

The Health Connection

Greenup County Health Department

Meet Summer!

Hello, my name is Summer Kershner, and I am thrilled to join the Greenup County Health Department as the new Executive Assistant. I hold a Master of Public Health (MPH) degree and gained valuable experience in the field through my internship at the Lawrence County Health department in Ironton, Ohio.

In my role here, I will be assisting with administrative operations, coordinating schedules, supporting public health initiatives, and ensuring effective communication within the department.

Outside of work, I enjoy reading, exploring new places through travel, and spending time with family and friends. I am excited to be a part of the team and look forward to contributing to the important work being done to promote and protect community health.

Well Hello There!

Welcome to **The Health Connection** from the Greenup County Health Department. We are here to bring you information once a month on all things public health. From prevention tips, upcoming events, and healthy lifestyle hacks, we've got you covered so that you can live your healthiest life.



HANDS and Their Role In Safe Sleep

By: LaBreeska Adams, LSW, HANDS Supervisor

What is HANDS? The Health Access Nurturing Development Services (HANDS) program is a voluntary home visitation program for families. We provide education on prenatal care, nutrition, safety, safe sleep and child development. This helps families on their journey to be successful parents and build strong parent-child bonds. We promote the Cribs for Kids' program as well.

Cribs for Kids is a wonderful program which helps parents provide a safe environment for their children to sleep. A safe sleep environment, like what our cribs provide, helps reduce infant mortality. Many times, parents and caregivers have no idea that practices like sleeping with their child in the same bed (bed sharing) can be dangerous. Working with community partners who provide safe sleep education, safe sleep assessment, and a pack-n-play for qualifying families helps reduce risk.



“helps parents provide a safe environment for their children to sleep”



The target population for Cribs for Kids is pregnant women and infants from birth to 1 year of age. We work with community partners like local hospitals, doctor offices, and others to identify families who are unable to provide a safe sleep environment with infants to provide them with a Safe Sleep Survival Kit. This includes Pack-N-Play, safe sleep education materials, and ongoing support from trained staff.

For more information, please visit www.cribsforkids.org.



What You Need to Know About Measles



What are the Measles?

Measles is a disease caused by a highly contagious virus. People with measles spread the virus through the air when they cough, sneeze, or breathe.

Currently, there is an outbreak of Measles in the Commonwealth. Here's the lowdown on this disease.

Symptoms of measles include high fever, cough, runny nose, red and watery eyes, and rash. Koplik spots (tiny white spots inside the mouth) can appear 2 to 3 days after symptoms begin. Some people who become sick with measles also get a serious lung infection, such as pneumonia. Although severe cases are rare, measles can cause swelling of the brain and even death. Measles can be especially severe in infants, pregnant women, and in people who have weakened immune systems.

Health officials urge anyone who may have been exposed to check their immunization records and confirm they are protected against measles. Kentucky residents can access their immunization records through the Kentucky Immunization Registry Public Portal at <https://www.chfs.ky.gov/agencies/dph/dehp/idb/Pages/kyirportal.aspx>.

Call the toll-free Measles Hotline at 855-598-2246, 8:00 AM - 4:30 PM (EST) Monday-Friday, for answers to general measles questions. If you have symptoms or medical concerns about measles, contact the Greenup County Health Department or your healthcare provider.



Spotlight on the Greenup County Diabetes Coalition

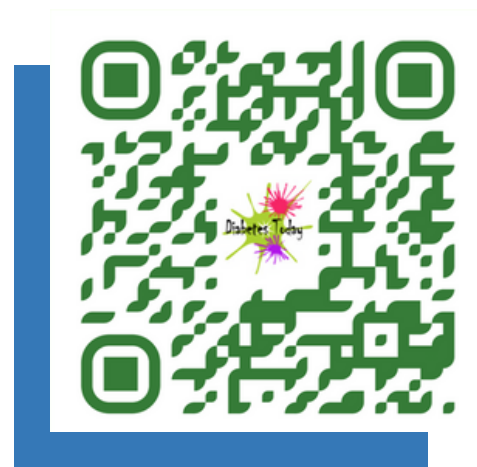
The Greenup County Diabetes Coalition is a dedicated community partnership working to prevent and manage diabetes across our region. Through collaboration with the Greenup County Health Department and other local organizations, the coalition offers a variety of programs and resources aimed at improving the lives of those affected by diabetes.

