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
Healthy Bullitt County 2020 seeks YOUR input to prioritize health improvement goals for our county. On January 28, 2016 we will review the results of our community health survey, compare this information with the recent community health assessment and begin our collective decision-making and action-planning as we work to create a healthier Bullitt County together.

During this session the group will:
• Review the results of the community health survey
• Discuss the resources available to address health issues in our county
• Determine collaborative action steps for community health improvement

Please join us on January 28, 2016 from 10:00am-2:00pm at Shepherdsville Christian Church
337 Lees Valley Road Shepherdsville, KY 40165

For the lunch order, please RSVP at 502-955-5355 or send RSVP to ElizabethR.Crigler@ky.gov by January 22, 2016. Lunch is sponsored by Bullitt County Health Department.

Have a Happy and Healthy New Year.
- Andrea

Andrea Renfrow, MSN, RN
Public Health Director
You might have had food poisoning before or know someone who has had it. It is a very unpleasant illness and it can take days or even weeks for you to start feeling better. The Centers for Disease Control and Prevention (CDC) estimate that each year about 48 million people get sick from a foodborne illness, 128,000 are hospitalized, and 3,000 die. Your health department tracks all reports of foodborne illness in our community to find out what organism is responsible for the illness (the pathogen), what food item may be responsible for carrying the illness (the vehicle), and how the item may have become contaminated. Many pathogens can make us sick and in 2011 the CDC identified norovirus, Salmonella, Clostridium perfringens, and Campylobacter as the pathogens that cause the most illnesses. You may have heard of others in the news recently, such as Listeria in ice cream last summer and E. coli in chicken salad this fall. Our goal at the health department is to stop the spread of foodborne illnesses before anyone else gets sick.

There are many opportunities for food to become contaminated as it is produced and prepared. Raw foods of animal origin are the most likely to be contaminated (raw meat and poultry, eggs, unpasteurized milk and shellfish). Many organisms, including some that can make us sick, are present in healthy animals that are raised for food. Fresh fruits and vegetables can also be contaminated if they are washed or irrigated with water that is contaminated with animal manure or human sewage.

Later in food processing, other microbes can be introduced from infected people who handle the food, or by cross contamination from some other raw agricultural product. For example, Shigella, hepatitis A and norovirus can be introduced by the unwashed hands of foodhandlers. In the kitchen, microbes can be transferred from one food to another by using the same knife, cutting board, or other utensil to prepare both without washing the item in between uses. A food that is fully cooked can become recontaminated if it touches other raw foods or drippings from raw foods that contain pathogens. The way that food is handled after it is contaminated can also make a difference in whether or not an outbreak occurs. Many microbes need to multiply to a larger number before enough are present in food to cause disease. Given warm moist conditions and an ample supply of nutrients, lightly contaminated food left out overnight can be highly infectious by the next day. If the food were refrigerated promptly, the bacteria would not multiply at all. In general, refrigeration or freezing prevents virtually all bacteria from growing (with a couple exceptions). Microbes are also killed by heat, but vary in their sensitivity. If food is heated to an internal temperature above 160°F for even a few seconds this is sufficient to kill most parasites, viruses or bacteria. For example, the toxin that causes botulism is completely inactivated by boiling but the staphylococcal toxin which causes vomiting is not inactivated even if it is boiled.

The Bullitt County Health Department collects information and investigates all reports of foodborne illness. Graph 1 displays the number of foodborne illnesses identified and investigated by the health department between 2010 and 2015. Bullitt County sees a rise in cases during the summer and we most frequently see cases of Salmonella and Campylobacter.

Sources: CDC Food Safety (http://www.cdc.gov/foodsafety/foodborne-germs.html), National Electronic Disease Surveillance System (NEDSS).
By: Brittany Bell, MPH CPH
Bullitt County Health Department Epidemiologist
Healthy Hearts Wear Red

Luncheon
Paroquet Springs Conference Centre
February 18, 2016
Booths: 10:00-11:30am and 1:30-2:00pm
Lunch: 11:30-12:00 noon
Program Starts: 12:00 noon-1:30pm
Cost: $10 per person

Thank you for joining us to raise awareness about heart disease and helping to fund the American Heart Association as it strives to build healthier lives, free of cardiovascular diseases and stroke. Your generous donation at this event will be combined with the 2016 Mended Hearts Chapter 11 Team effort in support of the American Heart Walk in September. All donors receive a special gift at the event.

