

NEWSLETTER

What's happening at the Buffalo Trace District Health Department?

Health Department Offers More Than Vaccines

When most people think of the health department, they think of the immunizations (vaccines) that children need for school. While that's a big part of the services we provide, health departments actually do much, much more than what you might see in our clinics!

Health departments are responsible for promoting public health, which means the health of communities as a whole. Instead of just looking at an individual's specific health concerns on a case-by-case basis the way most medical doctors do, health professionals look at the underlying health trends and circumstances that may be affecting a community.

At the health department, we work on keeping air, water, and neighborhoods clean, providing health services in rural areas, screening people for diseases like cancer and hepatitis, offering free classes on topics like diabetes and breastfeeding, encouraging people to quit smoking, and promoting safety at work and in emergencies -- just to name a few things!

Our goal is to make sure that every person who lives, works, studies, or plays in Mason or Robertson County is able to achieve optimum health, regardless of their level of education, how much money they make, or any other factors.



Chalk the Walk 2018

On April 11, BTDHD's Mason County office was thrilled to participate in the 2nd Annual Chalk the Walk event in honor of Sexual Assault & Awareness Month. The activity was organized by the Maysville Young Professionals Network and the Women's Crisis Center, and many local organizations participated.

Members of our clinic staff made a bright, colorful chalk message outside the building entrance, showing the community that we want to make a difference and help stop violence. We can't wait to participate again next year!

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*"A healthy
community for
everyone!"*





Smoke-Free Partnership Seeks to "Clear the Air"

Air Quality Awareness Week a Success

The Smoke-Free Partnership of Mason County has been busy with several new initiatives. The group, whose goal is to reduce the negative effects of tobacco use, particularly secondhand smoke, has new members, a new logo, and a Facebook page!

In preparation for National Air Quality Awareness Week in May, the partnership used grant funds to pay for two billboards, several yard signs, and a number of other materials advocating smoke-free air for everyone..

April 30, a kick-off luncheon featuring students from Mason County High School re-introduced community leaders to the dangers of secondhand smoke in public places and the benefits of smoke-free ordinances. Later that week, members of the smoke-free partnership used chalk to write messages under the Simon Kenton Bridge in Maysville, including "Smoke Free is the Way to Be," and, "We love you, we just don't love your smoke," to reinforce the message that the problem isn't smokers, it's smoke.

The partnership meets the first Thursday of each month at 10:00 AM and all are welcome to join.

Make a Nature Bracelet

A Kids Craft to Encourage Exploring!

This is a popular activity because it is easy, the results are different each time, and it encourages kids to go discover their natural surroundings and spend time outside!

Supplies:

- Masking tape or duct tape
- Scissors

Directions:

1. Use scissors to cut a strip of masking tape or duct tape into a strip that's long enough to comfortably fit around the child's wrist. (Be careful; duct tape is much stickier and can pull tender skin and hairs.)
2. Stick the tape "bracelet" around the child's wrist, sticky side facing out!
3. While taking a walk around the neighborhood or exploring in the yard or park, have the child stick their nature finds to the bracelet! Leaves, grass, bark, seeds, feathers, shells, flowers, and small rocks all work well!



Picnic & Grill-Out Safety

Tips from the Environmental Services Team

Warm spring and summer weather brings picnics, cookouts, camping, and other opportunities to prepare and serve food outdoors. Unfortunately, these same warm temperatures help bacteria grow, so it's more important than ever to practice food safety during these hot months.

Here are a few tips to help you stay safe and healthy as you enjoy your meal in the fresh air:

When bringing food to a picnic or cookout

- Use insulated coolers filled with ice or frozen gel packs. Frozen food can also be used as a source to help keep food as cold.
- A full cooler will maintain its cold temperature longer than a partially filled cooler.
- Keep coolers out of the direct sun. Put them in the shade whenever possible and/or place a blanket over them.

Foods that need to be kept cold* include:

- raw meat
- poultry
- seafood
- deli meats
- perishable dairy products
- cut fruits & veggies
- summer salads (egg, chicken, tuna, pasta, seafood, etc.)

