



# Bullitt County Health Department

## Our Mission Statement

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

## Women, Infant, and Children (WIC)

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

### WIC provides at no cost:

- ⇒ Healthy foods like milk, cheese, yogurt, cereal, whole grains (bread, tortillas, brown rice, & pasta), juice, eggs, peanut butter, beans, fruits, and vegetables
- ⇒ Nutrition education
- ⇒ Infant feeding information
- ⇒ Healthcare referrals
- ⇒ Breastfeeding support



**Are you eligible for WIC? Contact 502-955-7837 for more information.**

## Having a Baby?

Every Parent Can Use a Second Pair of HANDS!



HANDS is a FREE and VOLUNTARY program for expecting or new parents with a baby less than 90 days old. You are your child's first and most important teacher. A trained HANDS employee comes to your home once a week for 30-60 minutes and provides education on your baby's brain development, social and emotional development, basic care, and play and stimulation.

Babies and their families who participate in HANDS have less complications during pregnancy, less prematurity, less low birth weight babies, less abuse and neglect, less illness, and less unemployment. To make an appointment contact HANDS at 502-955-5668.



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**Public Health**  
Prevent. Promote. Protect.

[www.bullittcountyhealthdept.org](http://www.bullittcountyhealthdept.org)

## Risks of 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). Infections 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 1 week after symptoms start.

People at risk for contracting hepatitis A include: the homeless, recreational drug users (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.

Hepatitis A is a vaccine preventable disease. If you have health insurance, please contact your primary care physician, or check with your health insurance provider by calling the phone number on the back of your health insurance card to determine your in-network providers. For those with insurance, the hepatitis A vaccine should not require any out-of-pocket costs as long as policies are compliant with the federal Affordable Care Act (ACA). The vaccine is readily available at many pharmacies in Bullitt County. If you do not have health insurance, please contact your local health department for more information.

## Medical Nutrition Therapy

Medical Nutrition Therapy (MNT) is an evidence-based medical approach to treating certain chronic conditions through the use of an individually-tailored nutrition plan by a Registered Dietitian. MNT includes individual counseling on diets that cover weight loss, heart health, low sodium, low cholesterol, and diabetes. Your insurance may cover the cost. No coverage? Call 502-955-7837 and ask about prices.

## Diabetes 101 Program

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, Travel, Problem-solving (Sick days, hypo/hyperglycemic episodes, etc.), Reducing the Risk, and Taking Medicines.

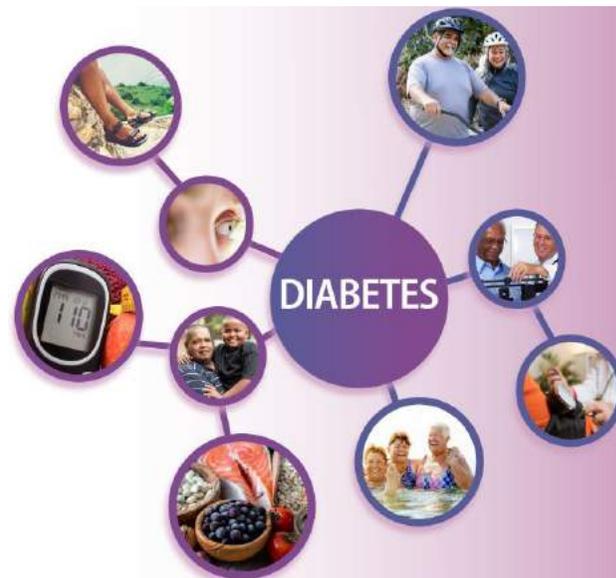
Please call the Health Education Department at 502-955-5355 to sign up.

### Upcoming 2019 Class Schedule:

**Starts Tuesday,  
Apr 9th from  
5:30pm-7:30pm**

**Starts Tuesday,  
July 9th from  
5:30pm-7:30pm**

**Starts Thursday,  
Oct 3rd from  
2:00pm-4:00pm**



You can **manage** diabetes



WORK WITH A  
HEALTH  
PROFESSIONAL



EAT  
HEALTHY



STAY  
ACTIVE

## Diabetes Support Group

Join us as we learn the ins and outs of diabetes through guest speakers, activities, and discussions. Everyone is welcome to attend.