♥ Emcee: MELISSA SWAN, WHAS11 News Anchor
♥ Lt Colonel Bridgett Etherton, Deputy Director, Bullitt County EMS
♥ Ellen Barger, Pharm D, RPh, B&B Pharmacy
♥ Megan Montgomery, Registered Dietitian, KentuckyOne Healthy Lifestyle Centers
♥ Survivor Fashion Show by Goody’s Department Store
♥ Information Booths and Items to Purchase

Limited Tickets Available! Get your tickets Today!!

Registration Deadline: February 12, 2016 (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
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: Jan. 7, 2016 9:00am-11:00am
WHERE: Bullitt County Health Dept 181 Lees Valley Rd. Shepherdsville, KY 40165

Call to register for classes: 502-955-5355

Diabetes Support Group

Living with Diabetes is a challenge! A challenging journey is always easier with the support of others. Join the Bullitt County Diabetes Support Group. These are FREE classes and open to all.

Meetings on the second Thursday of each month from 9:00am – 10:00am at the Ridgeway Library Study Room in Shepherdsville. Please call 502-955-5355 with any questions.

Upcoming Meetings: Jan. 14, Feb. 11, Mar. 10

***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.***
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!

Register: Thursday Feb. 4th, Open 7am-10am and 3pm-6pm

Location: Bullitt County School Food Service Building

$10 To Enter

MULTIPLE CASH PRIZES AVAILABLE!

Call 502-955-5355 for more information

Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program is a 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 Jan. 25th on Mondays and Fridays for 8 weeks

10:00am-11:00am

Location: Pleasant Grove Baptist Church
(5285 HWY 44, Shepherdsville)

Cost is FREE

Space is limited: Call 502-955-5355 to register
Who can Participate?
- All 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 and/or call 502-955-5668.

The Bullitt County Health Department is now offering incentives to women to schedule an appointment for your annual cancer screenings. Criteria Includes:
- Between the ages of 40 & 64
- Have not had a mammogram in the past 5 years or never

- Women who complete this mammogram will receive a $25 Wal-Mart Gift Card*
- Refer someone who is never or rarely screened - you will receive a $15 Wal-Mart Gift Card*

* Mention this ad After Mammogram in BCHD Building

Make your appointment today by calling the Bullitt County Health Department at 543-2415 or 955-7837
181 Lees Valley Rd • Shepherdsville

“Early Detection is the Key to Increasing Survival Rates”
* Annual cancer screening is a breast exam and pap if needed

Funds provided by BREAST CANCER RESEARCH AND EDUCATION TRUST FUND
The Bullitt County Health Department is offering the Cooper/Clayton Method to Stop Smoking

This FREE Class is:
Tuesdays, January 12 through April 5, 2016 from 5:30 to 6:30 P.M.
at KentuckyOne Health - Medical Center Jewish South located at
1903 W. Hebron Ln., Shepherdsville, KY 40165

First 15 adults (18 years or older) to sign up will receive Nicotine Replacement Products FREE!

Call 502-955-5355 to sign-up.
Start your new Smoke-free life....

Health Department Up-Coming Closing Dates

January 1, 2016- Closed for New Years Day
January 18, 2016- Closed for Martin Luther King Day
January 21, 2016- Closed at 2:30pm for Staff Meeting
February 18, 2016- Closed at 2:30pm for Staff Meeting
March 17, 2016- Closed at 2:30pm for Staff Meeting
March 25, 2016- Closed for Good Friday
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.

Congratulations to Our Survey Winners

Thank you to everyone who took the Bullit County Community Health Assessment Survey. We had a total of 1,098 surveys completed. We value your input to help make Bullit County a healthier place to live. Congratulations to Dana Dykes, Teresa Brown, Florence Ryan, and Dottie Brown for winning the drawing for a $25 gift card to Walmart.