

# Bullitt County Health Department

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

October 2015  
Fall Newsletter  
Issued Quarterly

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

Volume 11, Issue 2

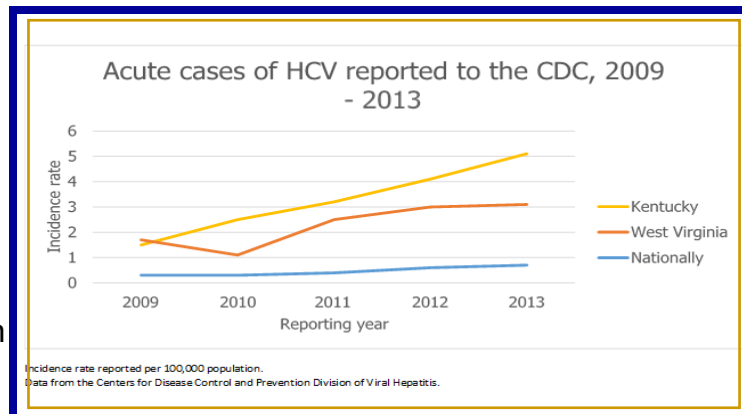
*Our Vision Statement*  
Bullitt County Health Department will become an accredited leader among local health departments in Kentucky in the areas of prevention, protection and health promotion.

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

## Notes from our Director

Many of us are hearing more and more about the Hepatitis C virus. Whether we see it on the news in regards to harm reduction programs, commercials advertising treatment, or in your physician's office offering testing, there is an increase in bringing education and awareness of Hepatitis C.

Hepatitis C is a blood-borne virus that causes liver infection. For some people, infection may cause a short illness. However, 70%-85% of people with Hepatitis C go on to develop chronic infection. This is a serious condition that may lead to liver disease, cirrhosis, and cancer.



There is a true need for education as the Hepatitis C virus is on the rise in the United States with Kentucky taking the lead. In 2013, Kentucky had the highest rates of acute Hepatitis C reports in the nation at 5.1 cases per 100,000 population. Between 2010 and 2013, Hepatitis C rates in Kentucky doubled with the highest numbers found in urban areas. However, rates are increasing in rural areas. While testing is recommended for baby boomers, young adults have been particularly impacted. In 2014, half of all acute Hepatitis C cases in Kentucky were among people 21-30 years of age.

Because there may not be any symptoms, many people do not realize they have Hepatitis C. So, it is important to know the risk factors and to talk to your physician about testing. Hepatitis C is transmitted through exposure to contaminated blood. The Centers for Disease Control and Prevention report injection drug use as the key risk factor for Hepatitis C infection in the United States. Other possible means of transmission is through needlestick injuries in health care settings, birth to an HCV infected mother, and being a recipient of donated blood and organs before 1992 when blood screening became available.

To prevent the spread of Hepatitis C, know your risk and talk to your physician about testing. For more information visit <http://www.cdc.gov/hepatitis/hcv/index.htm>.

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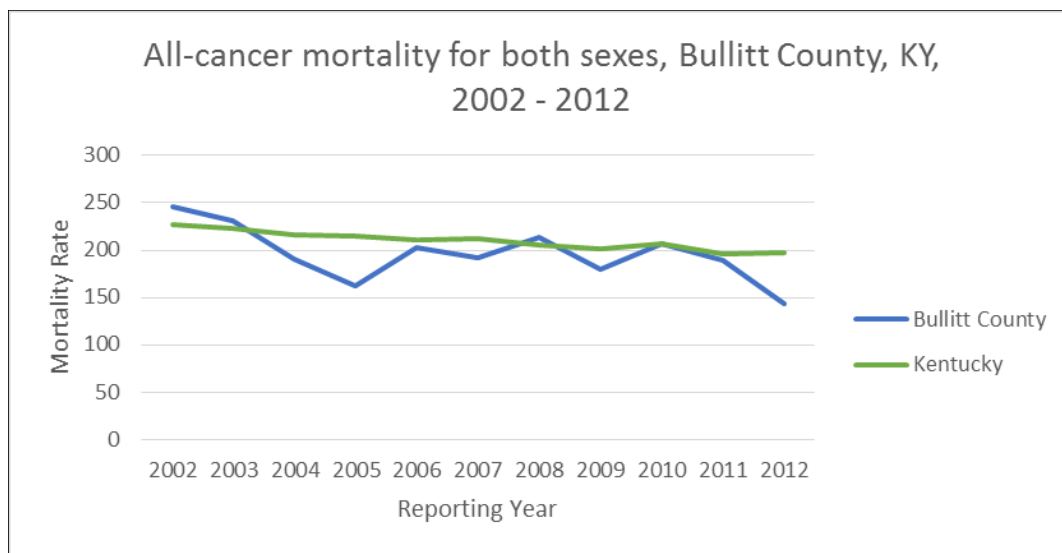
Andrea Renfrow, MSN, RN  
Public Health Director

