

# Bullitt County Health Department

Protection...Prevention...Promotion...

January 2015  
Winter Newsletter  
Issued Quarterly

Volume 10, Issue 3

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

### 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.”

### Inside this issue:

Stop Smoking Class	2
Healthy Heart Event	3
Diabetes	4
Weight Loss Competition	5
Food Poisoning	6
Closing Dates	7
Notes from our Director	8

## **MAKE PHYSICAL ACTIVITY PART OF YOUR LIFE**

For some people, “exercise” is a dirty word. The fact remains, however, that almost everyone can improve their health through physical activity. Regular physical activity can substantially reduce the risk of developing or dying from heart disease, diabetes, colon cancer, and high blood pressure. Research has also linked regular physical activity to the prevention of breast cancer, stroke, and osteoporosis. It strengthens bones, builds muscles, improves circulation, and helps maintain a healthy weight. Physical activity can also improve mental health by relieving stress and reducing the symptoms of depression and anxiety. Despite these benefits, approximately 60% of the world’s population fails to achieve the minimum recommended amount of physical activity each day.

To maximize health benefits, the Centers for Disease Control (CDC) recommends that adults get at least 150 minutes of moderate aerobic activity like walking each week. It is also recommended to include at least two days of muscle strengthening activities that work legs, hips, back, abdomen, chest, shoulders, and arms. If 150 minutes sounds like too much for you, remember you can break it down into 10 minute segments spread throughout the week. The important thing is to include physical activity as a part of your daily routine. Starting a routine that fits into your lifestyle and is enjoyable for you will greatly increase your chances of success.

Physical activity is also a great way to spend time with friends and family. By including family members in regular physical activity, you are sharing with them a healthy habit and creating new family traditions. Regular physical activity can help you live a longer, healthier life for both yourself and those you love. The best part is that physical activity does not have to be difficult or take up much of your day to improve your health. Starting slowly and building gradually will put you on the path to better health. So turn off the TV, move away from that computer, grab your sneakers, and move it!

The Bullitt County Coalition for Recreation, Education, and Wellness (C.R.E.W.) has been encouraging community members to get out and get fit with several programs including a Weight Loss Competition for the County. So far, these competitions have helped Bullitt County community members lose more than 1,600 pounds. Each of these eight week competitions costs just \$10 to register. Included in the registration fee is a toolkit on how to lose weight along with health information, exercises, meal plans, and passes to local fitness centers. For more information about this, and other health programs, contact the Bullitt County Health Education Department at (502) 955-5355.

Article by Daniel Crum, Health Educator

# **Start the New Year off Smoke-Free 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.

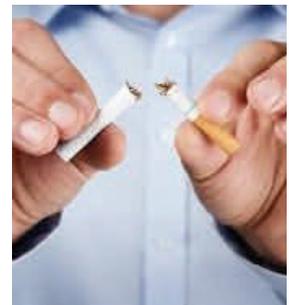
Session Date:

**Tuesdays, April 7, 2015 through June 30, 2015  
5:30 P.M. to 6:30P.M. @ Mt. Washington City Annex Building**

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 20 registered**—to slowly wean themselves off nicotine while working on behavior modification in a supportive group environment.



NOTE: Patches maybe provided for participants 60 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.



## **Flu Clinics**

The Bullitt County Health Department wants to remind the community the best way to prevent the flu is to get a flu vaccination each year. Bullitt County Health Department and VaxCare are partnering to offer flu vaccinations on a walk-in basis at the health department on Mondays, Wednesdays, and Thursdays from 7:30 a.m. to 3:30 p.m., Tuesdays 7:30 p.m. to 5:30 p.m., and Fridays 7:30 a.m. to 10:00 a.m.

- Please note Bullitt County Health Department has partnered with VaxCare to provide flu shots. The billing process will be handled by VaxCare.
- Please bring your insurance cards. For non-insured patients or patients who do not have coverage with any insurance company, flu shots will be \$23, \$30 for intranasal mist, and \$45 for high-dose vaccine.
- All children under 18 years of age must be accompanied by a parent or legal guardian. If you are a guardian, you must bring guardianship papers with you. We are required to copy guardianship papers on site before the flu shot/mist is administered.
- Please wear a short-sleeved shirt for your convenience.

