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!

What would a healthier Bullitt County look like? What goes into making a healthier community? What needs to happen to make Bullitt County a healthier community by 2020?

It has been five years since these questions were initially asked in the county. It is time to ask them again and assess our progress toward a healthier county and what still needs to be done. So now, you are asked to help in a community assessment by providing your thoughts and your expertise as a community member—an individual, business owner, or corporate community member who works here, plays here, or lives here.

Over the next 15 months, the community—YOU—will be asked to participate in a Community Health Assessment (CHA). The goal of this CHA is to help community leaders develop a Community Health Improvement Plan (CHIP). The CHIP is designed to help guide activities and policies in a community, like a road map, toward a healthier community.

This can only happen with YOUR input. Providing your opinion, your insight, and your voice to the assessment process is vital!

Therefore, YOU are invited to answer the following questions as part of the visioning phase and submit your answers to the CHA/CHIP Lead Team at contactbchd@gmail.com.

- What does a healthy community mean to you?
- What are important characteristics of a healthy community for all who work, learn, live, and play here?
- In your ideal community, what would you hear, see, taste, touch, and smell?
- Five years from now, what would we want the local newspaper to say about the health of our community?
- What needs to be in place for us to work together effectively to achieve our vision? (think policies, programs, partnerships)
- What type of working environment is necessary for our partnership to achieve its vision?

Watch the “What’s Happening” page of the Pioneer News or the health department’s website at www.bullittcountyhealthdept.org for future meeting announcements. We value your input. For more information or questions, please contact Cynthia Brown, Assessment Coordinator, 502-955-5355 or email contactbchd@gmail.com

Have a Happy and Healthy Summer,
Andrea
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, August 18, 2015 through November 10, 2015 
5:30 P.M. to 6:30 P.M. at Shepherds’ville Government Center Firehouse Training Room 
(634 Conestoga Parkway, Shepherdsville)

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.

Diabetes 101: Essentials for Living with Diabetes

Living with Diabetes is a challenge! Education is the key to managing this challenge successfully.
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, & Taking Medicines

WHEN: Aug. 6, 2015 4:30pm-6:30pm
WHERE: Bullitt County Health Dept 181 Lees Valley Rd. Shepherdsville, KY 40165

Call to register for classes: 502-955-5355

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 Ridgeway Library. Please call Cynthia Brown at 502-955-5355 with any questions. These are FREE classes and open to all. Next Meetings: July 9th, Aug. 6th, Sept. 10th
Ticks in Bullitt County: How to Keep Your Family Safe

When we spend time outdoors, we know we need to take special precautions, such as wearing sunscreen. Preventing tick bites is something you should also add to your summer routine! To avoid ticks, try the following: Avoid wooded or bushy areas with grass and leaf litter and be sure to walk in the center of nature trails. Use repellants that contain 20 to 30% DEET on exposed skin and clothing. You can also use products that contain permethrin on clothing and gear and this protection can last through many washing cycles. Also be sure to bathe or shower as soon as possible to find and wash off ticks that may be crawling on you. Conduct a full-body tick check on yourself, your children, pets, and gear. Lastly, you can tumble clothes in a dryer on high heat for an hour to kill any remaining ticks.

What should you do if you find a tick attached to you or your family member? Grab a pair of fine-tipped tweezers to grasp the tick as close to the skin’s surface as possible and pull upward with steady, even pressure. Be careful not to twist or jerk the tick as it can cause the mouth of the tick to break off and remain in the skin. If this happens, use the tweezers again to remove the head. After the entire tick has been removed, clean the bite area and your hands with rubbing alcohol or soap and water. Dispose of the tick by submersing it in alcohol, placing it in a sealed bag or container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your finger!

Here in Bullitt County, the two most common types of ticks are the American Dog tick and the Lone Star tick. These species of ticks can transmit many diseases including Ehrlichiosis and Rocky Mountain Spotted Fever. These illnesses have many symptoms in common: fever or chills, headache, fatigue, muscle ache and rash. If you experience any of these symptoms within 14 days of a tick bite, contact your healthcare provider.

For additional information, please visit the Centers for Disease Control and Prevention website, which provides additional information about ticks and tick-borne diseases. Or, you may contact your local epidemiologist, who is happy to provide you with additional information at BrittanyN.Bell@ky.gov.

Epidemiology Update by Brittany Bell

Resources: Centers for Disease Control and Prevention Tick information page. www.cdc.gov/ticks accessed on 06/01/2015.
National Electronic Disease Surveillance System. Data collected on 06/01/2015.
The 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 July 6th on Mondays and Wednesdays for 8 weeks
10:00 A.M.—11:00 A.M.
Location: Multi-Purpose Community Action Agency
(214 Frank E. Simon Ave, Shepherdsville)
Classes are scheduled for one hour and can be modified for those that have limitations.

Space is limited: Call 502-955-5355

C.R.E.W. Weight Loss Competition

The Coalition for Recreation, Education, and Wellness wants you to become your own “Biggest Loser” with our 8 week Weight Loss Competition. Each participant will receive a basic meal plan to follow, information on how to create your own workout routine, and free passes to local fitness centers!