# Epidemiology Update

## Report to the Nation on the Status of Cancer: What about Bullitt County?

The Annual Report to the Nation on the Status of Cancer was released in March 2015 by the National Cancer Institute and other partners. The report discusses cancer trends in the United States from 1975 to 2011. Some of the key findings of the report include:

- Mortality rates from all cancers combined decreased for men, women, and children.
- Head and neck cancers in white males are starting to be associated with HPV infection.
- From 2002 to 2011, the largest decreases in cancer incidence for men were in colorectal, lung/bronchus, and prostate cancers. For women, the largest decreases in cancer incidence were in colorectal and cervical cancer.
- Incidence rates for thyroid, kidney and liver cancers are increasing. The mortality rate for liver cancer is also increasing. The increases in liver cancer rates may be related to the rise in Hepatitis C infections and alcohol use.



What about Bullitt County? Chart 1 above displays the change in all cancer mortality for both sexes in Bullitt County and statewide. The graph demonstrates the change in mortality rate (number of deaths from cancer per 100,000 population) from all types of cancers for both males and females in Bullitt County between 2002 and 2012. Rates for Kentucky are provided for comparison purposes. Mortality rates declined for both groups over the time period. This change in mortality is a great indicator in our fight against cancer as it suggests that more people are surviving after being diagnosed. To continue to improve cancer mortality rates, we should focus on early detection through cancer screenings and health education to reduce risky behaviors.

Please let us know if you have any comments or suggestions for future report topics by contacting Brittany Bell at [brittanyn.bell@ky.gov](mailto:brittanyn.bell@ky.gov) or 502-543-2415.



## ***An Evening to Educate & Celebrate!***

**Paroquet Springs Conference Centre**  
395 Paroquet Springs Drive, Shepherdsville, KY

**Wednesday, October 21, 2015**  
5:00 – 7:30 p.m.

### **Special Guests:**

**Elizabeth C. Riley, MD – James Graham Brown Cancer Center**  
**Julia Rose – WHAS 11**

***FREE HEALTH SCREENINGS from 5:00-6:00pm***  
***Program begins at 6:00pm***

***Appetizers, Desserts, and Gifts!***  
***Wear PINK!***

**FREE OF CHARGE**

**ONLY 215 SEATS AVAILABLE - Call NOW to reserve your spot!**

**To RSVP, please call 502-955-5355**  
**Deadline to RSVP is October 14<sup>th</sup>**

***Think Pink*** is a special event sponsored by Bullitt County Health Department, Kentucky Cancer Program, and Bullitt County Cooperative Extension Service, to raise cancer awareness and to recognize breast cancer survivors during October, National Breast Cancer Awareness Month.



# 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: **Oct. 1, 2015 9:00am-11:00am**

WHERE: Bullitt County Health Department

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 3 months of Support Group lessons/topics.

<b>Diabetes Support Group Lesson/Topic Schedule</b>	
Oct. 8th	Our Underappreciated Digestive Tract
Nov. 12th	Recipe Swap: Bring 3 Healthy Holiday Recipes
Dec. 10th	Not All Carbohydrates are Created Equal

Please join us on the second Thursday of each month from 9:00am – 10:00am at the Ridgeway Library Study Room in Shepherdsville. 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.\*\*\*

# Community Health Assessment Progress Report

On March 30, 2015 we held the initial meeting of the Bullitt County Health Assessment Team (Lead Team) consisting of Andrea Renfrow, Elizabeth McGuire, Brittany Bell, and Cynthia Brown of the Health Department; Linda Belcher, State Representative; and Annabelle Pike Community Manager, Kentucky One Health. The purpose is to conduct a comprehensive community assessment using the MAPP model.

We established: (Phase 1)

- A regular meeting schedule. We will meet on the 4<sup>th</sup> Tuesday of each month at 9 A.M. here at the health department. Everyone is invited to these meetings.
- An 18-month timeline to have the process completed and the Community Health Improvement Plan (CHIP) implemented.
- A plan to keep the public informed of the process and progress through news releases, website updates, and newsletters.
- A method to invite the public to participate in all stages of the process through the news releases, website, and newsletters. In addition, we will send emails out to all who have previously participated in a part of the MAPP process in the form of reports of results at each step of the way.

On June 30, 2015, The Visioning Exercise was completed (Phase 2). Fifty-five partners from various community agencies, organizations, businesses, and governmental representatives along with a few that identified as “just a resident” met to brainstorm about the following questions:

- What does a healthy community mean to you?
- What are important characteristics of a healthy community for all who work, learn, live, and play here?
- In your ideal community, what would you hear, see, taste, touch, and smell?
- What needs to be in place for us to work together effectively to achieve our vision?
- What are the key behaviors that will be necessary for the CHA/CHIP partners, the community and others in the next 5 years to achieve the vision?

Four community assessments taking place now (Phase 3).