***under 41°F**



When cooking/preparing the food:

- Use separate cutting boards for raw meat and ready-to-eat items such as bread or vegetables. this will cut down on cross-contamination.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures:

Type	Safe Internal Temp.
Chicken	165° F
Ground Meats	160° F
Steaks/Chops	145° F

When serving food outdoors:

- Do not let perishable foods sit out for more than two hours. In hot weather (90° or above) food should not sit out for more than one hour.
- After cooking meat or poultry on the grill, keep it hot (140° or warmer) until it is served.
- Serve cold food in small portions and keep the rest in the cooler.
- Bring hand-sanitizer in case your picnic site doesn't have hand-washing facilities.



Berry Jams Party Bites

A Fun, Healthy Summer Recipe for Kids

This quick, healthy treat is brought to you by the USDA's "What's Cooking?" site! It combines fruit, nuts, and whole grains to make sure you and your kids have lots of energy to dance and play all day.

Makes 6 servings. Each serving is 177 calories.

Ingredients:

- 3 whole grain English muffins
- 6 tablespoons peanut butter or sunflower seed butter
- 1 cup fresh or frozen (and thawed) sliced strawberries
- 1/2 cup fresh or frozen (and thawed) blueberries

Directions:

1. Using a fork, gently split English muffin in half.
2. Spread 1 tablespoon of peanut butter on each English muffin half.
3. Layer strawberries and blueberries on top of each English muffin half, covering peanut butter.
4. Serve immediately or chill until served.

Tip:

- Bananas, pineapple (fresh or canned in 100% juice) and other fruits can also be used instead of berries!

Patients Rate Clinic Service as Excellent

In the first quarter of 2018, clinic patients were asked to rate their satisfaction with the services provided to them during their health department visits. Ninety-nine percent of survey responses fell into the highest category possible: "very happy."



Patients were provided an anonymous survey that asked questions about their wait time, the way they were treated by health department employees, the level of privacy offered, and how well they understood the information provided to them. They were also asked questions about the cleanliness of the facilities and the cost of services.

The survey will be repeated in the third quarter of 2018, and we are hopeful that we will be able to maintain or even improve our excellent levels of patient satisfaction.



BTDHD Installs Car-Seats

100 Car-Seats Provided by Grant

The Buffalo Trace District Health Department in partnership with Kentucky Injury and Prevention Research Center (KIPRC) was the recipient of a car-seat grant from Safe Kids Worldwide & GRACO.

As a result of the grant, 51 families in Mason County and 23 families in Robertson County were served. One hundred car-seats were issued to local families.

All 50 states have seat-belt laws for everyone, and special laws requiring children to be restrained in special child-safety seats. In Kentucky, breaking this law results in a \$50 fine for a first offense.

When considering what kind of protection your child needs in car, remember that different children need different types of car-seats, based on their age, weight, and height:

Child	Car-Seat
Birth to at least age 1 (or 20 pounds or 26 inches)	Rear-facing only seat, or rear-facing convertible seat
Age 1 (or at least 20 pounds) to age 4 (or 40 pounds)	Forward-facing only seat or forward-facing convertible seat
Age 4 (or 40 pounds) to age 7 (and between 40- and 50-inches tall)	Booster-seat
Ages 7 (and over 50-inches tall) and older	Shoulder and lap seat-belt

Also remember that these seats are considered to have a 'shelf-life' of around six years - sometimes less. This is because wear and tear and exposure to temperature changes damage car-seats over time. You should also replace your car-seat if it has been involved in a serious car accident, which could damage it.



Rear-facing seats are for infants and very young children. The child's car-seat is turned to face the back of the vehicle. This position supports the entire head, neck, and back, cradles and moves with the child to reduce stress to

the neck and spinal cord in a crash. A rear-facing only seat is designed for use by a young child in a rear-facing position. It is also called an 'infant-only' seat.

Forward-facing child safety seats are typically for toddlers (children around the age of learning to walk). These car-seats are intended for use only in the forward-facing position for children at least one year old and at least 20 pounds.

Convertible seats are car-seats that convert from rear-facing for babies and smaller children to forward-facing for older and larger children, such as toddlers.

Booster seats are typically for children smaller than four feet, nine inches. These seats boost the child so the lap- and shoulder-belt fit properly. The lap-belt should be low and tight across the hips and the shoulder-belt should fit cross the chest and not rest against the neck or face. Booster seats can have high back (for use in vehicles with no head restraint) or no back (for use in vehicles with head restraints).

Lap- & Shoulder- Belts are for adults and older children. These are seat-belts secured to the framework of a seat or car and fastening across the lap and shoulder.



