Winter 2025: Volume 20, Issue 3

Health Newsletter

Our Mission Statement
Building a safe & healthy future, together.

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Public Health
Prevent. Promote. Protect.

www.bullittcountyhealthdept.org

It's HERE!

Bullitt County Health Department Acquires Mobile Unit to Expand Services to Underserved Communities

Transportation: A Critical Barrier to Accessing Services

Transportation can be a significant barrier to receiving services, especially for people in rural or underserved areas, those with disabilities, or individuals experiencing financial hardship. In Bullitt County, 1,294 households do not have reliable transportation (U.S. Census, 2022). The table below depicts the percentage of individuals in each Zip Code who face transportation challenges.

Zip Code	Percentage of Adults with Unreliable Transportation
1. ZIP Code 40177	10.7%
2. ZIP Code 40229	9.4%
3. ZIP Code 40109	9.3%
4. ZIP Code 40165	8.8%
5. ZIP Code 40150	7.9%
6. ZIP Code 40047	7.2%
7. ZIP Code 40110	5.9%

Source: CDC BRFSS Places 2022



This Mobile Unit:

To overcome barriers to accessing services, BCHD invested in a mobile unit to bring care directly to residents in our community. The unit can be used for biometric screenings, WIC services, clinic services, health education, harm reduction, and even a cooling station on hot days.



WIC Program Updates

WIC is: The Women's Infant and Children's Program, or WIC, is a supplemental food program that provides nutrition counseling, breastfeeding support, education, nutritious foods, and referrals to health care services. Interpreter services are available. To see if you are eligible to apply for WIC, call one of our WIC Services Associates at 502-955-7837.

New eWIC card Design

We are excited to announce that the Kentucky WIC eWIC card has been redesigned. The new card depicts a weathered gray wooden fence surrounded by fall leaves in the KY countryside. It is the first new design in 15 years.

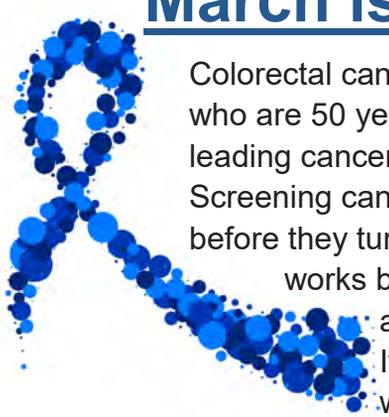
New Canned Vegetables and Fresh-Cut Herbs KY WIC Approved

Canned fruits were added in October 2023. Starting October 1, 2024, canned vegetables and Fresh-Cut Herbs will be available for purchase with Kentucky WIC Cash Value Benefits!

- *This includes Salsa, Spaghetti Sauce, and Tomato Sauce/paste.*
- *Any canned vegetables with **no** added fats, oils, meats, or sauces.*
- *No pickled vegetables (Example: sauerkraut), olives, soups, ketchup, or other condiments.*
- *Fresh-Cut Herbs, **No** potted herbs, **no** dried herbs, or spices.*



March is Colorectal Cancer Awareness Month



Colorectal cancer affects men and women of all racial and ethnic groups, and is most often found in people who are 50 years old or older. Of cancers that affect both men and women, colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. Colorectal cancer screening saves lives. Screening can find precancerous polyps— abnormal growths in the colon or rectum—that can be removed before they turn into cancer. Screening also helps find colorectal cancer at an early stage, when treatment works best. About 9 out of every 10 people whose colorectal cancers are found early and treated appropriately are still alive five years later. If you are 50 years old or older, get screened now. If you think you may be at increased risk for colorectal cancer, speak with your doctor about when to begin screening, which test is right for you, and how often to get tested.

Colorectal Cancer Doesn't Stand A Chance!

Preparation Tips for a Safe Winter



Winter can bring extreme cold, freezing rain, ice, snow, and high winds. Winter weather, especially winter storms, increases the risk of car accidents, hypothermia, carbon monoxide poisoning, and heart attacks from overexertion.

Be Prepared at Home: Have flashlights and extra batteries ready. You will need at least 1 gallon of water per person daily for drinking and sanitation purposes. Have several days' worth of nonperishable food and baby formula. Don't forget to have water and food for your pets. Keep all your electronics charged when expecting severe winter weather. Consider installing a carbon monoxide alarm. If you use a generator, locate them at least 20 feet from the house, clear of windows and doors.

Be Prepared Before Driving: Stay off the road during hazardous conditions; if you must travel, use caution by giving yourself plenty of space and drive slowly. Keep your fuel tank at least half full during travel. Pack an emergency kit including water, snacks, a flashlight, a jump box, a first aid kit, gloves, a blanket, and a cell phone charger.

Know Health Risk: Stay indoors. If necessary to be outdoors, dress in layers, wear proper fitting shoes with plenty of tread, and have an extra pair of socks. Know the signs of hypothermia and be mindful of your health. The exertion and cold temperatures can increase blood pressure and constrict coronary arteries; shoveling snow can quickly raise your blood pressure and heart rate. Allow the snow/ice to melt, or hire a professional snow removal service if your health concerns you.



