? A Community Assessment can help create an environment of improvement within a community. Whether it is a city or the whole county, a community assessment is the first ingredient needed for an overall healthy community. It is the foundation of a roadmap to follow; a guiding force. It unites. It highlights the strengths and weaknesses in the community as well as the opportunities and threats. It can help bring grant funds into the community. It helps businesses understand the community workforce. It is a chance for your voice to be heard and a chance to get to know your community deeper, to understand it better. But it can’t happen without you—the community!

The community drives the process. Community ownership is the fundamental component of a comprehensive community assessment. Because the community’s strengths, needs, and desires drive the process, MAPP (Mobilizing for Action through Planning and Partnership) provides the framework for creating a truly community-driven initiative. Community participation leads to collective thinking and, ultimately, results in effective, sustainable solutions to complex problems. Participants include, but are not limited to, those who live or work in Bullitt County, those who operate/own businesses in Bullitt County, elected officials, hospitals, private practices—both legal and health care, law enforcement, emergency management, transportation, media, and manufacturers.

Broad community participation is essential because a wide range of organizations and individuals contribute to the public’s overall health. Public, private, and voluntary organizations join community members and informal associations in the provision of local public health services. The MAPP process brings these diverse interests together to collaboratively determine the most effective way to conduct community improvement activities.

To initiate the MAPP process, lead organizations in the community begin by organizing themselves and preparing to implement MAPP. Community-wide strategic planning requires a high level of commitment from partners, stakeholders, and the community residents who are recruited to participate. This is your invitation to join the Bullitt County Health Department on this journey.

For more information on community assessment or to get involved in the process, contact Cynthia Brown, Health Educator at the Bullitt County Health Department 502-955-5355 ext. 2168.
The Bullitt County Health Department HANDS program is excited to have a partnership with the Bullitt County Family Resource Centers. They have sponsored 3 literacy parties for the HANDS program participants. At the December 8th Christmas party Santa made a surprise visit with gifts for all the children. Everyone enjoyed a traditional Christmas meal and each family decorated a Christmas stocking filled with goodies.

Pictured above are:
Jennifer & Aubree Jeffries, Peyton Jones & Santa, Amber & Jazmine Paragon, and Brian & Caden Hester

Health Department Up-Coming Closing Dates

April 3, 2015— Closed for Good Friday
April 23, 2015— Closed at 2:30PM for staff meeting
May 21, 2015— Closed at 2:30PM for staff meeting
May 25, 2015— Closed for Memorial Day
June 18, 2015— Closed for staff training
In an attempt to keep our information current, please contact Elizabeth McGuire at 502-955-5355 or by email at ElizabethR.Crigler@ky.gov regarding any changes to your mailing address or questions about this newsletter.

Diabetes: There’s an APP for That

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 seven Self-Care Behaviors on which one should focus to obtain that goal.

Guess what—There is an APP for that! The Bullitt County Diabetes Coalition and the Bullitt County Diabetes Support Group is offering a class on smartphone application/s that can help you to maintain control or help you gain control. Diabetes is a disease that is highly individualized. It can make trying to find information overwhelming. The doctor tells you, “Watch what you eat.” “Cut back on your sugars.” “Stop eating so many carbs.” What exactly does that mean?

“There's an APP for That” class will be held on April 13, 2015 at the Ridgway Library from 5:30 to 6:30 PM. If you can't make that class join us on May 5, 2015 at the Hillview library from 5:30-6:30 PM. You can call 502-955-5355 or 502-930-2499 to reserve your spot or for more information.

***You must bring your smartphone that is wi-fi capable.***