Our meetings are 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:**

**April 11th, May 9th, June 13th**



# Bullitt County Health Department



# ANNUAL REPORT FISCAL YEAR 2018

## Building a Healthy Future for All



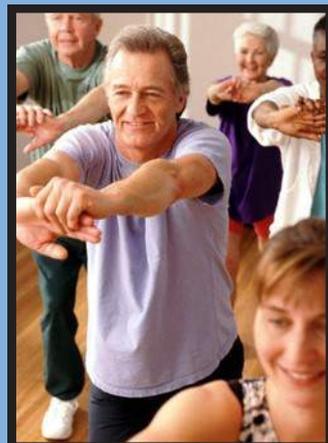
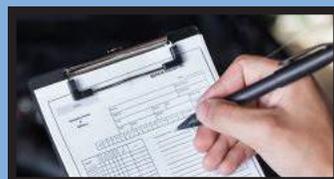
ABOUT US



COMMUNITY  
OUTREACH



DATA



## Bullitt County Board of Health Members FY 2018

Steve Binkley, D.M.D. (Chair)

Charles Ballard

Darlene Haley

Robert McDade, D.M.D (Vice-Chair)

Margaret Beeler, RPh

Raymond (Butch) Meyer, P.E.

Andrea Renfrow, MSN, RN  
(Secretary/Treasurer)

Christine Albert Carnes, D.V.M.

Matthew Mooney, O.D.

Praveen Arla, DO

Frances Flaherty, RN

Casey Lewis, MD

Sarah Hart, MD

Judge Melanie Roberts

## Awards and Honors for BCHD

Our Public Health Director Andrea Renfrow was recognized in October 2017 by the Kentucky Health Departments Association (KHDA) with the Trail Blazer Award. This award recognizes and honors a creative and innovative Public Health Director who has less than five years' experience, who has demonstrated great leadership skills. The award recognizes the qualities of loyalty, devotion and perseverance for the betterment of public health departments, with an impact on comprehensive public health services.

Darlene Haley retired from our Board of Health in November 2017. She has served our community for 11 years as a board member. We thank her for her work and dedication to public health in Bullitt County!

In April 2018, retired Health Educator Cynthia Brown received the David B. Stevens, MD Smoke-Free Advocate of the Year award at the Kentucky Center for Smoke-Free Policy's Spring conference. This award recognizes the work of local leaders and organizations making progress in creating healthier, smoke-free communities. Cynthia has been a smoke free advocate for Bullitt County for over 18 years!

On December 7, 2018, Judge Executive Melanie Roberts attended BCHD's Christmas celebration where she was presented with a gift for her service. Judge Roberts has served our community for 12 years as a board member. Thank you Judge Roberts for your service and commitment to Bullitt County.



BCHD Director Andrea Renfrow with Darlene Haley



BCHD Director Andrea Renfrow with Judge Executive Melanie Roberts

**\*\*For the complete FY 2018 data please visit [www.bullittcountyhealthdept.org](http://www.bullittcountyhealthdept.org)\*\***

## CLINICAL SERVICES

**701** Individuals received immunizations. For questions on what immunizations are available please call the clinic at 502-955-7837.