Key initiatives include:

- **Monthly Support Meetings:** Held every fourth Thursday from 3:00–4:00 PM, these gatherings provide education, encouragement, and a sense of community for individuals living with diabetes.
- **Nutrition Counseling:** Services include medical nutrition therapy, available weekly at the Greenup County Health Department.
- **Community Engagement:** The coalition also supports healthy lifestyle initiatives like the Greenup County Farmers' Market. Come and see us on Saturday, August 9th and 23rd at 9:00 am and grab a free bag of fresh produce while supplies last! Located at 35 Wurtland Ave. Wurtland, KY.



Whether you're living with diabetes, caring for someone who is, or simply passionate about health, your voice matters. For more information contact the Greenup County Health Department at (606) 473-9838. You can also scan the QR code below to get involved. Scan and sign up in seconds!





It's Farmer's Market Season!

As the days get warmer, it means one thing- Farmer's Market season! Now is the time to find all your local produce. The Greenup County Farmer's Market is a certified market that proudly has locally grown fresh fruits and vegetables. All produce has come from no more than fifty miles away and farms have been inspected to make sure the tastiest, freshest produce is being grown just for you.

Healthy Eating is Closer Than You Think!

In addition to all the garden's bounty, the Market is your place for fresh bread, farm raised beef, honey, melt in your mouth cookies, delightful jams and jellies, and handcrafted candles, jewelry, and sewn treasures.

Your local market is open from May through September. Go and check them out, you won't be disappointed!

<https://sites.google.com/view/gcfmky>

The MIND Diet: Fueling Your Brain for Better Health

By: Andrea Galloway, MS, RDN, LD

Keeping your brain healthy as you age can help reduce the risk of dementia, including Alzheimer's disease. Research suggests that eating patterns like the MIND diet — short for Mediterranean-DASH Intervention for Neurodegenerative Delay—may help prevent or delay declines in brain health.

The MIND diet combines two popular plans: the Mediterranean and DASH diets. It emphasizes whole grains, leafy green vegetables, berries, nuts, beans, seafood, and olive oil. Daily goals include eating two or more servings of vegetables (with a focus on leafy greens) and three or more servings of whole grains. Weekly, aim for several servings of berries, nuts, beans, seafood, and poultry.



“...may help lower the risk of Alzheimer’s.”

The MIND diet also encourages limiting highly processed foods, added sugars, and sources of saturated fats like butter, red meat, and fried foods.

Even following the diet moderately well may help lower the risk of Alzheimer's. For personalized nutrition advice, consult a registered dietitian.

Your health is worth it! Start small and fuel your mind with brain-friendly foods.

July Employee Anniversaries

Cassie Mace- 23 Years

Cassie serves as the Health Department's Infectious Disease and Harm Reduction Coordinator. She is also the Chief Editor of The Health Connection newsletter.



Summer Fire Safety

By: Cassandra Hamilton, Support Services Associate and Volunteer Firefighter

July is synonymous with Independence Day, and communities across Kentucky participate in dazzling fireworks displays and backyard celebrations that can continue throughout summer. While fireworks are a festive tradition, they also pose serious risks if not handled properly. Each year, emergency rooms across the state treat dozens of people—36% are children under the age of 15—for injuries related to fireworks. Whether you're planning to light a few sparklers in your backyard or attend a public fireworks show, it's essential to know the laws and follow basic safety practices.

Under Kentucky law (KRS 227.700–227.750), consumers may purchase and use certain fireworks, including firecrackers, Roman candles, bottle rockets, and more. However, many cities and counties impose additional restrictions or bans, especially during dry conditions.