- We have started gathering data for the Community Health Status assessment using University of Kentucky School of Public Health students.
- The Community Themes and Strengths Assessment survey tool has been developed and distribution to the public has begun. You can take this survey by going to the [www.bullittcountyhealthdept.org](http://www.bullittcountyhealthdept.org) home page. If you chose to provide your name and contact information, you will be placed in a drawing for 4 gift cards.
- The Local Public Health Systems Assessment and the Forces of Change Assessments will be held on November 2, 2015 from 10:00 A.M. to 2:00 P.M. at Bullitt Central High School College and Career Center. Dr. Angela Carmen from the University of Kentucky will facilitate the process.



Please call Cynthia Brown at 502-955-5355 if you want to be involved in this Community Health Assessment (CHA) and the Community Health Improvement Plan (CHIP) or want more information.

Article by Cynthia Brown, Health Educator III

# Food Safety



## **Four Basic Steps to Food Safety:**

### Clean

- Wash hands in warm soapy water before handling food.
- Wash cutting boards, dishes, utensils, and counter tops between preparing meats and foods that will not be cooked.
- Use paper towels to clean kitchen surfaces.
- Wash and rinse fruits and vegetables.
- Clean lids of canned goods before opening.

### Separate

- Separate meats and eggs from other foods in grocery cart, bags and your refrigerator.
- Never place cooked meat on plate that held raw meat.
- Don't reuse marinades used on raw foods.
- Consider using one cutting board only for raw meats and another for bread, fruits, vegetables and cooked meat.

### Cook

- Use a food thermometer to measure internal temperature of cooked foods.
- Cook all meat to safe minimum internal temperatures:
- Beef, pork, veal, lamb, steaks, roasts & chops – 145 degrees with 3 minute rest
- Fish – 145 degrees
- Ground beef, lamb, pork & veal – 160 degrees
- Egg dishes – 160 degrees
- Whole or ground turkey, chicken & duck – 165 degrees
- Bring sauces, soups, & gravy to a boil when reheating.
- Reheat hot dogs, luncheon meats, bologna, & other deli meats until steaming.
- When cooking in a microwave, cover food, stir, and rotate for even cooking.

### Chill

- Refrigerate or freeze meats, eggs, seafood and other perishables within 2 hours of cooking or purchasing/1 hour if outside temperature is above 90 degrees.
- Never thaw food at room temperature, such as countertop.

If the suspect food is a USDA-inspected meat, poultry, or egg product, call the USDA Meat and Poultry Hotline, 1-888-MPHotline (1-888-674-6854). For all other foods, call FDA office of Emergency Operations at 1-866-300-4374 or 301-796-8240.

Adapted by Bobbye Gray, RN and Becki Thompson RN, CDE from the U.S. Department of Agriculture Food Safety and Inspection Service and the U.S. Department of Health and Human Services Food and Drug Administration materials.



**Need to Stop Smoking?**  
**Let Us Help You**  
**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 12, 2016 through April 5, 2016**  
**5:30 P.M. to 6:30P.M. with Location: To Be Determined**

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



NOTE: Patches are only provided for 18 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.

**Don't forget to change your clocks!**

Don't forget to set your clocks back one hour on Sunday, November 1, 2015. Here are some fun facts about daylight saving time (DST).

- The idea of DST was first introduced in 1784 by Benjamin Franklin.
- In 1916, Germany and its allies were the first countries to use DST.
- Out of 196 countries in the world only 70 countries observe DST.
- Arizona (except some areas) and Hawaii, and, American Samoa, Guam, Puerto Rico and, Virgin Islands are the only States and Territories of United States that don't observe DST, respectively.



**Health Department Up-Coming Closing Dates**



October 22, 2015- Closed at 2:30pm for Staff Meeting  
November 11, 2015- Closed for Veteran's Day  
November 19, 2015- Closed at 2:30pm for Staff Meeting  
November 25, 2015- Closed at 12:00pm for Thanksgiving  
November 26, 2015- Closed for Thanksgiving  
November 27, 2015- Closed for Thanksgiving  
December 23, 2015- Closed at 12:00pm for Christmas  
December 24, 2015- Closed for Christmas  
December 25, 2015- Closed for Christmas  
December 30, 2015 Closed at 12:00pm for New Years  
December 31, 2015 Closed for New Years



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

PRESORTED STANDARD  
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**Protection...Prevention...Promotion...**

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

Or Current Resident

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.

## HANDS Program

# HANDS

Health  
Access  
Nurturing  
Development  
Services

### 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](http://www.bullittcountyhealthdept.org) and/or call 502-955-5668.

### **\*\*\*Join HANDS\*\*\***

Now all families who are expecting a new baby or have a new baby less than three months old are eligible for HANDS. Former HANDS families are eligible too with a new pregnancy or new infant less than 3 months old. If anyone has any questions regarding the HANDS program, contact Teresa Catlett at 955-5668, ext. 2129

