Winter 2026: Volume 21, Issue 3

Health Newsletter

Our Mission Statement

Building a safe & healthy future, together.

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Stay Connected with BCHD!

CHECK US OUT ONLINE!

Follow Bullitt County Health Department for news, events, and health resources.

Public Health
Prevent. Promote. Protect.

The Bullitt County Health Department has earned national reaccreditation from the Public Health Accreditation Board (PHAB), confirming it meets high standards for public health services. BCHD was reaccredited on November 13th, 2025, meaning it will continue to provide and improve essential health services for Bullitt County residents.

“We are honored to be reaccredited by PHAB, which reinforces our agency’s ongoing commitment to excellence in public health services," said Robert Flaherty, Public Health Director. “This achievement is a reflection of the day-to-day work of our team and of the vital partnerships we rely on to serve Bullitt County.”

Accreditation shows that BCHD follows best practices, uses data to inform its decisions, and continually improves its services. It also demonstrates that BCHD is responsible to the public and checks that its programs are efficient to meet the community’s needs.



Read full news release at:
https://www.bullitthealth.org/accreditation#phab



Join the Bullitt County Health Department in the fight to control the flu outbreak this fall. The Center for Disease Control recommends that anyone over the age of 6 months receive the flu vaccine to prevent the spread of the flu virus. The virus can cause multiple complications for example; sinus and ear infections, bacterial pneumonia and even death. Flu season generally runs from October until February, however, it can run into the month of May. The vaccine generally takes two weeks for the antibodies to build up in the body to fight against exposure to the flu.

Call the Health Department today at 502-955-7837 to help stop the spread in our community!

Being a mom is gratifying. And TOUGH! Let us help. Get the support you need...and deserve. Our WIC program will provide wholesome food, health and nutrition tips, breastfeeding support, infant feeding help, children's growth monitoring, and more. Learn more about WIC at https://www.bullitthealth.org/wic



Upcoming Closing Dates for BCHD

January 1 & 2, 2026 ~ New Years
January 19, 2026 ~ MLK Day
February 16, 2026 ~ Presidents' Day
April 3, 2026 ~ Good Friday

New year. New habits. A healthier you. 🚭

Sign up for Freedom from Smoking, a seven-week support group that helps you quit smoking for good. This evidence-based class provides guidance, support, and practical tools to manage cravings, reduce stress, and build healthier habits—led by trained facilitators who understand what it takes to quit.

📞 Call 502-955-5355 to sign up. BCHD provides complementary nicotine replacement product for participants who attend each class.