Coming in August!
Call 502-955-5355 for more information

MULTIPLE CASH PRIZES AVAILABLE!
GROWING STRONGER

Mondays and Wednesdays
Starting Sept. 14th
10:00am—11:00am
Pleasant Grove
Baptist Church
(5285 HWY 44, Shepherdsville)

The Bullitt County Health Department invites you to this FREE eight week program demonstrating the benefits of strength training. Engaging in regular strengthening exercises is essential to staying strong and vital during older adulthood. Feeling physically strong also promotes mental and emotional health. Exercises are easy to learn, and can be modified so everyone can participate.

To RSVP contact:
Bullitt County Health Department
(502) 955-5355
Space is Limited

Based on the Strong Women Program
What are molds?
Molds are fungi that can be found both indoors and outdoors. No one knows how many species of fungi exist but estimates range from tens of thousands to perhaps three hundred thousand or more. Molds grow best in warm, damp, and humid conditions, and spread and reproduce by making spores. Mold spores can survive harsh environmental conditions, such as dry conditions, that do not support normal mold growth. There are several common indoor molds: Cladosporium, Penicillium, Alternaria, and Aspergillus.

How do molds affect people?
Some people are sensitive to molds. For these people, exposure to molds can cause symptoms such as nasal stuffiness, eye irritation, wheezing, or skin irritation. Some people, such as those with serious allergies to molds, may have more severe reactions. Severe reactions may occur among workers exposed to large amounts of molds in occupational settings, such as farmers working around moldy hay. Severe reactions may include fever and shortness of breath. Some people with chronic lung illnesses, such as obstructive lung disease, may develop mold infections in their lungs.

In 2004 the Institute of Medicine (IOM) found there was sufficient evidence to link indoor exposure to mold with upper respiratory tract symptoms, cough, and wheeze in otherwise healthy people; with asthma symptoms in people with asthma; and with hypersensitivity pneumonitis in individuals susceptible to that immune-mediated condition.

Where are molds found?
Molds are found in virtually every environment and can be detected, both indoors and outdoors, year round. Mold growth is encouraged by warm and humid conditions. Outdoors they can be found in shady, damp areas or places where leaves or other vegetation is decomposing. Indoors they can be found where humidity levels are high, such as basements or showers.

Specific Recommendations:

- Keep humidity levels as low as you can—no higher than 50%—all day long. An air conditioner or dehumidifier will help you keep the level low. Bear in mind that humidity levels change over the course of a day with changes in the moisture in the air and the air temperature, so you will need to check the humidity levels more than once a day.

- Use an air conditioner or a dehumidifier during humid months.

- Be sure the home has adequate ventilation, including exhaust fans.

- Add mold inhibitors to paints before application.

- Clean bathrooms with mold killing products.

- Do not carpet bathrooms and basements.

- Remove or replace previously soaked carpets and upholstery.

Content source: Centers for Disease Control and Prevention and National Center for Environmental Health
Congratulations on Your Retirement

Carrie, enjoy your retirement, don’t be a stranger, and you still have to come share lots of “Katie” videos with us. I will miss you bunches. —Debbie.

Words cannot explain how much you will be missed, who am I going to give my look to now? I wish you much happiness in your retirement. We expect you to keep in touch.— Sherry

Congratulations on extending your weekend by 5 days. Lucky you!! —Liz

Congratulations Carrie! We are all so excited for you. Enjoy spending more time with your grandbaby, but make sure you come back to visit!! —Melissa

Carrie you will be missed! This place will not be the same without the “short nurse” here to share in our work and memories. Enjoy your retirement and stop by and see us once in a while. You will not be forgotten and I wish you many happy days! —Anne R.

Carrie, I hardly remember a time you did not have a smile on your face and a laugh to be heard. You are such a joy to work with and I’m really going to miss you. I hope you have many years of retirement and enjoy every minute of it. I’m sure you will become the airline’s number 1 “Frequent Flyer”. Wishing you nothing but the best in the years to come. —Frances

Congratulations Carrie! Enjoy your retirement. We will miss you. —Cathy B.

It has been a pleasure working with such a wonderful sister! I will definitely miss you! Best wishes. —Shirley

Best wishes on a much deserved extended vacation! Enjoy your retirement and all the time you’ll get to spend with family! —Andrea

Health Department Up-Coming Closing Dates

- July 2, 2015 — Closed at 11:30AM for Independence Day
- July 3, 2015 — Closed for Independence Day
- July 23, 2015 — Closed at 2:30PM for staff meeting
- Aug. 20, 2015 — Closed at 2:30PM for staff meeting
- Sept. 7, 2015 — Closed for Labor Day
- Sept. 17, 2015 — Closed at 2:30PM for staff meeting
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.

**HANDS Program**

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

**When can participation begin?**
- Participation in H.A.N.D.S. can begin during pregnancy or anytime before a child is 3 months old.

For more information about the HANDS Program please visit our website @ [www.bullittcountyhealthdept.org](http://www.bullittcountyhealthdept.org) and/or call 502-955-5668.

***Just Announced***

Beginning July 1st all families who are expecting a new baby or have a new baby less than three months old are eligible for HANDS. Former HANDS families are eligible too with a new pregnancy or new infant less than 3 months old. If anyone has any questions regarding the HANDS program, contact Teresa Catlett at 955-5668, ext. 2129.