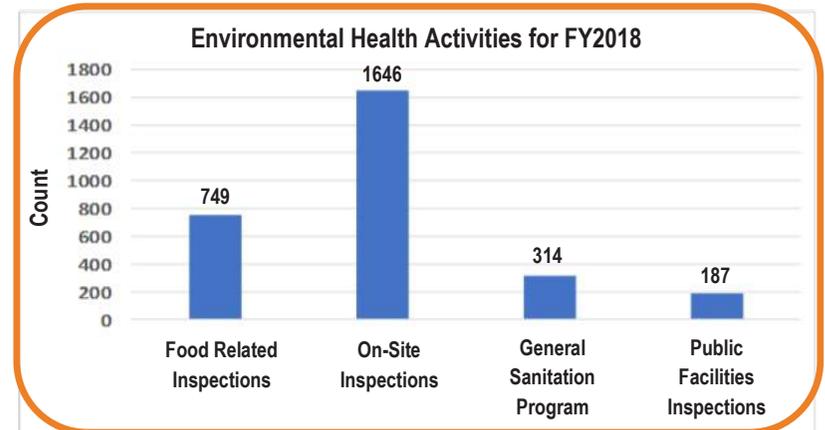
**1,878** Individuals received WIC services. WIC (Women, Infant, and Children) is a supplemental food program for those meeting both income and eligibility guidelines.

**94** Patients received cancer screenings that included cervical cancer, clinical breast examination, mammography, and smoking cessation classes.

## ENVIRONMENTAL SERVICES

The Food Handler and Food Manager training went into effect in August 2015 with the purpose of ensuring an educated food service workforce in the county.

**111** Food Managers were trained this fiscal year.



## COUNTY HEALTH RANKINGS

Rankings consist of a Health Outcomes and Health Factors ranking. Health Outcomes are a snapshot of today's health. Health Factors look at tomorrow's health and the dynamics that will affect how healthy we are in the future. In 2018, Bullitt County was ranked 5th out of 120 counties in Kentucky in health outcomes and 22nd on health factors.

**Health Outcomes Ranking**  
(How we're doing now)

**2018 - 5th**

**2017 - 9th**

**Health Factors Ranking**  
(How we will do in the future)

**2018 - 22nd**

**2017 - 21st**

## HEALTH EDUCATION

**474** Individuals received Go365 biometric screenings. Go365 is a personalized wellness and rewards program where points earned can be cashed in for prizes.

**261** Individuals attended the **Healthy Hearts Wear Red Luncheon**, learning valuable information on heart health.



**218** Parents and children attended **Family Fest**. This event promotes the importance of families being healthy together and shows them how getting physical activity can be fun.

# EPIDEMIOLOGY

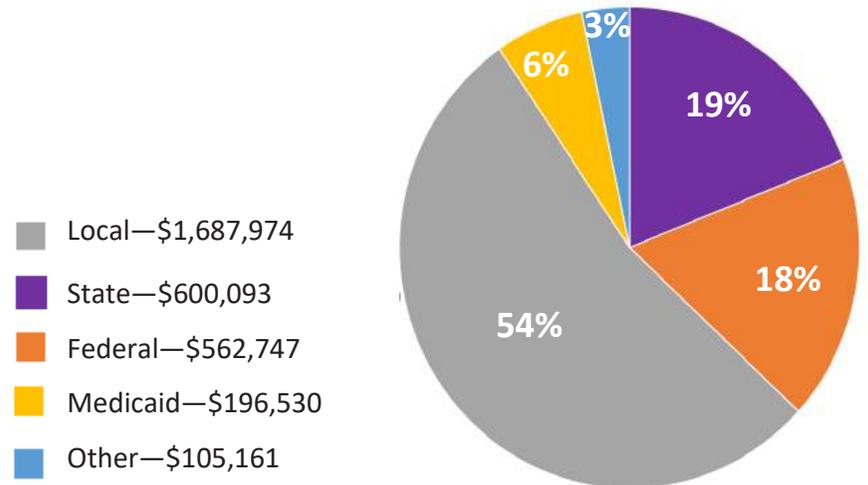
Our epidemiology department is responsible for routine communicable disease surveillance. Results of routine surveillance allow us to better understand the burden of illness in our community and helps us design and implement effective programs to reduce this burden. Our epidemiologists also consult with local healthcare providers about communicable diseases.

