

The Health Connection NEWSLETTER

Chris Crum Honored with Kentucky Health Departments Association Lifetime Achievement Award

The Kentucky Health Departments Association (KHDA) has presented its Lifetime Achievement Award to Chris Crum, Public Health Director of the Greenup County Health Department (GCHD), in recognition of his decades of service to public health across the Commonwealth.

Crum has led GCHD since 2008, overseeing the department's staff and programs, and previously spent a decade managing cardiac and pulmonary rehabilitation, non-invasive cardiology, and employee and community fitness services at Our Lady of Bellefonte Hospital in Ashland. He also serves as a voluntary faculty



Mr. Crum with Debbie Miller. Vice President of the KHDA

member and guest lecturer for the University of Kentucky College of Public Health's Bachelor of Public Health program, and holds leadership roles including Treasurer and Executive Committee member of the Pathways Inc. board and Vice Chairman of the Northeast Kentucky Health & Wellness Alliance.

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In This Edition:

Monster Bash!

Look for the QR code to get pre-registered. Get ready for a great time at a new location.

What Does Your Board of Health Do?

Last month, we introduced the Six Functions of Public Health Governance and the important role Boards of Health play in their communities. For our first month, we're taking a closer look at Policy Development and what...

Women's Health: Take Time for You This October

October is Breast Cancer Awareness Month, making it a good time for women to pause and think about their own health.



GCHD

Greenup County Health Department
Public Health = Public Wealth

Lifetime Achievement Award cont.

KHDA's Lifetime Achievement Award recognizes individuals whose careers meet at least two of the following: 15 years of leadership or director-level experience in public health, mentoring and practice at the local and state level, and a leadership role at the county/district and state or national level. Crum's nomination cited his 18 years as GCHD's Public Health Director, his mentorship of emerging public health professionals as a guest lecturer for the University of Kentucky College of Public Health, and his leadership roles with the Pathways Inc. board and the Northeast Kentucky Health & Wellness Alliance.

The award nomination drew letters of support from numerous peers from across the state of Kentucky, reflecting the breadth of Crum's

influence throughout the public health community.

"I am humbled and honored to receive this award," Crum said. "Improved public health doesn't happen in a day, it happens across a lifetime. I've been fortunate to work alongside dedicated colleagues throughout this state, and I'm proud of what we've built together." Crum also pointed to the field's next generation as a source of optimism. "Our newest public health directors have such vast potential," he said. "The future is bright for Kentucky's health."

The Lifetime Achievement Award is presented annually by KHDA to recognize individuals whose sustained contributions have shaped public health practice in Kentucky.

The Accreditation Connection

Turning Data into Action: The Community Health Improvement Plan



The findings from the Community Health Assessment (CHA) (mentioned in our previous newsletter) guides the development of our Community Health Improvement Plan (CHIP). The CHIP establishes shared priorities, measurable goals, and collaborative strategies to improve health outcomes across our community. Collaboration with community partners and stakeholders make our efforts have stronger impact on community needs. To view the Greenup County Health Department CHIP, click here:

<https://dashboards.mysidewalk.com/greenup-county-health-department-community-health-improvement-plan-fc290b2845e7>

MONSTER BASH

OCTOBER 15TH, 2026

Greenup County Fairgrounds
4PM - 8PM

A SPOOKTACULAR
CELEBRATION OF
HEALTHY LIVING!!



PRE-REGISTER FOR YOUR
FREE TICKETS FOR A
FASTER CHECK-IN TIME!



GCHD

Greenup County Health Department
Public Health = Public Wealth

**GAMES, PRIZES, HEALTHY
TREATS & MORE FOR THE
ENTIRE FAMILY!**



**GROW WELL
GREENUP**

Eat Well. Move Well. Be Well.

What Does Your Board of Health Do?

Part One: Policy Development

Last month, we introduced the Six Functions of Public Health Governance and the important role Boards of Health play in their communities. For our first month, we're taking a closer look at Policy Development and what it means on the local level.

