

# COMMUNITY HEALTH CONNECTIONS

Buffalo Trace District Health Department

Quarterly Newsletter

October 2017



## From the Director's Desk Allison Adams

When I began my career with our Health Department, I authored and published a newsletter for our staff. For those of you who have been an employee of our Health Department for more than 12 years, you may remember reading some of those newsletters. I am happy to announce that our newsletter is back and will become a quarterly report and update to our staff, our board members, and our

community.

On Monday, September 25<sup>th</sup>, I had the privilege to attend the Bost Forum. The Bost Forum is an annual conference on health policy. The focus for this year's conference was Kentucky's substance abuse crisis. As you can imagine, I heard several subject matter experts delivering their version of the best strategy to address the crisis. I also heard one single speaker say, the solution to this crisis lies within the community and it is not a single strategy, but many strategies, patience and a community effort, that will solve the crisis. This thought is exactly public health!

Take any issue that has a positive or negative influence on the opportunity to achieve health, and you can tie it back to the work or lack of work of local, state, and national public health systems. "Public Health is what we, as a society, do collectively through organized actions to assure the conditions in which all people can be healthy." Institute of Medicine – 1988.

The work you do, as Health Department employees, effects the health of the community you serve. It is not just the single WIC client encounter, the single HANDS family, septic system or restaurant inspection, a syringe exchange client, or just a health education class or a strategic planning meeting. What is being done is a collective impact approach. Because you did your job, someone and other people had a better opportunity or chance at health. You, our local public health workforce are the silent champions for health. Though most times your hard work and dedication goes unnoticed and seems thankless, please don't lose energy. Your work is essential. Transforming our culture to a culture of health is piecemeal, meaning every little and big thing you do is essential to our Mission and Vision. In time, you will be recognized and thanked by the community you have tirelessly served.

I want to thank you for your tireless work and dedication you provide to the operation of our Health Department. I believe we are a staff who performs not because we are expecting a thank you, but because we know it's the right thing to do. I believe each of our staff are public servants who stand up for the opportunity for health for the people of Mason and Robertson County and for that..... Thank you!



The third floor of the Mason County Health Department has been finished to provide space for indoor walking and community nutrition & physical activity programs. We are so excited to make this available for our community.



**T—Together**

**E—Everyone**

**A—Achieves**

**M—More**

### *Birthdays*

- 10/5 Melissa Meyer
- 10/9 Melanee Davis
- 10/10 Pam Brant
- 10/12 Tracy Kielman
- 11/17 Kenny Adamson
- 11/20 Patti Getz
- 11/22 Allison Alexander
- 11/28 Cara Graves
- 12/8 Lesley Sweet
- 12/23 Billie Lang

## ***October: Breast Cancer Awareness Month***

This October, **Buffalo Trace District Health Department** is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that most women can survive breast cancer if it's found and treated early. Your family history of breast cancer does not matter. Every woman needs to be screened for breast cancer.

~ If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.

~If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.



## ***November: American Diabetes Month***

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

**LET'S ALL  
CELEBRATE THE  
GREAT  
AMERICAN  
SMOKE OUT  
NOVEMBER 16**

## ***December: National Safe Toys and Gifts Month***

The holiday season will be upon us so we want you prepared. Prevent Blindness America organization declared December Safe Toys and Gifts Awareness Month.

In 2010, the U.S. Consumer Product Safety Commission reported an estimated 251,700 toy-related injuries that hospital emergency-rooms treated, 72% were less than 15 years of age.

Although these consequences are real, prevention is as simple as following a few safety guidelines when shopping for the perfect holiday gift. For a list of



## Upcoming classes

### Monday

- 10:30 Zumba
- 11:00 Arthritis
- 11:30 Strong Women
- 12:15 Strong Women

### Tuesday

- 12:00 Walk with Ease
- 1:00 Walk 15

### Wednesday

- 10:30 Zumba
- 12:15 Strong Women

### Thursday

- 12:00 Walk with Ease
- 1:00 Walk 15

### Friday

- 11:00 Arthritis
- 11:30 Strong Women

October 12 at 10:00

Nutrition and Aging

October 24 at 10:00am

Mindless Eating

## Child Passenger Safety CAR SEAT GRANT

We have received a grant through a partnership with the Safe Kids Coalition and Graco to assess families in need of child restraints and to assist with proper installation of these seats. Thus far 39 families have been assessed of the 50 required for this grant.