Healthy Hearts Wear Red Luncheon

Cost: $25 per person

Get your tickets Online ONLY: http://bidpal.net/healthyhearts2026

Registration deadline: 02/07/2026

Location: Paroquet Springs Conference Centre

Date: February 13, 2026 10:00AM-1:30PM



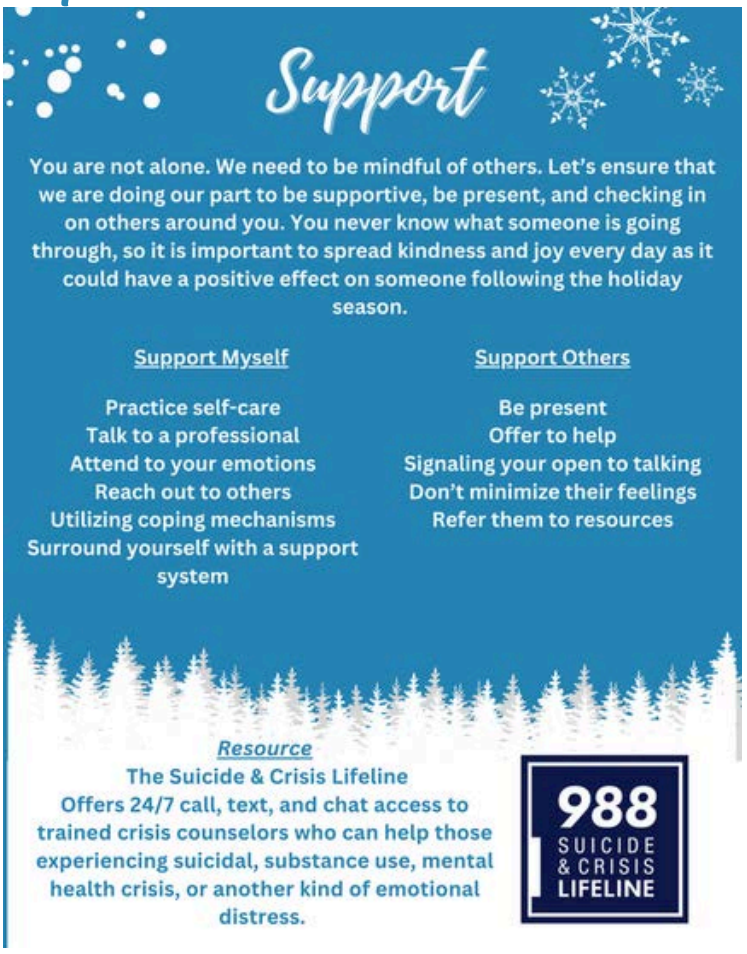
Join us to raise awareness about heart disease

For more information, please call 502-955-5355



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.



Upcoming FREE Programs & Community Meetings By BCHD

- **Partners In Prevention Coalition Meeting**
  January 13, February 10, March 10, 2026 @ 11:00AM
- **CREW (Coalition for Recreation, Education, & Wellness**
  January 14, February 11, March 11, 2026 @ 3:00PM
- **Nutrition 360**
  February 24 & April 21, 2026 @ 5:00PM
- **Bullitt County Inter-Agency Meeting**
  January 27, February 24, March 24 @ 2:30PM
- **Mental Health Workgroup**
  January 29, February 26, & March 26, 2026 @ 9:00AM
- **Nuts & Bolts of Diabetes Class**
  Call 502-955-7867 to find out when next class is available
- **Board of Health Meeting**
  February 17, 2026 @ 6:00PM

WHAT'S BEEN HAPPENING AT BCHD





















WHAT'S NEW!







So many things happened in the last three months! Check out everything on our social media pages below.



Complete Nutrition. Every Age. Every day.

Growing Teens Busy Parents Wise Grandparents

Register TODAY!

Next Class is February 24th | 5-6:30 PM

This one night session will cover simple, science based nutritional education for every season of life. Learn about smarter food choices, building healthier habits and how to best fuel your body, whatever stage of life you're in.

Call to register: 502-955-5355

Are you a Bullitt County Family expecting a new Baby?
We're Here for YOU!

Welcome to the Bullitt County Health Department's HANDS Program – a FREE, voluntary support program created just for new and expectant parents in our community!