Understanding Post-Holiday Depression & Blues

Ever wonder why it's so hard to get back into the swing after the holidays? Post-holiday blues are a thing. It's the first full week of January, which means it's back to reality and business as usual. For some, it's a major relief. Even with all its good tidings and cheer, it's a financially, physically, and emotionally demanding time of year. According to the National Alliance on Mental Illness, 64% of people report being affected by holiday depression, and it's most often triggered by financial, emotional, and physical stress of the season. But for others, coming down from the high after the 'most wonderful time of the year' (and the inevitable return to work) can bring on about of the post-holiday blues too.

See more on page 7 of this newsletter

Bullitt County "THINK PINK" 2024

The Bullitt County Health Department partnered with the Kentucky Cancer Program and UK Extension Office to host a special event, THINK PINK. THINK PINK is a night of Breast Cancer Education and Celebration to raise awareness for cancer screenings and to celebrate survivors. The event welcomed over 140 attendees, 78 breast cancer survivors, with 21 people having their mammograms that day.





BACK TO SLEEP

Bullitt County BCHD Health Department

Safe Sleep Practices

Babies and infants should sleep on their backs to reduce their risk of Sudden Unexpected Infant Death (SUID)

A baby sleeping on its back does NOT have a higher risk of choking on spit-up.

Please stop by the Bullitt County Health Department for a demonstration on why your baby should sleep on its back until at least 1 year of age.



SAFE SLEEP SIMULATION

We have brand new demonstration models from Safe Sleep Simulation!

Upcoming Free Programs & Community Meeting by BCHD

- **Freedom from Smoking**
  January 23, 2025 at 5:30-6:30pm
- **Nuts & Bolts of Diabetes Class**
  January 28, 2025 & March 25, 2025 at 4:00pm
- **Nuts & Bolts of Nutrition Class**
  February 25, 2025 & April 22, 2025 at 4:00pm
- **Bullitt County Inter-Agency Meeting**
  January 28, February 25, March 25, 2025 at 2:30pm
- **Cooking Matters for Adults**
  February 6, 2025 (6 weeks) at 11:00am-1:00pm
- **Healthy Hearts Wear Red Luncheon**
  February 14, 2025 10:00am (ticket required)
- **Mobile Unit Open House**
  March 2025 (more details to come)
- **CREW (Coalition for Recreation, Wellness, & Wellness)**
  February 12, March 12, 2025 at 3:00pm
- **Mental Health Workgroup**
  January 23, 2025 at 9:00am (February & March, TBA)

Prioritizing Heart Health-Healthy Hearts Wear Red Luncheon



Cost: $15 per person
Get your tickets at: BCHD or UofL Health–Medical Center South
Or Online: http://bidpal.net/healthyhearts2025
Registration deadline: 02/07/2025
Location: Paroquet Springs Conference Centre
Date: February 14, 2025 10:00AM-1:30PM

Join us to raise awareness about heart disease & help fund cardiovascular programs/services at UofL Health-South.
For more information, please call 502-955-5355

Blood Donor Awareness: Help Save Lives in Kentucky

As we begin a new year, January marks National Blood Donor Awareness Month, a time to recognize the lifesaving contributions of blood donors and raise awareness about the critical need for donations in Kentucky. Each day, local hospitals and medical centers rely on blood donations to treat patients facing surgery, trauma, cancer treatments, and chronic illnesses. The demand for blood in Kentucky is constant, and there is always a need for more donors to help keep the state's blood supply at healthy levels.

Every two seconds, someone in the U.S. needs blood, and Kentucky is no exception. In fact, the state requires about 500 blood donations every day to meet the needs of its hospitals. Blood is essential for trauma patients, cancer patients undergoing chemotherapy, individuals with chronic conditions like sickle cell disease, and those needing surgery. Unfortunately, only a small percentage of Kentuckians, just around 3% of eligible donors, give blood each year, which leaves a critical gap in supply.

Blood is categorized into four major types: A, B, AB, and O. Within these types, some people have rare blood subtypes, and for these patients, finding compatible blood can be more challenging. This is where diversity in the donor pool becomes crucial. African American and other minority communities in Kentucky are particularly important for patients with rare blood types, such as those living with sickle cell disease. In these cases, blood donated by individuals of the same race or ethnicity is often the best match.

The Kentucky Blood Center (KBC) and the American Red Cross are the two main organizations responsible for collecting, testing, and distributing blood in the state. These organizations hold numerous blood drives throughout Kentucky each year to ensure a steady supply. However, blood donations often dip in the winter months due to weather related issues, busy holiday schedules, and illness. This makes January an especially important time to donate.

Donating blood is a simple, safe, and relatively quick process, taking just about an hour of your time. A single donation can help save up to three lives, and blood can be donated every 56 days. Blood donations are always needed, but winter months, such as January, pose challenges due to lower donation rates.