	FY 2015	FY 2016	FY 2017	FY 2018
<b>Bloodborne</b>				
Acute Hepatitis A	0	0	0	42
Acute Hepatitis B	0	2	2	6
Acute Hepatitis C	0	7	8	12
Chronic Hepatitis B	--	4	6	6
Chronic Hepatitis C	--	48	91	124
<b>Foodborne/Waterborne</b>				
Campylobacteriosis	5	3	2	9
Cryptosporidiosis	1	0	1	0
Salmonellosis	12	7	13	12
Shiga-toxin E. coli	0	2	1	2
Shigellosis	0	0	9	4
<b>Respiratory and Invasive</b>				
Haemophilus influenzae	0	1	1	4
Influenza	4	1	14	25
Legionellosis	2	1	0	1
Streptococcus pneumoniae	2	5	5	12
<b>Sexually-Transmitted Infections</b>				
Chlamydia	172	176	157	172
Gonorrhea	25	35	69	52
Syphilis (all stages)	2	2	2	3
<b>Vaccine-Preventable</b>				
Mumps	0	1	1	0
Pertussis (Whooping Cough)	1	1	1	1
<b>Vector-borne</b>				
Ehrlichiosis/Anaplasmosis	2	1	3	3
Lyme Disease	1	0	1	2
Rocky Mountain Spotted Fever	2	1	4	10
<b>Zoonoses</b>				
Rabies post-exposure prophylaxis	--	2	3	6

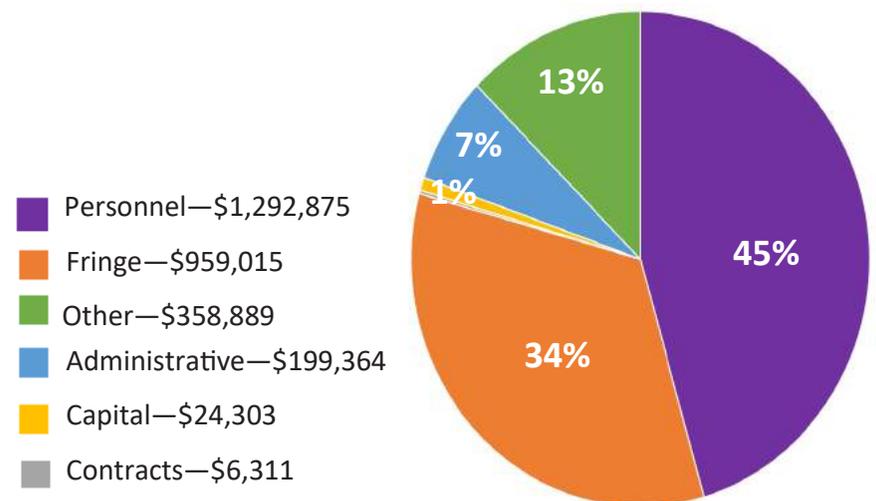
\*Confirmed and probable case counts. Counts are preliminary and are subject to change.

# FINANCIAL REPORT

## Revenue



## Expenses





## Mobile Mammography dates for 2019:

April 24                      June 26

Each date is on a Wednesday.

Appointment times run from 8:00am to 3:00pm.

**For more Information contact: 502-955-7837**

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.

## Do You Know About Go365?

Go365 is a wellness and rewards program that provides a personalized approach to health and wellness by rewarding members for healthy activities and achievements. Points are earned and can be spent on things like gift cards, apparel, fitness devices, charity donations, and much more. Members can do the online health assessment and/or biometric screening to complete their "LivingWell Promise" for their health insurance.

A biometric screening consists of lab work to measure your cholesterol, blood glucose, blood pressure, height, weight, waist circumference, and your Body Mass Index (BMI). For more accurate results, fast for at least nine hours prior to the test. Call the Bullitt County Health Department to set up an appointment. We can even come to your work facility. This screening takes less than 15 minutes. If you have any questions, please contact Bullitt County Health Education at 502-955-5355 or Bullitt County's Go365 rep Kenneth Robinson at 502-774-0273.



## Ready to be a Quitter?

April 9th, 2019

5:00pm-6:30pm

Bullitt County Health  
Department

**Register Now!**

**Call 502-955-5355**



## **Stop Smoking with the Freedom From Smoking Program!**

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!