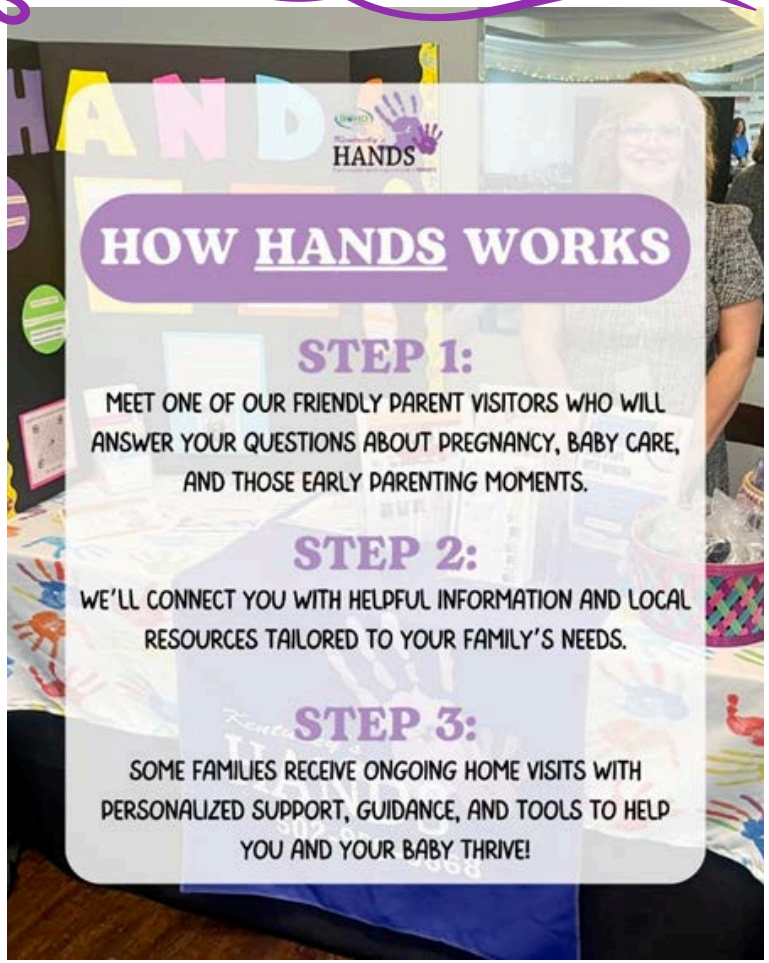
Here's how HANDS works:

👋 Step 1: Meet one of our friendly Parent Visitors who will answer your questions about pregnancy, baby care, and those early parenting moments.

📚 Step 2: We'll connect you with helpful information and local resources tailored to your family's needs.

🏡 Step 3: Most families receive ongoing home visits with personalized support, guidance, and tools to help you and your baby thrive!
Whether it's your first baby or your fifth - HANDS is here to walk alongside you. 💛

Interested in learning more or becoming a member of The Bullitt County Health Department HANDS program? For more information or to enroll in The Bullitt County Health Department's HANDS Program,
Please reach out via phone call to 502-955-5668 or visit our website at https://www.bullitthealth.org/hands



Kentucky HANDS
Health Access Nurturing Development Services
Every family needs an extra pair of HANDS.

RSV Season

CDC expects the upcoming U.S. fall and winter respiratory disease season will likely have a similar combined number of peak hospitalizations due to COVID-19, influenza, and RSV compared to last season. CDC's outlook is based on historical trends, expert opinion, and scenario modeling results.

This outlook serves as a baseline for what could occur during the 2025-2026 season. It is intended to provide decision-makers with information to assist in public health preparedness for respiratory virus illnesses during the 2025-2026 fall and winter respiratory season (defined as October through mid-May). This includes when hospitals might experience the most demand due to COVID-19, influenza, and RSV.

Information from CDC website.



DIABETES SUPPORT GROUP

MONTHLY SESSIONS **4th WEDNESDAY 10-11am**

January 28th • February 25th • March 25th • April 22nd



Bullitt County Health Department

Phone: 502-955-7837 and 502-543-2415 **Fax:** 502-543-2998

181 Lees Valley Road, Shepherdsville, KY 40165

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-11am

Environmental Office Hours

Mon-Fri.....7:30am-9:30am
Tues.....5pm-6:30pm

OUR MISSION
Building a safe and healthy future together.

OUR VISION
To build a community where everyone is safe, healthy, and valued.

OUR VALUES
Inclusive | Competent | Accountable | Respectful | Empowered | iCARE

Cooking For One

Creating simple + savory meals for ONE!

February 18th

11-12:30PM



Call to register: 502-955-5355

The Bullitt County Health Department Is Hosting

FREE! COOKING MATTERS

LOOKING FOR WIC & HANDS FAMILIES ONLY

6-WEEK COOKING & NUTRITION SERIES

FEBRUARY 12 - MARCH 19, 2026

PLEASE CALL 502-955-5355 TO REGISTER