Policy Development: Helping Guide Public Health

When we hear the word "policy," we may immediately think of rules and regulations. While those are part of it, policy development means much more.

Your Board of Health helps set the direction for the Greenup County Health Department. Board members work with health department leadership to identify community health needs, establish priorities, plan for the future, and ensure policies support the health and well-being of the people they serve.

This can include helping establish the health department's goals and long-term plans, adopting regulations that protect public health, and making sure policies follow local, state, and federal laws.

But the Board's work doesn't end when a policy is adopted. Policies should also be reviewed regularly. Communities change, new health concerns emerge, laws change, and we continue to learn more about what works. Boards of Health help make sure existing policies continue to reflect the best available public health information and practices.



What Does That Mean for Our Community?

Think of policy development as helping answer some important questions:

- Where are we going?
- What does our community need?
- What should we focus on?
- Are the decisions we're making helping us get there?

By asking these questions and helping set short and long-term priorities, Boards of Health provide direction for local public health.

Good policy development helps turn information into decisions, and decisions into actions that protect, promote, and improve the health of our community.

Need a Safe Sleep Space for Your Baby?

LaBreeska Adams, Safe to Sleep Coordinator

Every baby deserves a safe place to sleep. But for some families, purchasing a crib or other safe sleep space can be a financial challenge. The Cribs for Kids Safe Sleep Program helps make sure that cost doesn't stand in the way of giving a baby a safe place to rest.

Through the program, families who cannot afford a crib may be eligible to receive a Pack 'n Play for their baby, along with education about creating a safe sleep environment.

Remember the ABCs of Safe Sleep

One easy way to remember safe sleep recommendations is Alone, Back, Crib.

A – Alone: Baby should sleep in their own sleep space without pillows, blankets, stuffed animals, bumper pads or other soft items.

B – Back: Always place baby on their back for every sleep—both at night and for naps.

C – Crib: Baby should sleep in a safety-approved crib, bassinet or portable play yard with a firm, flat sleep surface and fitted sheet.

Parents and caregivers should also keep baby's sleep area in the same room where they sleep, ideally for at least the first six months. Avoid allowing baby to sleep on couches, recliners, adult beds or other soft surfaces. Keep baby's environment smoke- and vape-free, and make sure everyone who cares for your baby knows and follows the same safe sleep practices.

Need a Safe Sleep Space for Your Baby?

If your family is having difficulty affording a crib, please ask for help. The purpose of the Cribs for Kids program is to make sure babies in our community have a safe place to sleep.

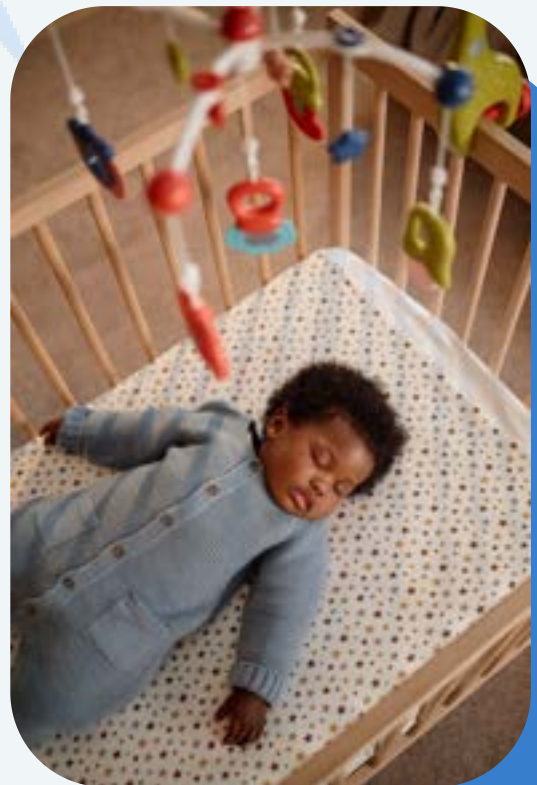
Help Us Provide a Safe Place to Sleep

The program also accepts donations to help purchase cribs for local families. Cribs for Kids is a matching program, which means for every crib purchased through donations, an additional crib is provided by the program. Your donation can go even further in helping babies in our community have a safe place to sleep.