# ***Healthy Hearts Wear Red***



## ***Luncheon***

**Paroquet Springs Conference Centre**

**February 26, 2015**

**Booths: 10:00-11:30am and 1:30-2:00pm**

**Lunch: 11:30-12:00noon**

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

**Cost: \$10 per person**

**Registration Deadline: February 20, 2015**

**Must have a ticket to enter**

**Dr. Brian Holland, Pediatric Cardiology at UofL and  
Kosair Children's Hospital  
Exercise Demo's, YMCA and Health Dept.  
Survivor Fashion Show by Dillard's  
Information Booths and Items to Purchase**

**Tickets sold at:**

**Bullitt County Health Department and YMCA in  
Shepherdsville**

**For more information, please call 502-955-5355.**

**Limited Tickets Available! Get your tickets Today!!**

**Thank you for joining us today to raise awareness about heart disease and for helping to fund the American Heart Association mission of building healthier lives free of cardiovascular diseases and stroke. Your gift today will go toward the Mended Hearts Chapter 11 Heart Walk team.**

# 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. 21, 2015 2:00pm-4:00pm**

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 aspect of living with diabetes, followed with discussion and problem-solving time to help you with Your Management Plan.

The chart below covers the next 6 months of Support Group lessons/topics.

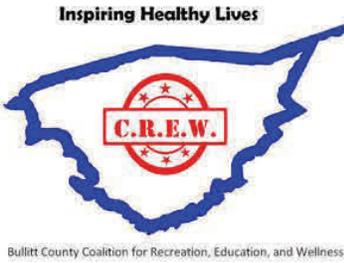
<b>Diabetes Support Group Lesson/Topic Schedule</b>	
<b>2015</b>	<b>Your Management Plan Series</b>
<b>January 8</b>	Monitoring
<b>February 12</b>	How to make Lifestyle Changes
<b>March 12</b>	Preventing Long-term Health Problems
<b>April 9</b>	Problem Solving
<b>May 14</b>	Emotions and Support
<b>June 11</b>	Maintaining Your Good Health

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.

**\*\*\*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. \*\*\*

Join C.R.E.W. for our next...



# WEIGHT LOSS COMPETITION

Thursday, Feb. 5th at Bullitt County Health Department  
Registration will be open from 7:30 a.m.– 6:30 p.m.

**MULTIPLE CASH PRIZES AVAILABLE!**



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!

Cash prizes will be dependent on total number of participants. To be eligible for your prize you must attend the final weigh-in and be 18 years old or older.

**For more information Contact:** Daniel Crum (502) 955-5355 DanielE.Crum@ky.gov

# Protect Yourself from Food Poisoning

Following these simple steps can help keep your family safer from food poisoning at home.

## **CLEAN: Wash hands and surfaces often.**

Illness-causing bacteria can survive in many places around your kitchen, including your hands, utensils, and cutting boards.

- Wash hands the right way—for 20 seconds with soap and running water. Be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Wash surfaces and utensils after each use. Rinsing utensils, countertops, and cutting boards with water won't do enough to stop bacteria from spreading. Clean utensils and small cutting boards with hot, soapy water. Clean surfaces and cutting boards with a bleach solution.
- Wash fruits and veggies—but not meat, poultry, or eggs. Even if you plan to peel fruits and veggies, it's important to wash them first because bacteria can spread from the outside to the inside as you cut or peel them.

## **SEPARATE: Don't cross-contaminate.**

Even after you've cleaned your hands and surfaces thoroughly, raw meat, poultry, seafood, and eggs can still spread illness-causing bacteria to ready-to-eat foods—unless you keep them separate.

- Use separate cutting boards, plates, and utensils for raw (uncooked) produce and for raw (uncooked) meat, poultry, seafood, and eggs.
- Keep meat, poultry, seafood, and eggs separate from all other foods while you're shopping at the grocery store.
- Keep meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.

