Spring 2026: Volume 21, Issue 4

Health Newsletter

Bullitt County BCHD Health Department

Our Mission Statement

Building a safe & healthy future, together.

Inside This Issue:

2 Events and Collaborations

3 Secondhand Smoke

4 Upcoming Events

5 Environmental Health

6 HANDS

7 Mental Health Jam

8 Save the DATES

Stay Connected with BCHD!

CHECK US OUT ONLINE!

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

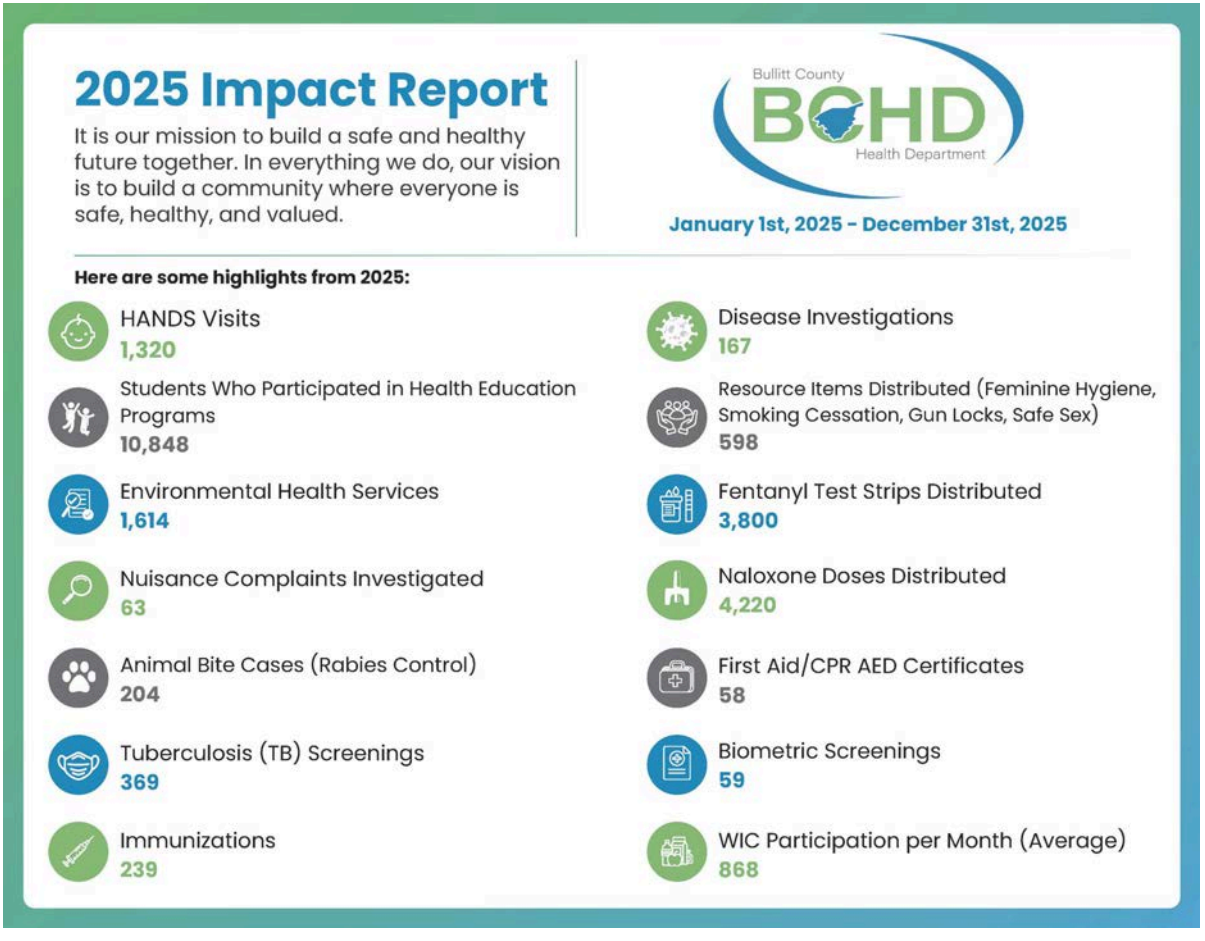
Public Health
Prevent. Promote. Protect.

Accredited Health Department · PHAB · Advancing Public Health Performance · Public Health Accreditation Board

Bullitt County Health Department is proud to highlight just a few of our 2025 accomplishments, initiatives, and the overall impact of our programs and services on the community.