Whether you are a family who needs a safe sleep space or a community member who would like to help provide one, this program is about working together to protect our youngest residents.

Providing a safe sleep space is one of the simplest and most important things we can do to help protect babies while they sleep.

Safe sleep. Every nap. Every night. Every baby.



GREENUP COUNTY FLU VACCINE CLINICS

DATE	TIME	LOCATION
OCT. 1, 2026 Thursday	10:00 am - 4:00 pm	Old Fashioned Days Downtown Greenup
OCT. 2, 2026 Friday	10:00 am - 4:00 pm	Old Fashioned Days Downtown Greenup
OCT. 9, 2026 Friday	10:00 am - 12:00 pm	UK Extension Office - Greenup
OCT. 15, 2026 Thursday	4:00 pm - 8:00 pm	MONSTER BASH Greenup County Fairgrounds
OCT. 16, 2026 Friday	11:30 am - 2:30 pm	Argillite Community Center
OCT. 17, 2026 Saturday	1:00 pm - 5:00 pm	Harvest Festival City of Flatwoods
OCT. 20, 2026 Tuesday	10:00 am - 12:00 pm	Flatwoods Senior Center



DRIVE-THRU IMMUNIZATION CLINICS

TUESDAYS 1:00PM - 3:00PM
FRIDAYS 9:30AM - 11:30AM

OCTOBER 2026

TUESDAY, OCTOBER 6
FRIDAY, OCTOBER 9
TUESDAY, OCTOBER 13
FRIDAY, OCTOBER 16
TUESDAY, OCTOBER 20
FRIDAY, OCTOBER 23
TUESDAY, OCTOBER 27
FRIDAY, OCTOBER 30

NOVEMBER 2026

FRIDAY, NOVEMBER 6
TUESDAY, NOVEMBER 10
FRIDAY, NOVEMBER 13
TUESDAY, NOVEMBER 17
FRIDAY, NOVEMBER 20

**Flu vaccines help protect you, your
family, and our community.**



BRING YOUR INSURANCE
CARD



ALL CLINICS ARE OPEN
TO THE PUBLIC



NO APPOINTMENT
NEEDED JUST STOP
BY!

**FOR MORE INFORMATION, CALL THE
HEALTH DEPARTMENT AT**

606 473 9838

Women's Health: Take Time for You This October

October is Breast Cancer Awareness Month, making it a good time for women to pause and think about their own health. Between work, family, appointments and taking care of everyone else, it can be easy to put your own health needs at the bottom of the list. But taking care of yourself is an important part of taking care of the people you love.

Breast cancer is the most common cancer among women in the United States, other than skin cancer. The good news is that screening can help find breast cancer early, when it is generally easier to treat. The U.S. Preventive Services Task Force recommends that women ages 40–74 who are at average risk have a mammogram every two years. Women with a family history or other

risk factors may need a different screening schedule, so talk with your healthcare provider about what is right for you.

Knowing what is normal is important, too. Pay attention to changes such as a new lump, changes in breast size or shape, nipple discharge, skin changes, or persistent pain. Not every change means cancer, but it is important to discuss anything unusual with your healthcare provider.

Don't let costs keep you from finding out about your options. Kentucky's Women's Cancer Screening Program provides free breast and cervical cancer screening and diagnostic services to eligible women. Eligibility is based on factors including age, household income and insurance status. Women who are uninsured and meet the program requirements can learn more by calling 844-249-0708. <https://www.chfs.ky.gov/agencies/dph/dwh/Pages/cancerscreening.aspx>

For women in Greenup County and surrounding communities, taking that first step may be as simple as calling your healthcare provider and asking, “Am I due for my mammogram?”

This October, make your health part of the conversation. Schedule the appointment. Ask the questions. Know your body. And encourage the women you care about to do the same.