WIC Outreach Programs Fun for Kids

The Special Supplemental Nutrition Program for Women, Infants, & Children (WIC) provides supplemental foods, health care referrals, and nutrition education for low-income pregnant women, and to infants and children up to age five who are found to be at nutritional risk.

To raise awareness of the WIC program, the health department has participated in both the Building Blocks Baby & Child Gala and the Blue Ribbon Kids' Fest this spring. At the Kids' Fest, children were given the opportunity to participate in a milk-tasting; they tasted different kinds of milk (e.g., 1%, 2%, skim, etc.). The purpose is to have an interactive activity where kids can see that lower fat milk tastes just as good as the alternative.

WIC Coordinator Lisa David is working hard to increase the number of participants in Mason County to 500 by the end of the year. Clinic Coordinator Pam Brant reports that Robertson County has a 99 percent participation rate!

Coming up soon: a fun, family-friendly event for WIC and the Farmers' Market on **July 11, 2018...** Mark your calendars!

Emergency Health Preparedness

Coordinator Recognized by State

Many people do not know that the health department has a role in preparing our communities for emergencies. Our preparedness coordinator works with the Local Emergency Planning Committee (LEPC), the Kentucky Emergency Response Commission (KERC), county emergency managers, the Commonwealth of Kentucky, the American Red Cross, and other government and nonprofit partners to ensure that our communities will be as safe as possible if a natural disaster, epidemic, or other emergency happens.

This year, our preparedness coordinator, Kenny Adamson, received a certificate from the Kentucky Department of Emergency Health Preparedness, congratulating him on his excellent work on the Buffalo Trace District Health Department's Readiness Review! Great work, Kenny.



10-Minute Bean Soup

A Quick, Healthy, Cheap, & Filling Meal

This yummy recipe is brought to you by the USDA's Supplemental Nutrition Assistance Program (SNAP) and the University of Kentucky College of Agriculture, Food & Environment.

Makes 4 servings. Each serving is 400 calories.

Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1/4 cup onion, finely chopped
- 2 (15.8 ounce) cans of great northern beans, rinsed and drained*
- 1 (14.5 ounce) can low-sodium vegetable or chicken broth
- 4 cups kale, torn into small pieces
- 1 tablespoon lemon juice
- 1/2 cup grated Parmesan cheese

Directions:

1. In a medium saucepan, heat oil over medium heat.
2. Sauté garlic and onion for 3 minutes - or until onion is tender.
3. Add beans, tomatoes, and broth to saucepan. Stir, and simmer for 5 minutes.
4. Add kale and cook until tender, about 2 minutes.
5. Mix in lemon juice and Parmesan cheese just before serving.
6. (Optional: garnish with finely chopped fresh or dried basil.

Note: Dried beans are usually cheaper than canned beans, contain less sodium, and are just as nutritious. To prepare, simply soak dried beans in cold water for eight hours, then place them in a large pot, cover with fresh water and bring to a boil. When the beans have come to a boil, reduce the heat, cover the pot, and simmer gently until beans are tender but firm - usually between 45 minutes and 2 hours.





Nurses Offer Vaccinations for Children & Teens

New 2018-2019 School Year Vaccination Requirements

Health department clinics vaccinate children against many diseases, and some of these vaccines are required! New for the 2018-2019 school year is a mandatory vaccination against Hepatitis A for all school-age children. If your child has not yet received the Hepatitis A vaccine, contact us *immediately* to avoid the last minute rush.

Also remember that children 16 and older must have had their second meningococcal vaccine prior to the start of the new school year.

Health professionals, including the health department, also strongly encourage parents to vaccinate their pre-teens against the Human papillomaviruses (HPV). This vaccine prevents most cervical and penile cancers and is recommended for all 11- and 12-year-olds. The HPV vaccine can also be administered to teens and young adults, but pre-teen vaccination is ideal.

Our nurses gave out **three times** as many vaccinations this year as they did last year!

Straub Kindergartners Tour Health Department

More than 100 kindergarten students from Straub Elementary School and their teachers visited the Mason County health department office in May. The students learned about what the clinic staff works on each day, and other activities the health department offers.

While in the clinic area, each student was given the opportunity to have their height, weight, and blood pressure measured. The students also practiced being nurses by looking in each others' eyes with ophthalmoscopes.