An Impact Report is a strategic document we produce annually to showcase our organization's measurable achievements, meaningful outcomes, and the long-term societal, environmental, and economic effects of our work. It goes beyond financial data to tell the true story of change; using data, key metrics, and personal narratives to demonstrate value, strengthen community trust, and inspire our stakeholders.

Through prevention, education, environmental health services, clinical programs, and community partnerships, we remain committed to improving the health and well-being of Bullitt County — today and for years to come.





























Left to right:
(1) Cooking For One class, (2,3,4) Healthy Hearts biometric screenings, (5,6,7) North Bullitt HS student collaborative teaching dental classes with K-5 grades, (8,9,10,11,) collaborative Meals & Thrill 3 session class with Bullitt County Public Libraries Central Branch, (12) Handwashing class at LJ Library (13) Adult Cooking Matters class.

Upcoming Closing Dates for BCHD

April 3, 2026 ~ Good Friday
May 25, 2026 ~ Memorial Day
June 18, 2026 ~ Close at 12:00 (noon)
June 19, 2026 ~ Juneteenth

Three Ways Your Smoking Is Affecting Your Loved Ones



One reason why millions of people quit smoking tobacco is to stop, prevent or limit the effects it has on loved ones. Secondhand smoke is the inhalation of burning tobacco products – such as cigarettes, cigars or pipes.

Secondhand smoke poses health risks, especially to those who already have a vulnerable immune system or those who live in the same household.

- Increased risk of illness – Those who are exposed to secondhand smoke are at an increased risk for lung cancer, heart disease and even stroke. Indirect exposure to tobacco smoke can also cause certain types of cancer in cats and dogs, and other pets, including lung and nose cancer.

- Chronic illness trigger – Secondhand smoke can cause and trigger severe asthma, respiratory infections and ear infections, especially with infants and children.

- Lingering smoke odors – Tobacco residue settles on hair, clothing, furniture, and other surfaces, creating odor and residue that is hard to remove. This is called thirdhand smoke. Tobacco residue is considered harmful to those exposed in homes, cars, and workplaces.

If you'd like help to prevent secondhand and thirdhand smoke around your loved ones, consider Quit Now Kentucky. It's a free, convenient resource available throughout Kentucky. For more information about Quit Now Kentucky, call 1-800-QUIT-NOW or visit QuitNowKentucky.org. For a local class, our next class will be in April, call for dates, 502-955-5355.

kynect

Need Health Coverage?

Have Questions About Your Current Plan?

Need To Update Your Information?



Bullitt County BCHD Health Department

Event Location: Bullitt County Health Department
Event Address: 181 Lees Valley Road
Event Date and Time: 1st Thursday of each month 10-12
kynector Name: Ginny Whitt
Phone Number: 502-536-0196
Email Address: ginny.whitt@kipda.org

Need help with Medicaid?

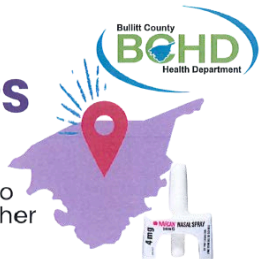
KY Connect, has partnered with our Health Department, and is here for you. Whether you need coverage, have questions, or just need to update your information, we can help.

Come see a connector here at the Health Department on the first Thursday of every month.

For more information, call 502-536-0196 or email ginny.whitt@kipda.org

FREE NALOXONE & FENTANYL TEST STRIPS AVAILABLE!

Visit any of these Bullitt County locations to access free harm reduction supplies and other supportive resources.



Shepherdsville Locations

Bullitt County Detention Center
11671 S Preston Hwy, Shepherdsville, KY 40165

Bullitt County Health Department
181 Lees Valley Rd, Shepherdsville, KY 40165

Community Locations

Jim Eadens Resource Center
1191 Hillview Blvd, Suite 3, Louisville, KY 40229

Mark 12 Ministries Outreach Thrift Shop
1975 Preston Hwy, Shepherdsville, KY 40165

UofL South - ER Department
1903 W Hebron Ln, Shepherdsville, KY 40165

Public Libraries

Lebanon Junction Branch Library
11382 S Preston Hwy, Lebanon Junction, KY 401150

Mount Washington Branch Library
214 N Bardstown Rd, Mount Washington, KY 40047

Nichols Branch Library
10729 Hwy 44 W, West Point, KY 40177

Shepherdsville Central Library
740 Conestoga Pkwy, Shepherdsville, KY 40165

Other Free Resources:

- Feminine Hygiene Kits
- Smoking Cessation Bags
- Safe Sex Kits
- Gun Locks

SCAN ME



Learn more at bullitthealth.org | (502) 543-2415

COMMUNITY NARCAN TRAINING

FREE & OPEN TO THE COMMUNITY!

