

# COMMUNITY HEALTH CONNECTIONS

Buffalo Trace District Health Department

Quarterly Newsletter

January 2018



## From the Director's Desk

### Allison Adams

It's a mixed bag of emotions to be your public health leader these days. Many of you, if not all of you, may have noticed that have been away from my office quite frequently over the last year. The reason is, with the blessing of the Board of Health, I ran for the position of President for the Kentucky Health Department Association. I won the election and since taking office January 2017, I have tried my best to balance the presidency, being your local public health leader, and being a wife, mother and daughter.

I wanted to become the President of the Association because I believe there is much to be done on the State level that will ultimately help our community and our local health department continue to grow and develop into a culture of health.

Our health department has a superb staff. A staff that not only continues to provide quality services, but a staff that values a culture of positivity, helpfulness, and quality improvement. I believe the Buffalo Trace District Health Department does a fabulous job, protecting and promoting health and preventing disease for the citizens of Mason & Robertson County. However, the very work our health department does is devalued at the State and Federal government levels.

To our health department and other health departments across the state, I challenge you to continue to shine. Continue to talk about what we do and what would happen if local health departments no longer existed. The expectant mom would not get her WIC counseling, our restaurants would not be inspected. There would be no one watching for emerging infections, like HIV, Hepatitis C, influenza and other communicable disease. There would be no one to track where these diseases originated so as to stop their spread. Raw sewage would be flushed directly into our streams and rivers. There would be no one leading the charge to shift our Kentucky communities from a culture of sickness to a culture of health. There would be no one standing ready to respond to public health emergencies.

To the citizens of Mason and Robertson County, please consider and remember that most of the work that is done by your local health department goes unnoticed by you. We are working behind the scenes to ensure your health and the opportunity for all our constituents to be healthy. We are your health department. Over the past several years we have improved our services for you, we are working for you, and we want to do our very best to realize our Vision: *A healthy community for everyone.*

When government funding is tight and politics get in the way of ensuring the full funding of basic services like education, public health, public protection and housing for the people of Kentucky, it's our opportunity as a community, a public health workforce and as a citizen of Kentucky to shine. Now is the time to be the brightest star at what you do. I challenge my staff and you as a community to be bigger and bolder voice so that we, every man, woman and child can enjoy these basic services.



**T—Together**

**E—Everyone**

**A—Achieves**

**M—More**

## Birthdays

1/22 Allison Adams

1/23 Bridget Lykins

1/25 Lisa Hamilton

2/20 Emily Wade

2/24 Scherrie Pence

## **January: Cervical Cancer Awareness Month**

According to the Centers for Disease Control and Prevention (CDC), every year, more than 12,000 women develop cervical cancer and more than 4,000 women die from it. Regular screening may detect changes in cervical cells before they become cancer.

Another preventive measure is the HPV vaccines are given in a series of shots. For people ages 15-26, the HPV vaccine is 3 separate shots. The second shot is given 2 months after the first, and the third shot is given 4 months after the second shot. So, in all, it takes about 6 months to get all 3 shots.

For people ages 9-14, you only need to get 2 shots. The second shot is given 6 months after the first shot.

One of the reasons the HPV vaccine is controversial is because it prevents a sexually transmitted infection, which leads some people to believe it's inappropriate for children. But, the thing is, the vaccine works best if you get it long before you have sex.

## **Welcome to Heart Health Month**



## **February: Heart Disease Month**

Heart Disease is the leading cause of death for both men and women in the U.S. Approximately 27 million Americans are living with heart disease and about 600,000 die every year from it.

Heart disease is a group of conditions that affect the heart and has many causes. It includes heart failure, blockages and valve problems.

What is your best defense against heart disease?

Be smoke-free, exercise, control your blood pressure, manage your diabetes, limit alcohol, reduce stress, eat a healthy diet, maintain a healthy weight and visit your doctor.

## **March: Colorectal Cancer Month**

Colorectal cancer is a cancer that starts in the rectum or colon. The colon is also known as the large intestine and the rectum is at the end of the colon. The American Cancer Society estimates one in 20 people will develop colorectal cancer during their lifetime.

This cancer may not present any symptoms in the early stages but if you experience any of the following see your doctor: constipation, diarrhea, changes in stool color, blood in stool, bleeding from rectum, weakness, excessive gas, fatigue, unintended weight loss, abdominal cramps or pain.

Early diagnosis gives the best chance of curing this cancer.

### **Upcoming classes**

#### **Monday**

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

#### **Wednesday**

- 10:30 Zumba
- 12:00 Strong Women
- 12:30 Walk 15

#### **Friday**

- 11:00 Arthritis
- 11:30 Strong Women

### **Satisfaction Survey**

We completed a quarterly satisfaction survey for the clinic and clinic services. We achieved over a 98% satisfaction. Our clients stated that they were greeted in a timely manner. Their wait time exceeded their expectations. They had efficient and friendly service. The registration process was easy. The nurses were exceptional.