Congratulations to the January 2019 Class for being Smoke Free!

## Health Department Up-Coming Closing Dates

April 19, 2019 - Closed for Good Friday

April 22, 2019 - Closed at 2:30pm for Staff Meeting

May 27, 2019 - Closed for Memorial Day

June 24, 2019 - Closed at 2:30pm for Staff Meeting



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www.bullittcountyhealthdept.org

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181 Lees Valley Road, Shepherdsville, KY 40165

# Bullitt County Health Department

Phone: 502-955-7837 and 502-543-2415 Fax: 502-543-2998

## Clinic/Office Hours

**Monday-** 7:30am– 4:30pm

**Tuesday-** 7:30am– 6:30pm

**Wednesday-** 7:30am– 4:30pm

**Thursday-** 7:30am– 4:30pm

**Friday-** 7:30am– 11:00am

## Environmental Office Hours

**Monday–Friday** 7:30am– 9:30am

**Tuesday-** 5:00pm– 6:30pm



## Health Department Services

**Cancer Services** – Pap smear, clinical breast exams, breast self-examination instruction, smoking cessation classes, and mammograms offered.

**Car Safety Seats** – Car seats and education are provided through the loaner program.

**Cholesterol Services** – Cholesterol screening, and lipid profiles. Monitoring and counseling available.

**Dental Fluoride** – Provides fluoride supplements to preschool age children who do not have fluoridated drinking water at home.

**Diabetes Services** – Blood sugar screening, diet, exercise, and weight counseling. Free education and support group meetings. Call for date and time.

**EPSDT (Early Periodic Screening Diagnosis and Treatment)** – This program is for children from birth to age 21 who are eligible for Medicaid. EPSDT includes: preventative check-ups, growth and development assessments, vision, hearing, immunizations, laboratory tests.

**Family Planning** – Confidential services include preconception risk screening, pap smears, pregnancy testing, birth control methods, and counseling.

**Food Service Inspection** – Including retail food markets, restaurants, and mobile units.

**General Sanitation Services** – Includes private water sampling, rabies control, nuisance complaints, and private sewage complaints.

**Grief Counseling** – Resources available for the parents of a child who died before their 18<sup>th</sup> birthday.

**HANDS Program (Health Access Nurturing Development Services)** – A voluntary, intensive home visitation program for new parents or pregnant women to assist with child development, parenting skills, health services and other resources.

**Health Education** – Provides professional speakers for health and wellness issues to schools, community organizations, and worksites. We offer worksite wellness program assistance, health fairs, tobacco cessation programs, and a variety of other health-related programs.

**Go 365 Biometric Screening** – This measures blood pressure, height, weight, waist, total cholesterol, HDL, LDL, triglycerides, and blood glucose. Some insurance providers will cover this service.

**Immunizations** – Immunizations for infants and children. Limited number of adult vaccines available.

**Lead Screening** – Provides screening for possible systemic absorption of lead by children six months to six years of age.

**Medical Nutrition Therapy** – Provided by a Registered Dietitian. Includes individual counseling on weight loss and heart healthy diabetic foods that are low sodium and low cholesterol.

**Metabolic Newborn Screening** – Screening for 29 metabolic disorders. Referrals made for abnormal results.

**On-site Sewage Services** – Including site evaluations, inspections and permits.

**Public Facilities Inspections** – Including hotels, motels, mobile home parks, camps, swimming areas and tattoo studios.

**STD and HIV Services** – Testing and treatment for most sexually transmitted diseases. HIV counseling and referral services. All services are CONFIDENTIAL.

**Tuberculosis Testing** – Skin tests are given on Mondays, Tuesdays and Wednesdays only. Preventive and therapeutic treatments for TB infection and disease.

**Vital Statistics** – Forms and assistance for obtaining vital statistic information available.

**WIC (Women, Infants and Children)** – A supplemental food program for those meeting both income and nutritional eligibility guidelines. For pregnant, post-partum or breastfeeding women and children to age 5.

*Appointments are appreciated. However, some services can be done on a walk-in basis.*