Our Mission Statement
"To promote healthy lifestyles in Bullitt County through prevention and protection."

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Public Health
Prevent. Promote. Protect.
www.bullittcountyhealthdept.org

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Health Newsletter

Bullitt County Community Health Improvement Plan (Executive Summary)

Here are the top four priority health issues that were identified in the community health assessment conducted between May-August 2022. See the full report at: https://bullittcountyhealthdept.org/community-health-assessment/

Contact us if you want to get involved, we need you! Call 502-955-5355 to learn more!

Priority Health Issue
Strengthen Resources
One of the strategic issues identified in the assessment process was the need to gather community resource information into a one-stop guide for the community. The goal of this guide is to make access to local resources & care easier for residents. Our Bullitt County Inter-Agency Coalition will work on this resource.

Priority Health Issue
Healthy Choices
The main objective of the Healthy Choices strategic issue is to reduce premature death and chronic disease by increasing healthy lifestyles behaviors. BCHD is working with CREW coalition (Coalition for Recreation, Wellness, & Education) and other community partners to increase access and consumption of healthy foods in the community.

Priority Health Issue
Mental Health
The main objective for Mental Health is to gather agencies and resources that focus on mental health. Mental health promotion involves actions to strengthen the policy environment and the use of strategic communication for network building, stakeholder engagement, enhanced mental health literacy, and behavior change.

Priority Health Issue
Substance Abuse
The main objective for Substance Abuse is to reduce abuse of alcohol, tobacco and other drugs in our community. By supporting those who are experiencing or are in recovery from these addictions - along with their families, Partners In Prevention coalition (PIP) has been working on substance abuse issues and will continue to lead in this effort.
As Bullitt County students prepare to head back to school, the Bullitt County Health Department is offering the following opportunities to get their required vaccinations: **Saturday, August 5th, 2023 8:00 AM-11:00 AM**

Tuesday, August 1st, 2023 3:00 PM-6:00 PM

Tuesday, August 8th, 2023 3:00 PM-6:00 PM

These will be held at the Bullitt County Health Department, 181 Lees Valley Road Shepherdsville, KY.

Please call for an appointment at 502-955-7837.

Participants must be 18 years or younger and have Medicaid insurance, or be uninsured or underinsured. Immunization records must be brought to the appointment, and physicals will not be provided. A legal guardian must be present.

Bullitt County students who are new to the school district or are entering kindergarten are required to bring a Kentucky immunization certificate in order to enroll. Sixth-grade students and 16-year-olds are also required to have certain boosters and must bring an up-to-date immunization certificate. Please call (502) 955-7837 for more information.

TO SCHEDULE AN APPOINTMENT CALL: (502) 955-7837

FOR MORE INFORMATION VISIT: WWW.BULLITTCOUNTYHEALTHDEPT.ORG
Read how HANDS can help you!

"We don’t just like HANDS, we LOVE the HANDS program! My kids get so excited when we have our weekly meetings with Mrs. Ida!!!! And the relationships that you build with everyone though HANDS is truly a life lasting one!! You start to feel like family and by the end of your time with hands you feel like you have been with a longtime friend!!! I am in early childhood education myself and I still learn so many new things about the early years of children!!! Along with many different ways to go about learning and helping your child grow! I love that you get materials to help you and your family learn to handle or deal with your child’s behavior, emotions, ways to communicate and much, much more!!! My two boys absolutely love the games that we play and all of the fun activities we get to do!!! My all-time favorite thing is watching my boys apply what we have been leaning though HANDS into their daily lives and routines. It’s like that AHA moment and as a parent to sit back and watch your children apply what they have been learning and doing is such an incredible feeling! Why HANDS? Well why not HANDS!!! I have never been a part of a program that is so dedicated to helping not just the child but the whole family! They truly hold your whole family with the best interest at heart and in helping you all to grow, learn, have resources available to you for whatever the need may be. HANDS truly goes above and beyond to do whatever they can to help support you as a parent and a family as a whole. I would 10/10 highly recommend the HANDS program to everyone!!!!"

