

Bullitt County Health Department

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

July 2014
Summer Newsletter
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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.”

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HAVE FUN IN THE SUN—WITH CAUTION...

After the long cold winter, the summer sun brings a welcome change to most, but it holds dangers also. A **SMART** approach to this summer’s fun in the sun is encouraged.

SLATHER on the sunscreen every day. Whether going to work or out to play, slather on the sunscreen each and every day. Dermatologists recommend sunscreen with an SPF (sun protective factor) of 30 or higher, have both UVA and UVB protection (“broad-spectrum”), and be water resistant for 40 – 80 minutes. (No sun screen can claim to be “waterproof”).

MODEL healthy behaviors for your children. Children learn more by watching, so putting sunscreen on yourself every day provides a positive role model for the children around you. Make it a part of getting ready each day—a part of the routine—and they will carry this healthy behavior with them throughout life. And since the effects of sun exposure are cumulative, this healthy behavior may reduce the risk of skin cancer later in life. Increasing intermittent sun exposure in childhood and during one’s lifetime is associated with an increased risk of squamous cell cancer, basal cell cancer, and melanoma.

AWARENESS—increased awareness of one’s risk factors for skin cancer goes beyond sun exposure. People with more than 50 moles, atypical moles, light skin, freckles, a history of sunburn, a family history of melanoma, use tanning beds, or are over 50 are high risk. The major risk factor is exposure to ultraviolet light.

REAPPLY sunscreen every 30–60 minutes. Read the label of the brand of sunscreen you are using. It should have a “water resistant” rating. Reapply sunscreen just before that time expires. For example: Sunscreen X label reads, water resistant for 40 minutes. In this case you would reapply sunscreen every 30 minutes during times of water play or heavy sweating.

TOOLS—other tools for sun safety are sunglasses, wide brim hats, using shade, and limiting time in the sun. Sunglasses with UV protection are important for all ages. Studies have shown one cause of cataracts is prolonged exposure to sunlight. Wearing sunglasses and a hat with a 3 inch brim to block ultraviolet sunlight may help to delay cataracts. Wise use of shading to block UV rays is another tool. In general shading whether from clothing, an umbrella, or a tree is a way to reduce exposure to UVA, but may or may not provide much protection from UVB. UVB can penetrate clothing and be reflected off other surfaces. The tighter the weave of the clothes, the larger the umbrella, and the denser the foliage on the tree, the more protection it provides. Limit time outdoors during the hottest part of the day will also reduce exposure to harmful ultraviolet rays. The hours to avoid being outside are between 12 and 4 P.M.

The most important thing to remember this summer is to be SMART, be safe, and have fun. If you need more information on Sun Safety or any other health issues, call your local health department. The Bullitt County Health Department Community Education phone number is 502-955-5355. Our Mission is to promote healthy lifestyles in Bullitt County through prevention and protection.
Article By Cynthia Brown, Health Educator

Need to Stop Smoking?
Start Planning now
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, January 5, 2015 through March 31, 2015
5:30 P.M. to 6:30P.M. at Bullitt County Health Department Annex

The Bullitt County Health Department will provide some of your NicoDerm CQ Patch. The Cooper/Clayton Book is optional for \$10.00 but highly recommended. Call Health Education at (502) 955-5355 to sign up today!!



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 and click on the **Register Now** button. Someone from the Health Department will contact you.

Feel free to join us during our Regular Meetings in 2014

July 22nd – Tuesday 6:30-7:30 P.M.

October 9th – Thursday 6:30-7:30 P.M.



Safe Sitter

Safe Sitter is a medically accurate program that teaches **boys and girls ages 11 to 13** how to handle emergencies when caring for children. This class teaches safe and nurturing child care techniques, behavior management skills, and appropriate responses to medical emergencies. When you accept a babysitting job, you accept the responsibility for a child's life. Taking a Safe Sitter class will help prepare you to be a more responsible babysitter. And you'll HAVE FUN!

Date: July 16, 2014 (Wednesday)

Class Fee: \$25

Call: (502) 955-5355 to register

Location: Bullitt Lick Middle School (555 West Blue Lick Road, Shepherdsville, KY)

Time: 9:00AM-4:00PM

MUST REGISTER!!

Pizza and drinks will be served for lunch or you may bring your own lunch.

Class instructors are Tara Davis and Liz McGuire, if you have any questions, please call Liz at (502) 955-5355. After you are signed up, you will be mailed everything you need for the class. We look forward to working with your children to become safe-sitters...

You must be 11 years old by the date of the class.