HELP SAVE LIVES

If you or your organization would like to receive a FREE Narcan training, contact us to get started.

502-955-7837

Cooking For One

Creating simple + savory meals for ONE!

May 13th

11-12:30PM

Call to register: 502-955-5355

Upcoming FREE Programs & Community Meetings By BCHD

- **Partners In Prevention Coalition Meeting**
  April 14, May 12, June 9, 2026 @ 11:00AM
- **CREW (Coalition for Recreation, Education, & Wellness**
  April 8, May 13, & June 10, 2026 @ 3:00PM
- **Nutrition 360**
  April 21 & , June 16, 2026 @ 5:00PM
- **Bullitt County Inter-Agency Meeting**
  April 28, May 26, June 23, 2026 @ 2:30PM
- **Mental Health Workgroup**
  May 28, June 25 @ 9:00AM
- **Nuts & Bolts of Diabetes Class**
  April 20, July 30, 2026 from 10:00AM-12:00 (noon)
- **Board of Health Meeting**
  May 19, 2026 @ 6:00PM

facebook.com/bullittkyhealth | @BullittKYHealth | instagram.com/bchdsocial/ | www.bullitthealth.org



As we look ahead to warmer weather, public pool safety remains a top priority for our Bullitt County Health Department: Environmental Health Division. Near the end of May, our focus will begin to shift to outdoor pools for the beginning of pool season.

Routine inspections, water quality monitoring, and enforcement of state and local regulations help ensure that community pools remain safe, clean, and enjoyable for everyone.

Our inspections evaluate for:

- proper chlorine and pH levels
- equipment safety
- lifeguard compliance
- first aid and emergency equipment accessibility

Our team works diligently to reduce the risk of waterborne illness and prevent injuries.
We are also excited to highlight the addition of our newest Environmental Health team member, Elisha, who has been instrumental in supporting pool inspections and regulatory enforcement efforts. Her contributions have strengthened our ability to respond promptly to concerns, conduct thorough inspections, and provide education to pool operators on maintaining compliance.

Our newest team member Elisha is scheduled to attend a Certified Pool Operators training in Lexington on April 9-10th.

YouTube

Come check out our YouTube channel to watch a full inspection routine.





Rosie Riddle BSN RN/MA CMHC

We are pleased to congratulate Rosie Riddle, on earning her Master's degree in Counseling with a focus on Mental Health!

Rosie earned a Master of Arts in Clinical Mental Health Counseling from the University of the Cumberlands. She currently serve as a Public Health Nurse IV at the Bullitt County Health Department, where she has have worked for the past nine years.

With these new credentials, she is committed to increasing awareness among our community stakeholders that mental health is an essential component of overall health. She is especially passionate about working with youth to provide education on suicide ideation and prevention, as suicide remains the second leading cause of death among young people. In the future, we hope to expand access to mental health services for our community stakeholders and youth—particularly those who may be unlikely to seek care through traditional channels.

EXPECTING OR NEW TO MOTHERHOOD? LET HANDS WALK BESIDE YOU



<u>If you are a Bullitt County resident expecting a new Baby- We're Here for YOU!</u>
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!

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!



INTERESTED IN LEARNING MORE OR JOINING THE PROGRAM?

Call the Bullitt County Health Department's HANDS program at **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.

Why You Should Attend Our Community Mental Health Jam?



Your mental health matters — and so does the well-being of our entire community. A Mental Health Fair is more than just an event; it's an opportunity to learn, connect, and grow together.

By attending, you can:

- Discover local resources and support services available right here in our community,
- Learn practical tools to manage stress, anxiety, and everyday challenges,
- Connect with professionals and organizations dedicated to mental wellness,
- Reduce stigma by having open, supportive conversations about mental health.
- Support friends, family members, and neighbors who may be struggling.

Mental health affects everyone — at every age and stage of life. Whether you're looking for support, information, prevention strategies, or simply want to be more informed, this event offers something for you.

Together, we can build a stronger, healthier community where seeking help is encouraged and everyone feels supported.

For more information, please contact Hayley Barr at 502-955-7837.



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