Leann Owens

The Health Access Nurturing Development Services (HANDS) program can provide you with the support and education you need to assist your baby to remain healthy and on track developmentally. HANDS provides a weekly visit with a trained worker to provide support, education, activities, and resources that parents need to assure your baby’s optimal growth and development. HANDS is available to anyone who is expecting a baby or has a baby under 90 days of age. HANDS is a voluntary and free program. For more information, call HANDS at 502-955-5668 or visit www.bullittcountyhealthdept.org.

COME BE A PART OF A "HEALTHIER" BULLITT COUNTY

JOIN C.R.E.W.
(COALITION FOR RECREATION, EDUCATION, & WELLNESS)
INSPIRING HEALTHY LIVES

Do you have a passion for helping others?
Want to make a change in the community?

BCHD is looking for community partners/citizens to come and be a part of the C.R.E.W. Coalition.

CALL 502-955-5355 FOR MEETING INFORMATION

FAMILY FEST
All Inclusive Playground & Gym in Hillview
FREE EVENT!
SEPTMBER 16
9:00-11:30 AM

www.bullittcountyhealthdept.org
Resources In Kentucky-Harm Reduction

Kentucky has one of the highest opioid overdose fatality rates in the country. In 2020, there were 2083 identified opioid overdose deaths.

If you are a person who uses drugs or if you are around people who use drugs, please consider learning how to respond to an opioid overdose and carrying Naloxone (intranasal brand name: Narcan). Naloxone is a medication designed to reverse an opioid overdose. Opioids slow down the activity of the central nervous system. This can cause slowed or stopped breathing which may lead to death. Naloxone displaces the opioids from the opioid receptors in the brain which allows the person who is experiencing an opioid overdose to begin breathing normally.

Get Naloxone Mailed To You
If you are a person who uses drugs, was recently released from jail or prison, or a person likely to be a first responder to an opioid overdose emergency, we will mail you naloxone if you’re unable to access it any other way. This service is thanks to our partnership with Kentucky Harm Reduction Coalition. Please visit https://nextdistro.org/kentucky

Get Fentanyl Test Strips Mailed To You
If you are an individual or organization working with Kentucky Opioid Response Effort (KORE), you can have fentanyl test strips mailed to you.

NEXT Distro is an online resource for Free Naloxone Access.
Confidential mail-based distribution for low & no access communities.

how it works

- Visit nextdistro.org/kentucky
- Watch a brief video training on how to identify & reverse an opioid overdose
- Take a 4 question quiz
- Input your mailing info & answer a few questions
- Receive naloxone in the mail in less than a week
- You’re now prepared to reverse an opioid overdose
- Report naloxone use at nextdistro.org/reverse to have more naloxone mailed to you

NEXT Distro
STAY ALIVE, STAY SAFE.

NEXT
Needle EXchange Technology
www.nextdistro.org

SMS/Signal: 502-537-5061
Email: naloxone@nextdistro.org
Message us on Reddit at: /u/nextdistro
More services available at nextdistro.org/kentucky

facebook.com/bullittkyhealth @BullittKYHealth www.bullittcountyhealthdept.org
WIC (Women, Infant & Children) Program Update

Welcome Back
We Have Missed You

Beginning the week of August 14, 2023, BCHD will be providing a Goody Bag to each participating WIC family (1 bag per family while supplies last) that receives services in person. This is in celebration of WIC services resuming in-person services!

Unwinding the Public Health Emergency (PHE) and Moving Forward with WIC

Modernization

The Public Health Emergency ended May 11, 2023. The USDA has approved an additional 90 days to transition back to in-person services, (through August 9, 2023). Local Health Departments may continue to provide WIC certifications remotely (by phone) through August 9th under the current waiver. Secondary visits may be provided remotely, as policy in the Kentucky WIC and Nutrition Manual already allows remote secondary visits.

Currently, any WIC service may be conducted in person upon a participants request by scheduling an appointment at 502-955-7837.

Facebook: facebook.com/bullittkyhealth
Twitter: @BullittKYHealth
Website: www.bullittcountyhealthdept.org
All dogs are good dogs, but any dog can bite!