C.R.E.W. Weight Loss Competition

Register: August 7th anytime from 7:30AM-6:30PM

Location: Bullitt County Health Department Community Room

The Bullitt County Coalition for Recreation, Education, and Wellness wants you to become your own "Biggest Loser" with our eight week weight loss competition. Winners are determined by percentage lost not overall pounds. Registration is \$10. Each person who registers will receive a weight loss packet including health information, sample meal plans, and passes to local fitness centers. Multiple cash prizes available! For more information contact (502) 955-5355.



Diabetes

DIABETES SUPPORT GROUP*

We all need support at times in some way or another especially when living with diabetes.

A challenging journey is always easier with the support of others.

Join the Bullitt County Diabetes Support Group

Second Thursday of each month from 9:00 A.M. – 10:00 A.M.

Bullitt County Health Department Annex

July 10, 2014

August 14, 2014

September 11, 2014

For More Information—CALL: 955-5355

Diabetes Class 101

Living with Diabetes is a challenge!

Education is the key to managing this challenge successfully.

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

STARTING:

Tuesday evenings August 12, through September 2, 2014 from 4:30-6:30 P.M.
Bullitt County Health Department 181 Lees Valley Road Shepherdsville, KY 40165

Call to register for classes: 502-955-5355

Why Join a Diabetes Support Group.....Meal Planning for One Reason!

Holidays (4th of July & Labor Day) are an opportunity to catch up with friends and family. But the focus on food and eating during the season can be very tough, especially for families dealing with diabetes. Remember that holiday meals and traditions don't have to disrupt your diabetes control. With a little preparation, you'll be ready to face any holiday head-on and still enjoy it.

Meal planning has to be individualized and made, as the person is ready to make changes. The Diabetes Support Group can help make the changes.

Here are a few more reasons to join us:

- Mini lessons on Diabetes Management each month.
- Learn how to tweak your recipes to make them healthier
- Discussions each month are topics the group picks
- We are your Accountability partner
- Family members are invited as well

The Second Thursday of each month at the Bullitt County Health Department from 9-10 A.M. Call Cynthia for more information at 502-955-5355.

*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.

FREE Exercise Programs!!

“Growing Stronger”—Osteoporosis is a serious medical condition in which bones become dangerously thin, brittle and susceptible to fracture. More than 28 million Americans suffer from bone loss – one out of every three women over the age of 40. In fact, all women and men are at risk for developing osteoporosis. Bone loss begins as early as age 35 and then accelerates after menopause for women.

The good news is that osteoporosis is a preventable disease. *Growing Stronger*, is an individualized exercise program to increase physical strength, mobility and vitality.

The *Growing Stronger* program targets adults of all ages to help reduce your risk of osteoporosis and improve your bone health at any age. Classes meet 2 days a week for 8 weeks.

**Monday & Wednesdays starting August 4, 2014
From 10:00AM-11:00AM**

“Arthritis Exercise Program”- This eight week program will help reduce stiffness, improve muscle strength, and help maintain or improve mobility. Each class includes a variety of exercises that can be done while sitting, standing, or lying on the floor. The classes also emphasize the importance of balance and body awareness. The participants are in control of the intensity of exercises to make sure they stay within their personal comfort level.

**Monday & Wednesdays starting September 29, 2014
From 10:00AM-11:00AM**

Registration is required for both classes; call 955-5355. Please wear comfortable clothing.

BCHD is on its way to becoming Accredited!

During the Kentucky Public Health Association (KPHA) annual conference this year, April 14 – 17, 2014, the Bullitt County Health Department was recognized during the KPHA Awards luncheon on April 16, 2014 and presented with a plaque on behalf of the Kentucky Department for Public Health’s Commissioner, Dr. Stephanie Mayfield, for the “Commissioner’s Award for Quality Improvement, In Recognition of Outstanding Efforts Towards Achieving Accreditation”.

HANDS Update

HANDS

Health
Access
Nurturing
Development
Services

The HANDS Program was featured in the KET documentary, Safe & Sound: Raising Emotionally Healthy Children in a Stressful World, that premiered in April 2014. “In this KET Special Report, we look at the impact of Childhood adversity both for the individual and for society and we learn how Kentucky communities and agencies are helping parents to be the best they can be.” It was an honor for HANDS to be included, and the documentary also features Dr. Ruth Ann Shepherd, the Director for the Dept. of Public Health’s Maternal and Child Health Division. For more information about the HANDS Program please visit our website @ www.bullittcountyhealthdept.org and/or call 502-955-5668.

Dog Bite Prevention

Any dog can bite

Even the cuddliest, fuzziest, sweetest pup can bite if provoked. Most people are bitten by their own dog or one they know. Some owners actually promote aggression in their dogs or allow aggression to go unchecked. Although media reports and rumors often give the impression that certain breeds of dog are more likely to bite, there is little scientific evidence to support those claims.

Who’s being bitten?

The number of recorded dog bite injuries is significantly higher in children than adults. The elderly and home service providers such as mail carriers and meter readers are also high on the list of frequent dog bite victims.