**Did you  
wash them?**



**Hand washing prevents disease.**

### **Coding Audit**

Robertson County received an on-site coding compliance visit in November. Only one area of the audit required a corrective action plan and that was radiology, laboratory and pathology services. Acceptable rate is 8% and we were at 25% (only 4 charts were reviewed). All other areas were at an acceptable rate. Congratulations to Allison Alexander and Lesley Martin.

### **FLU Season is here ....(Don't let the flu bug bite you!)**

The flu season still has not peaked and it has already been deemed one of the worst flu seasons yet. The flu shot is the best way to teach your own immune system to fight back if exposed to the virus. There has been much discussion about the effectiveness of the flu vaccine but taking the vaccine does give your immune system a boost and if you should get the flu it should be a much lighter case.

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.

### **Immunization Program**

We had started in the summer a reminder/recall cards that we send out to our clients to remind them of their upcoming vaccines. The response has been great. We have heard these comments to name a few, "thanks the card was an excellent reminder", "that card made me think to call", and "thanks for your assistance".

There have been several new requirements to the school list of required immunizations, **Hepatitis A for all school age children and a second dose of Meningococcal Vaccine for children age 16**. Our Staff has been very busy fielding calls, answering questions, distributing immunization records and administering the required vaccines. We have been able to add Hepatitis A to our insurance vaxcare hub, in addition to our VFC program; this has been very convenient for the Mason County residents.

We have partnered with the hospital and are now receiving a notification of all babies born and their first Hepatitis B injection. We then send a letter informing the parents that we are available to administer other vaccines. We also can determine WIC eligibility. There has been an overwhelming response to this program. We hope that this will increase our WIC participation and make the Health Department their immunization home.



Our Hands program would like to welcome our new HANDS Coordinator Angie Mitchell. Angie comes from the Lewis County Health Department HANDS Program.



**WIC (Women, Infant and Children) Program**

***BTDDHD Worksite Wellness Program***

When I began as a health educator. One of my goals back then was to have an employee wellness program. With the resources we had we made a few attempts at worksite wellness activities. There was not a lot of leadership, nor staff support for these programs to launch. Today is a new day for our health department.

The opportunity presented for our health department to receive training to institute a worksite wellness program. I believed that because of the composition of our staff, launching a worksite wellness program would work this time. The wonder of this particular program is that you, the staff, will create the program. Of course, there must be an organizer among us, and I have named Rachel, Ellen and Bridget to fulfill those roles. You have already received a couple of emails giving you a little teaser about our worksite wellness program. With my assistance and the Trainer guidance, our worksite wellness planning committee has been recruited and given the opportunity to join the committee. There is no official start date yet. Keep watching your emails for updates.

Do not be fooled into believing worksite wellness is only about exercise! Worksite wellness is about building comradery amongst your colleagues, physical and mental health, and job satisfaction. All activities and events will be voluntary for staff to participate.

We had one of the most successful Farmer's Markets in recent memory. Robertson County achieved 113% redemption rate of their vouchers. Thanks in part to the ingenuity of Lesley Martin, who developed her very own click list. In addition since pumpkins were not available for our clients in Mason County we had to refer our clients to Robertson County. We were able to have the pumpkins delivered to Mason County and our client's children were happy to have their pumpkins for Halloween. Mason County achieved 58%, which is a marked increase from last year. Had we been able to have pumpkins we believe we would met and exceeded our goals. Next year we are planning to surpass our goals for this year. We want to expand the click list idea to Mason County and hopefully gain more enthusiasm with our farmers to participate with our clients more, especially having pumpkins in October.

At the beginning of November we named our three winners of our fall coloring contest. Each winner received a nice prize from the Health Department.

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 meets the need of our participants. They all go above and beyond to service our participants.

Our Breastfeeding Champion Wall has been developed and moms that have exceeded 12 weeks will have their picture added with their permission. Our goal is to promote breastfeeding and encourage all moms to try breastfeeding even if for a short time.

Our Nurses have been working very hard to have a more kid friendly waiting room. Our goal is to address the seasons and holidays. We have had wonderful comments from our clients. If you are in the area visit our first floor waiting area, our theme for March and February is Frozen: Elsa, Anna, Olaf and Sven have come to visit. Emily Wade and Lesley Sweet have quite the imagination. In Robertson County, Lesley Martin and Allison Alexander made the children a Christmas tree that was all McDonald's toys from Happy Meals, the theme was enjoyed by all and was wonderful idea..



**Mason County Health Coalition**

**Meeting March 8a @10:00**

**Kick It  
Next Meeting February 15 @ Noon**

**Healthy Lifestyles Committee**

**Meeting February 22 @ 11:00**

**Smoke Free Partnership**

**Meeting February 1 @ 11:00**

**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**