## FLU (Don't let the flu bug bite you!)

The flu season is soon to be upon us. The flu shot is the best way to teach your own immune system to fight back if exposed to the virus. The flu vaccine "recipe" was changed this year (one different A strain compared with last year's vaccine) to accommodate for predicted viral strains that will likely come and circulate around our neighborhoods. The recommendations this year are the same as last year. Every child over 6 months of age should be immunized. When you immunize your kid, you first and foremost protect them, you secondarily protect your family, and third, you protect those kids who can't get the shot, those older people who won't mount a great response to the vaccine and can get really sick when they're exposed, and those babies who are too young to be immunized.

Get your vaccine as soon as it becomes available, and ideally by the end of October before Halloween. Influenza peaks in early winter typically but of anything that's predictable, it's that influenza is unpredictable. Being immunized 2 weeks prior to an exposure is the best way to be protected. The Flu vaccine is highly recommended for anyone over the age of 65. This age group is often at a higher risk of complication with the flu. There is a high dose flu vaccine for this select group of individuals. Just like last year the nasal spray flu vaccine is not recommended.



Our Hands program has 36 families in the Mason and Robertson County area. We

are accepting new families to qualify one parent must be a first time parent. Call the health department to speak to the HANDS coordinator.



## WIC (Women, Infant and Children) Program

The Buffalo Trace District Health Department's WIC Program has had a wonderful 3<sup>rd</sup> quarter. We kicked off the Farmer's Market season with community events at both the Mason County and Robertson County Health Departments. At the events we had games, face painting and activities for children. Also the farmers attended and gave our WIC participants the chance to spend their Farmer Market vouchers. Our goal is to achieve 75% redemption this year. We estimated well over 150 participants for both events. The children were entertained by Doc McStuffin, Mickey and Minnie Mouse at the Mason County event, thanks to Bubby Burgers. We plan to make this an annual event and invite more partners to participate. We are looking at other innovative ways to improve our program and the Farmer's Market. Currently at Mason County we are having a coloring contest to encourage the use of the farmer's market vouchers before the end of October.

Our WIC programs have been reviewed by the State WIC Program and our reviews have been excellent, validating our commitment to excellence in this program. Our nurses Allison Alexander, Lesley Sweet and Emily Wade as well as our registration staff Tammy Cooper, Lisa David and Lesley Martin strive to meet the need of our participants. They all go above and beyond to service our participants. An area that we have worked on is the usage of non-contract formula and this quarter we did achieve 100% non-contract compliance; we were told at our last nutrition review, that this is major accomplishment.

Plans for the coming quarter will be to place bulletin boards in both health departments to address our WIC goals for 2017-2018. As we continue to promote breastfeeding; we will also have a breast feeding wall of our moms that have achieved breastfeeding for 12 weeks or more. We have had a breastfeeding room at the mason county clinic for some time and that has been part of our promotion this quarter. Along with our clinic staff Allison Adams and Bridget Lykins support our breastfeeding goals.



### Mason County Health Coalition

Next meeting December 7 @ 10:00 am

#### Drug and Substance Abuse Committee

Meeting October 19 @ Noon  
Presentations on evidence-based prevention and intervention programs available in our community.

Meeting November 15 @ 9:00am

#### Healthy Lifestyles Committee

Next Meeting October 26 at 10:00am

#### Communication Committee

The Communication committee has started a Facebook page. Like us on Facebook. If you have any information to include please contact Lorraine Mullikin at [Lorraine@maysvilleky.net](mailto:Lorraine@maysvilleky.net).

#### Smoke Free Partnership

Meeting October 11 @ 11:00am

#### Safe Communities Committee

Meeting November 14 @ 10:00am

All meetings at the Mason County Health Dept.

Buffalo Trace District Health Department  
130 East Second - Street Maysville, KY 41056 - 606 564 9447

 **Buffalo Trace District Health Department**

 **@masoncountyhealth**

 **btddhd17**

 **[www.buffalotracehealth.com](http://www.buffalotracehealth.com)**