After viewing the clinic area, the kindergartners went to the building's exercise area on the third floor, examined the exercise equipment, and ran a lap together. Afterwards, they returned downstairs where they received coloring books and popsicles to round out their visit.

If you have a students or another group who might like to visit the health department, please contact us!



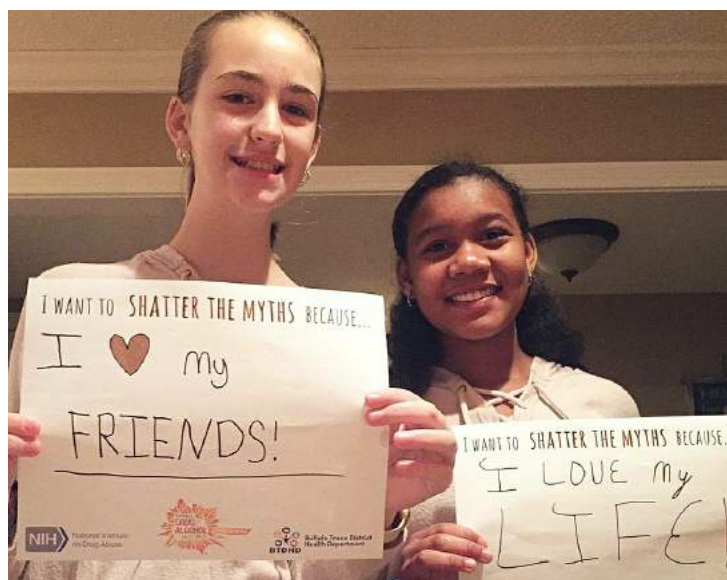


Prevention Is Key

Community Members "Shatter the Myths" about Drug- & Alcohol-Abuse

The Buffalo Trace District Health Department works hard to make sure all community members are informed about any dangers to their health. Unfortunately, when it comes to drug- and alcohol-abuse, there is a lot of misinformation - especially when it comes to young people. For example, one myth that many teens believe is that "everyone drinks." However, research shows that only one in ten teenagers consumed alcohol in the past month!

In honor of National Drug & Alcohol Facts Week, we led an initiative to "shatter the myths" about drug- and alcohol-abuse for young people. Community members were invited to share one reason why they want to "bust myths" and make sure teens and kids to know the *truth* about substance use. Nearly thirty community members participated, saying they want to shatter the myths because "your life matters," "everyone deserves to know the facts," "we don't want to see you in the back of this ambulance," and many more potentially life-saving messages!



Local students participating in "Shatter the Myths"



From top left to bottom right: Maysville Mayor David Cartmell; State Senator Steve West; local student Ella Kielman; Maysville Police Chief Ron Rice; Physician & Board of Health Member Dr. Audrey Spencer; Mason County Judge Executive Joe Pfeffer; East Kentucky Power employee Logan Pickrell; State Representative John Sims; Maysville Fire Chief Kevin Doyle; and local firefighters.