As Kentuckians, we have the power to make a real difference. By donating blood, you can help ensure that local hospitals are prepared for whatever emergencies come their way. Whether you're a first time donor or a regular contributor, your gift of blood is a vital part of saving lives in Kentucky. This January, consider giving the gift of life and making a positive impact on your community.



Dr. Praveen Arla—Medical Director, Bullitt County Health Department

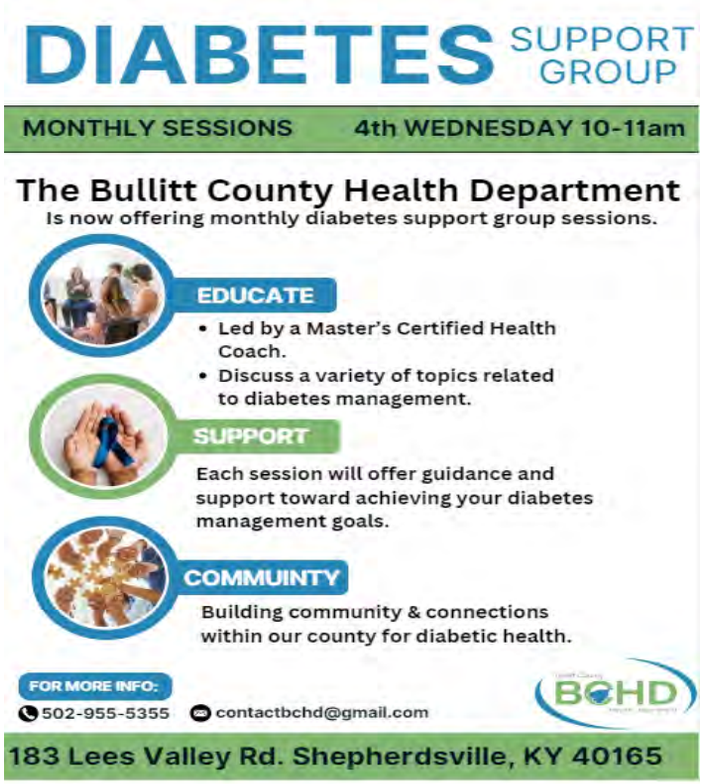
DIABETIC DEFENDERS
BUILDING YOUR DEFENSE AGAINST DIABETES

The Health Education Department at BCHD hosted a series of educational workshops on different areas of diabetes care during November's Diabetes Awareness month. It was an honor to hose this event and we want to extend another huge THANK YOU to our esteemed speakers:

- Beth Ackerman, R.D. with U of L
- Dr. Tina Kreutzer with Healthy Eyes Family Vision Center
- Dr. Vipul Patel with Bullitt County Foot & Ankle
- Dr. Lara Fakunle with U of L

Please visit our health department YouTube channel to watch the recorded workshop sessions.

In continuation of diabetes support in Bullitt County, BCHD will be holding monthly support group sessions starting in January, 2025– each 4th Wednesday of the month from 10-11am.







The Bullitt County Health Department is proud to host this family focused program focused on empowering parents/guardians with informative and creative ways to refresh health & wellness in the home.

Support

You are not alone. We need to be mindful of others. Let's ensure that we are doing our part to be supportive, be present, and checking in on others around you. You never know what someone is going through, so it is important to spread kindness and joy every day as it could have a positive effect on someone following the holiday season.

Support Myself

- Practice self-care
- Talk to a professional
- Attend to your emotions
- Reach out to others
- Utilizing coping mechanisms
- Surround yourself with a support system

Support Others

- Be present
- Offer to help
- Signaling your open to talking
- Don't minimize their feelings
- Refer them to resources

Resource

The Suicide & Crisis Lifeline
Offers 24/7 call, text, and chat access to trained crisis counselors who can help those experiencing suicidal, substance use, mental health crisis, or another kind of emotional distress.

988 SUICIDE & CRISIS LIFELINE

BCHD Closing Dates

January 1, 2025~~*New Years*

January 20, 2025~~*Martin Luther King Jr Day*

February 17, 2025~~*Presidents Day*

Check out our HANDS Family Night







Check out the HANDS program!!! It is FREE and VOLUNTARY! We will provide fun, interactive activities to teach you and your baby to be the best you can be, as well as a lot of support for your family.
Call 502-955-7837 or visit
https://bullittcountyhealthdept.org/hands/.





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



Pocketalk is a multi-sensory, two-way translation device. With a large touchscreen, noise-cancelling microphones and a text-to-translate camera, Pocketalk is able to create connections across 84+ different languages. The sleek design is equipped with high-quality, noise-cancelling microphones and two powerful speakers so it's easy to have full conversations, even in noisy environments. The camera instantly recognizes and translates text, the written word, and signs. A large touch screen provides a text translation for additional clarity. BCHD will be able to use these in our clinic, for health education, environmental inspections, and our HANDS family visits.