Before lighting any fireworks:

- Check local ordinances—your city or county may prohibit fireworks altogether or limit their use to certain dates and times.
- Respect burn bans—many areas restrict fireworks during droughts or high fire-risk periods.

Visit your local government website or contact your fire department for up-to-date rules in your area.



If you plan to use consumer fireworks, follow these essential safety guidelines:

- Only use fireworks outdoors in a clear area away from buildings, dry grass, and flammable materials.
- Keep a bucket of water or garden hose nearby in case of fire or malfunction.
- Never allow children to handle fireworks. Even sparklers burn at over 1,200 degrees Fahrenheit—hot enough to cause third-degree burns.
- Light one firework at a time and move back quickly.
- Never relight a "dud" firework. Wait 20 minutes, then soak it in water.
- Do not point or throw fireworks at people, animals, vehicles, or structures.
- Dispose of used fireworks by soaking them in water and placing them in a metal trash can away from buildings.

If someone is injured by a firework:

- Call 911 immediately.
- Do not apply ointments or ice to burns.
- For eye injuries, avoid rubbing or flushing the eye.

And lastly, make sure your animals are inside away from the boom of the fireworks. More animals run away on July 4th than any other day due to the noises of the fireworks.

This summer let's keep Kentucky's skies bright and our neighborhoods safe. Fireworks can be thrilling, but one misstep can turn celebration into tragedy. Be informed, be cautious, and let safety be the star of your Fourth of July and beyond.

Health in Motion:

Assessing Needs, Planning Improvements, Driving Change

By Leslie Boardman, RN, BSN

Thank You to the Greenup County Health Department and the KHDA Public Health Workforce Development Committee for the opportunity to enhance my education in Population Health Management. With the support of the KHDA Workforce Development Tuition Assistance Program, I successfully completed a Graduate Certificate in Population Health through the University of Kentucky's College of Public Health. Acquiring this specialized training has been instrumental in supporting my transition into the role of Accreditation Coordinator. It has strengthened my ability to apply evidence-based strategies as well as practical methods for analyzing and improving health outcomes for the betterment of our Greenup County, KY Community.

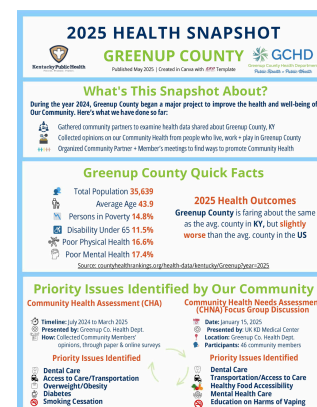
The Greenup County Health Department extends our heartfelt thanks to all the residents, workers, and community members who live, work, and play in our county for sharing your voices during the Community Health Assessment process. Your insights, experiences, and perspectives are invaluable in helping us understand the true needs and priorities of our community. Your participation ensures that the Community Health Improvement Plan reflects the lived realities of those we serve—and helps guide meaningful, locally driven strategies to improve health for all.



“...helps guide meaningful, locally driven strategies to improve health for all.”

Together, we are shaping a healthier future for our community. Thank you for being an essential part of this important work. See more about what the Greenup County Health Department has been doing to assess, collaborate, plan, and improve the well-being of our community members in the attached 2025 Health Snapshot Infographic.

[Click to see the 2025 Health Snapshot](#)



Food Score Check In

The Greenup County Health Department regularly inspects restaurants and other permitted establishments. During these inspections, food, storage and preparation, personnel, restrooms, water and other conditions are checked. A perfect score on an inspection is 100; however, the establishment is deducted points if it does not meet the department's guidelines. Guidelines for these inspections are set forth by the Cabinet for Health Services.

The food safety regulations were established to protect public health. Issues relating to food safety include: personal hygiene of food service workers, proper cooking and holding temperatures, approved food sources and food storage.

Current Inspection Scores



GCHD

Greenup County Health Department

Public Health = Public Wealth

greenupchdky.gov



606-473-9838