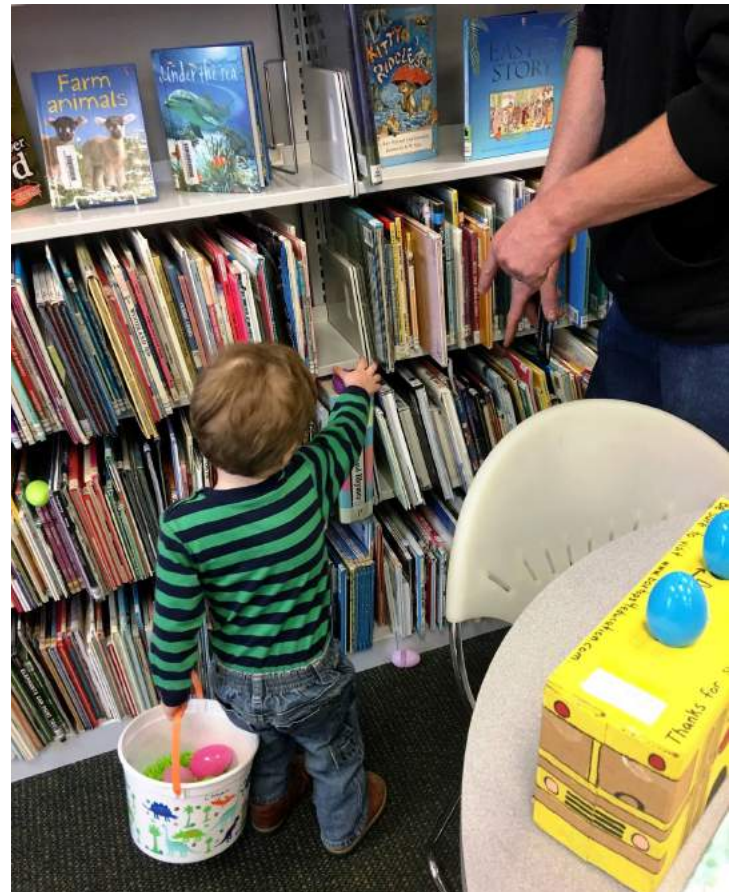
HANDS Celebrates Children

The Health Access Nurturing Development Services (HANDS) program is a state-funded program that supports first-time parents and caregivers as they build healthy, safe environments for optimal childhood development.

Our HANDS team visits the homes of pregnant moms-to-be and new parents, and answers questions about the different stages of a baby's development, from pregnancy all the way through the "terrific twos." They also help connect families with other local parenting and health resources.

In March, 14 HANDS families came to the Robertson County Public Library for an Easter celebration! This event was presented by HANDS with the support of the Robertson County Superintendent Student Advisory Council (SAAC). The students aided in taking pictures, facilitating activities, and serving snacks.

Participating children enjoyed in an egg-hunt, and helped their parents tie-dye fabric. Each group also got a free family portrait taken. This event emphasized family bonding time, children's love of



exploring and playing with other children, as well as families making positive memories together and enjoying what their community has to offer.

Our HANDS team is also planning a Farm to Fork dinner in historic Old Washington, with the help of the Women's Crisis Center and the Buffalo Trace Children's Advocacy Center. All three organizations help local children get the best care possible from their parents or caregivers.

The Farm to Fork dinner is a first-time fundraiser, and will be held on scenic Old Main Street. It will be catered by Three Silos, a local farm based in Hillsborough, Kentucky.

If you or someone you know is interested in participating in the HANDS program, or attending or volunteering to help with the Farm to Fork dinner, please contact us. (Enrollment in the HANDS program is only accepted from pregnancy until the child is three-months old.)





**"You know it's almost summer time
when the pools start calling!"**
– Brit, BTDHD Environmentalist

Summer Fun in the Sun

Summertime is busy for health department employees! Our clinic staff helping kids get ready to go back to school with their required vaccinations and back-to-school physicals. Our health education team is helping out with summer camps like MCTC's Career Craze. And perhaps most excitingly, our environmental team is opening up all the local swimming pools that have been closed for the winter!

Our environmentalist regularly inspects all indoor and outdoor pools that are used by the public for swimming or bathing in Mason and Robertson Counties. Inspections are typically done twice per year or twice during the season the facility is open. Water quality is also checked monthly.

These inspections help ensure the pool is safe for use.

The environmental team makes sure that the water is clean, that pumps and filters are working correctly, and that safety equipment like first aid kits and rescue equipment is available.

Parents and other adults should do their part to help make sure pools are safe too! Remember these rules:

1. Never leave a child unattended in or near water.
2. Teach children how to swim.
3. Teach children to stay away from drains and suction outlets, especially in shallow pools.
4. Ensure all pools (home pools and public pools) have compliant drain covers.
5. Install proper barriers, covers, and alarms on and around your pool so that kids and pets cannot access them unsupervised.
6. Know how to perform CPR on children and adults.

Tips from www.poolsafely.gov



We are a proud supporter of Green Dot, an evidence-based violence-prevention training that teaches bystanders how to safely intervene when they see violence. The program is spear-headed by the Women's Crisis Center. We have hosted several community trainings in our Mason County office, and several employees are involved in the work to make Maysville a Green Dot city.



St. Elizabeth Healthcare brought their mobile mammography unit to Maysville in April to provide 15-minute breast-cancer screenings! Twenty-five women were served, including ten who did not have health insurance but whose screenings were covered through grant funding!



Our health education team travels throughout the region to talk to workplaces, schools, clubs, and other groups. After a health-fair at Carmeuse Lime & Stone, two of our health education team-members got to tour an underground mine!



Buffalo Trace District Health Department

*Serving Mason & Robertson Counties, Kentucky
Offices in Maysville & Mt. Olivet
"A Healthy Community for Everyone!"*

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