Information provided for general health education and is not a substitute for medical advice.





SCHEDULE YOUR MAMMOGRAM TODAY!

Greenup County Health Department

Onboard the Mobile Unit

806 Seaton Ave.

Greenup, Ky.

Tuesday, Oct. 13

9 a.m. to 3 p.m.

To schedule, please call
606-408-1111

When breast cancer is found early, the chance of survival is 98%. Screening mammograms are an excellent way to detect abnormalities early – before they can be felt! For women at average risk, screening mammography should begin at age 40 and continue annually thereafter. Women at higher risk should follow the advice of their physician/provider.

UK King's Daughters mobile mammography unit will be at the Greenup County Health Department beginning at 9 a.m. Tuesday, Oct. 13, performing screenings. Testing is done by specially trained professionals using advanced 3D technology.

**A physician/provider order is not needed.
Appointments are required.**

Medicare, Medicaid and most insurances are accepted. King's Daughters provides free or reduced cost mammograms to uninsured and underinsured women through a grant from King's Daughters Health Foundation and King's Daughters Auxiliary. Please ask if you qualify for financial assistance.

 **King's
Daughters**

Free Smoke Alarms and Installation Available Through the American Red Cross



When was the last time you checked the smoke alarms in your home? If you can't remember, or if you don't have working smoke alarms, the American Red Cross may be able to help.

Through its Sound the Alarm and Home Fire Campaign, the American Red Cross provides free smoke alarms and installation for households that need them. Trained Red Cross volunteers can visit your home, check existing smoke alarms and install up to three free 10-year lithium-battery smoke alarms.

And they don't stop with the alarms! During a home visit, volunteers can also help your family create a personalized fire escape plan, identify two ways to escape your home and choose a safe meeting place outside. They'll also share practical fire-safety information that can help your household be better prepared in an emergency.

Why does it matter? A home fire can become dangerous incredibly quickly. Families may have as little as two minutes to safely escape after a fire begins. Working smoke alarms provide the early warning you need to get yourself and your loved ones out safely.

There are a few simple things every household can do:

- Test your smoke alarms every month.
- Make sure everyone knows at least two ways out of the home.
- Choose a family meeting place outside.
- Practice your home fire escape plan at least twice a year.
- If a fire occurs, get out, stay out and call 911. Never go back inside for belongings.

If you need assistance obtaining or installing smoke alarms, the American Red Cross offers free home fire safety visits and smoke alarm installations as resources are available.

To learn more or request assistance, call the American Red Cross at 844-216-8286.

A few minutes spent preparing today could make all the difference during an emergency.

Sound the alarm. Make a plan. Help keep your family safe.

When the Joy Feels Heavy: Understanding Postpartum Depression

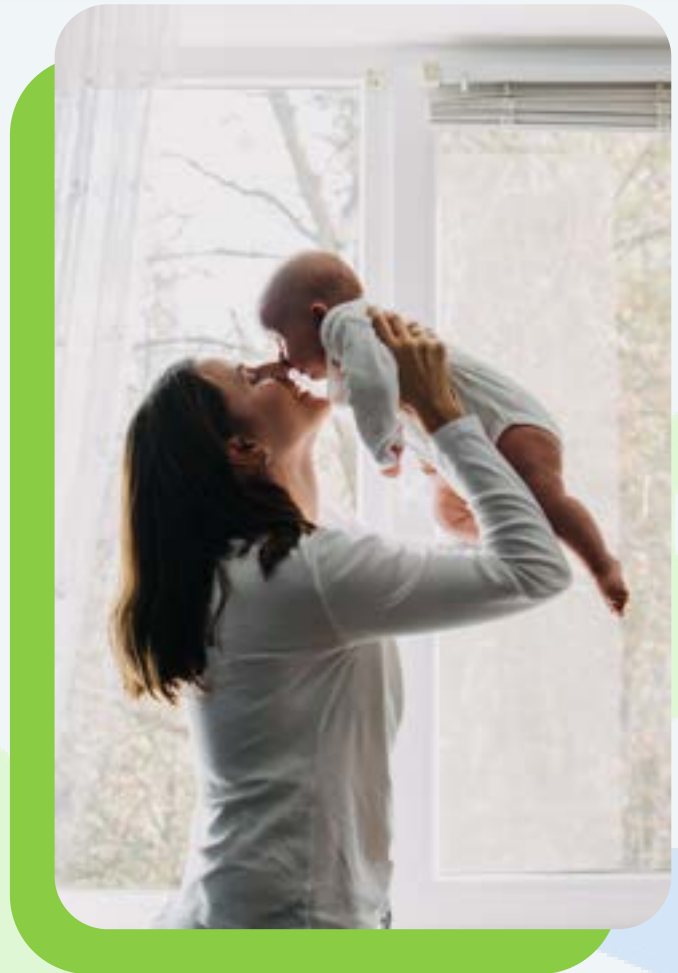
Dianna Charles, RN- Healthy Women, Healthy Futures Coordinator