CAUTION: Never leave a baby or child alone with a dog.

How can my family and I avoid being bitten?

Be cautious around strange dogs and treat your own pet with respect. Because children are the most common victims of dog bites, parents and caregivers should:

- NEVER leave a baby or small child alone with a dog.
- Be alert for potentially dangerous situations.
- Teach children – including toddlers – to be careful around pets.

Children must be taught NOT to approach strange dogs or try to pet dogs by reaching through fences. Teach your children to ask permission from the dog’s owner before petting the dog.

What should I do if my dog bites someone?

Even if the bite can be explained (e.g., someone stepped on your dog’s tail), it’s important to take responsibility for your dog’s actions by taking these steps:

- Restrain the dog immediately. Separate it from the scene of the attack. Confine it.
- Check on the victim’s condition. Wash wounds with soap and water. Unseen damage can occur with bites, and can lead to complications. Professional medical advice should be sought to evaluate bite wounds and the risk of rabies or other infections. Call 911 if a response by paramedics is required.
- Provide important information including your name, address and information about your dog’s most recent rabies vaccination. If your dog does not have a current rabies vaccination, it may be necessary to quarantine it or even euthanize it for rabies testing. The person bitten may need to undergo post-exposure prophylaxis.
- Call your local health department for reporting of dog bites.
- Consult your veterinarian for advice about dog behavior that will help prevent similar problems in the future.

Marilyn Hutchens Has Retired!



The Business Office sincerely congratulates Marilyn on her retirement. A great many thanks are extended to her for the years she has invested into the Bullitt County Health Department. Marilyn will be missed!—Julie

Congrats on your retirement! It was a pleasure working with you and thank you for all the little gifts throughout the years. You were always so thoughtful. We will miss you.—Cathy B.

Miss you very much. Hope you are enjoying your retirement.—Carrie T.

Marilyn, Wonderful wishes coming your way for your retirement. You have earned a little “R and R”! That’s “Rest and Relaxation” not “Raking and Running”. Take care and see you soon! —Frances

“Who will make the coffee?”—Don R.

We sure will miss you and you playing the lottery for us!! Enjoy every minute.—Sherry

I wish for you only the best. I miss you very much and think of you often.—Love Stacy D

Happy Retirement Marilyn! To one lady that can certainly “do it all”. One of my earliest memories of you was you painting the back door. I wish you much rest for all the many jobs you did that went without mention but were gladly appreciated. Congrats!—Anne R.

Marilyn, congrats on retirement! You will be missed so much!! Don’t be a stranger!—Liz

Happy Retirement! You will be missed! BEST WISHES!—Shirley

Marilyn, It was my pleasure to have worked with you the last several years and I miss you.—Carol

Congratulations on your retirement. Enjoy the rest and relaxation!—Andrea

Congrats to our Public Health Director!

Congratulations to Andrea Renfrow, our Health Department Director. She completed her studies and earned her Master of Science in Nursing from McKendree University on May 31, 2014. Mrs. Renfrow was selected for membership in the Nursing Honor Society McKendree University Kentucky Campuses chapter in April. She spent many long hours between home, school and the Health Department to accomplish this goal. We are very proud of her!



Health Department Up-Coming Closing Dates



July 17, 2014—Staff Meeting from 2:30-4:30PM

August 21, 2014—Staff Meeting from 2:30—4:30PM

September 1, 2014—Labor Day

September 18, 2014—Staff Meeting from 2:30-4:30PM



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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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.

Notes from our Director!

Through 2014, NACo, in partnership with the Robert Wood Johnson Foundation (RWJF) and the University of Wisconsin Population Health Institute (UWPHI) will be conducting community dialogues in six counties across the country. Counties were selected by way of an application process. Through collaboration between Bullitt County Judge/Executive Melanie Roberts and the Bullitt County Health Department, Bullitt County was one of the counties chosen to host this event.

Andrew Whitacre, NACo Health Associate, explained the NACo Community Dialogue to Improve County Health sessions are intended to assist counties in assessing, planning and strategizing current efforts toward coordinating health initiatives to improve the overall health of residents in these counties. These sessions are a part of NACo's Elected County Officials' Guide to County Health Rankings & Roadmaps project, which aims to bring together public and private partners to share innovative ideas and strategize about how to resolve various challenges counties face.

The Bullitt County Community Dialogue was held on May 15th and focused on developing cross-sector partnerships to improve the health of the community through a strategy called Boundary Spanning Leadership (BSL). BSL is a model that emphasizes working across organizational boundaries towards a shared goal. Overall, participants found this strategy to be beneficial in developing new and strengthening existing partnerships. We look forward to reaping the benefits of this opportunity.

Andrea Renfrow, MSN, RN
Public Health Director