With 45% of US households owning a dog, chances are you know a dog, own a dog, or at least see dogs when you’re out and about. While we love our canine companions, it’s important to remember that they can bite, causing pain, injury, and even infection. Even a small bite from a tiny dog can spread germs — nearly 1 in 5 dog bites requires medical attention. Many dog bites happen at home with familiar pets, and kids are the most common victims. The good news is most dog bites are preventable. Follow our tips to safely interact with our furry friends.

Learn the signs

- Dogs can bite when they’re playing, scared, nervous, hurt, or sick.
- Don’t disturb a dog while it’s eating, sleeping, or caring for puppies.
- Never approach an unfamiliar dog – just because it seems friendly doesn’t mean it won’t bite!

More than half of dog bite victims are children.

Teach kids how to interact with dogs.
- Always ask if it’s okay to pet someone’s dog.
- Don’t go near a dog that’s by itself or looks angry or scared.
- Walk (don’t run) towards dogs.
- Don’t sit on dogs or pull their tail or ears.

Get more dog bite prevention tips: www.cdc.gov/healthypets

Learn how to prevent dog bites: www.cdc.gov/healthypets

Did you know?
- Any dog can bite, even trusted pets.
- Kids are the most common victims of dog bites.
- Dog bites can be painful and can spread germs that cause infection.
- Dogs can bite when scared, eating, playing, protecting toys or puppies, or sick.

Keep kids safe around dogs
- Always supervise kids around dogs, even around familiar or trusted pets.
- Teach kids to play gently with dogs.
- Make sure kids know not to run around dogs or pet a dog without permission.

Be a responsible pet owner
- Train and socialize your dog.
- Keep your dog leashed in public.
- Take your dog to the veterinarian regularly.
Importance of Managing your Diabetes

Diabetes mellitus is used to describe several diseases that negatively impact your body’s ability to process sugar. These illnesses include type 1 diabetes and type 2 diabetes.

Uncontrolled diabetes can cause you to experience a number of frustrating symptoms that will interfere with your daily activities. For example, you might feel constantly tired and have to go to the bathroom very frequently. In addition, your wounds may heal very slowly, and you might have frequent bladder infections. Having uncontrolled diabetes will heighten your risk of developing dementia when you are older.

Managing your diabetes can be a very challenging endeavor. When you are first diagnosed with this disease, you may feel overwhelmed as you learn how to make diet and lifestyle changes, take your prescribed medications, and use other techniques to control this illness. BCHD is here to help with our educational classes.

BCHD Closing Dates
July 4, 2023 – Independence Day
September 4, 2023 – Labor Day

Diabetes Support Group
• Meets the First Tuesday of the Month at 5:00 PM
• Bullitt County Health Department
• 183 Lees Valley Rd. Shepherdsville, Ky. 40165
• Call 502-955-5355 for more information

NUTS & BOLTS OF DIABETES

Come and learn how Nutrition can affect your health.
This class is geared towards those who are pre-diabetic or newly diagnosed with diabetes. However, this class is open to all residents of Bullitt County.

WHERE:BULLITT COUNTY HEALTH DEPARTMENT
WHEN: JUNE 20 OR AUGUST 15
TIME: 4:00 PM - 6:00 PM
REGISTER BY EMAIL TO DORIS.RIDDLE@BULLITT.KY.GOV OR CALL 502-955-7837 EXT. 2121

Have you been told you are pre-diabetic or newly diagnosed with diabetes? Discover the insider tips for managing diabetes like a pro!
Join us and learn the secrets to successful diabetes management.

WHERE: BULLITT COUNTY HEALTH DEPARTMENT
WHEN: JULY 18 / SEPTEMBER 19
TIME: 4:00 PM - 6:00 PM
REGISTER BY EMAIL TO DORIS.RIDDLE@BULLITT.KY.GOV OR CALL 502-955-7837 EXT. 2121

facebook.com/bullittkyhealth @BullittKYHealth www.bullittcountyhealthdept.org
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

Mental Health Workgroup

Join us!

Thursday,
July 20, 2023
9:00AM

Bullitt County Health Department
183 Lees Valley Road; Shepherdsville, KY

Coffee & breakfast bars will be provided

facebook.com/bullittkyhealth  @BullittKYHealth  www.bullittcountyhealthdept.org