The birth of a baby is often described as one of the happiest moments in a parent's life. However, for some new mothers, the period after childbirth can bring feelings of sadness, anxiety, exhaustion, and hopelessness. When these feelings are severe or continue for an extended period, they may be signs of postpartum depression (PPD), a serious but treatable mental health condition.

Postpartum depression is different from the "baby blues," which are common during the first few days after childbirth and usually improve within about two weeks. PPD can last much longer and may make it difficult for a mother to care for herself, connect with her baby, or manage everyday activities. Symptoms can include persistent sadness, loss of interest in activities, extreme tiredness, changes in sleep or appetite, difficulty concentrating, feelings of guilt or worthlessness, and intense anxiety.

There is no single cause of postpartum depression. Hormonal changes following childbirth, lack of sleep, physical recovery, stress, and major lifestyle changes can all contribute. A history of depression or anxiety may also increase the risk. Importantly, postpartum depression is not a sign of weakness or failure, and experiencing it does not mean someone is a bad parent.

Getting help is an important part of recovery. Treatment may include counseling or therapy, support from family and friends, lifestyle changes, and, when appropriate, medication prescribed by a healthcare professional. New parents should speak with a doctor, midwife, or mental health professional if symptoms are persistent, severe, or interfering with daily life.



Support from loved ones can also make a significant difference. Listening without judgment, helping with household responsibilities, and encouraging a new parent to seek professional help can provide valuable support during recovery.

Postpartum depression is common, serious, and treatable. Recognizing the symptoms and seeking help early can make recovery easier and help parents build a healthier relationship with themselves and their babies. No new parent should feel ashamed to ask for help.

KY-Moms MATR

MY JOURNEY. MY HEALTH: A PREVENTION AND RISK REDUCTION EDUCATIONAL WORKSHOP

Free 2-Hour Virtual Education Workshop

Who Should Attend?

- Pregnant women and new moms with infants under 1 year
- From Bath, Boyd, Carter, Elliott, Greenup, Lawrence, Menifee, Montgomery, Morgan, and Rowan counties

- OCT. 6TH @11:00 AM
 - OCT. 24TH @10:00 AM
 - OCT. 30TH @11:00AM
- (MUST REGISTER 48 HOURS BEFORE CLASS)

PARTICIPANTS
RECEIVE A \$25
WALMART GIFT
CARD FOR
ATTENDING!



To register,
scan the QR code

or

contact Bailee Terry at
606-329-8588, 4872.
bterry@pathways-
ky.org



October Employee Anniversaries



Kristie Swanagan
13 years

Kara McCoy
3 years



Check Out the Latest Food Scores!



A night out sounds like Fun! Great friends and great food! Of course you hope that restaurant doesn't make everyone sick. How do you know if that favorite restaurant is up to clean standards?

You don't have to rely on trust! You can know how clean any restaurant really is! Click to see the scores in Greenup County!

[Click Here](#)