**COOK: Cook to the right temperature.** While many people think they can tell when food is “done” simply by checking its color and texture, there's no way to be sure it's safe without following a few important but simple steps.

- Use a food thermometer. Make sure food reaches its safe minimum cooking temperature. For example, internal temperatures should be 145°F for whole meats (allowing the meat to rest for 3 minutes before carving or eating), 160°F for ground meats, and 165°F for all poultry. Eggs should be cooked until the yolk is firm.
- During meal times, while food is being served and eaten, keep it hot (at 140 °F or above). After meals are over, refrigerate leftover food quickly.
- Microwave food thoroughly (to 165 °F).

**CHILL: Refrigerate promptly.** Illness-causing bacteria can grow in many foods within two hours unless you refrigerate them. (During the summer heat, cut that time down to one hour.)

- Refrigerate the foods that tend to spoil more quickly (like fruits and vegetables, milk, eggs, and meats) within two hours. Warm foods will chill faster if they are divided into several clean, shallow containers.
- Thaw or marinate foods in the refrigerator, never on the counter or in the kitchen sink.
- Know when to throw food out.

# HANDS Program

# HANDS

Health  
Access  
Nurturing  
Development  
Services

## 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.

## Bullitt County Medical Reserve Corps

The **Bullitt County Medical Reserve Corps** is comprised of volunteers, both medical professionals and others, who want to donate their time and expertise to promote healthy living throughout the year and to prepare for and respond to public health emergencies. We meet quarterly at the health department and invite anyone interested to check us out. The first step to membership is to log onto [www.kentuckyhelps.com](http://www.kentuckyhelps.com) and click on the **Register Now** button, then someone from the Health Department will contact you.

Feel free to join us during our Regular Meetings in 2015

January 27<sup>th</sup> – Tuesday 6:30-7:30 P.M.

April 9<sup>th</sup> – Thursday 6:30-7:30 P.M.

Statewide Exercise June 18<sup>th</sup> – All Day

July 21<sup>st</sup> – Tuesday 6:30-7:30 P.M.

October 8<sup>th</sup> – Thursday 6:30-7:30 P.M.



## Health Department Up-Coming Closing Dates



- January 1, 2015- Closed for New Years Day
- January 2, 2015- Closed for New Years Day
- January 19, 2015- Closed for Martin Luther King Jr. Day
- January 22, 2015- Closed at 2:30pm for Staff Meeting
- February 19, 2015- Closed at 2:30pm for Staff Meeting
- March 19, 2015- Closed at 2:30pm for Staff Meeting



Bullitt County Health Department

181 Lees Valley Road  
Shepherdsville, KY 40165

Main: 502-543-2415 or 502-955-7837  
Health Education Phone: 502-955-5355  
Hands Phone: 502-955-5668  
Environmental Phone: 502-955-7867

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***Protection...Prevention...Promotion...***

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

In an attempt to keep our information current, please contact Elizabeth McGuire at 502-955-5355 or by email at [ElizabethR.Crigler@ky.gov](mailto:ElizabethR.Crigler@ky.gov) regarding any changes to your mailing address or questions about this newsletter.

## **Notes from our Director!**

With the celebration of the New Year, many of us have resolved to live healthier lifestyles. As we make our personal resolutions, I invite you to join me in resolving to make Bullitt County healthier. In 2015, the Bullitt County Health Department will be conducting a Community Health Assessment to gauge the health issues we face. The success of this effort will rely heavily on the input of our community partners.

We will be using the Mobilizing for Action through Planning and Partnerships (MAPP) process to conduct the community health assessment. This method to assessment helps build new partnerships and strengthen existing ones as we work toward shared values to improving the health of Bullitt County. Please visit our website to see the last community health assessment. As they become available, 2015 MAPP details will be posted at [www.bullittcountyhealthdept.org](http://www.bullittcountyhealthdept.org).

Together, let's work on creating a healthier Bullitt County.

Have a Happy and Healthy 2015,  
Andrea



Andrea Renfrow, MSN, RN  
Public Health Director