

The Health Connection

NEWSLETTER

Celebrating Alex Osborne's Next Chapter

The Greenup County Health Department is proud to celebrate our colleague and friend, Alex Osborne, as he takes the next step in his public health journey. After eight years of dedicated service as our Health Environmentalist and the Preparedness Coordinator, Alex has accepted an exciting new role as the Health Department Director at the Lawrence County Health Department.

Alex has been an incredible asset to our community. His commitment to environmental health, his strong work ethic, and his passion for helping others have made a lasting impact on the services we provide. We are grateful for the many ways he has supported the health and safety of Greenup County residents.

A native of Ironton, Alex is looking forward to serving his home community in his new leadership position. He and his wife, Ashley, are raising their



three children there, making this opportunity both professionally meaningful and close to home.

While we will miss seeing Alex in our halls each day, we are excited to watch him grow in this new role. The Lawrence County, Ohio Health Department is fortunate to have him, and we know he will continue to make a difference.

Congratulations, Alex! Your Greenup County family wishes you all the best.



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Accreditation Corner-Mission Health

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Meet Sarah!

My name is Sarah Roark, and I am excited to serve as the new Billing Manager for the Greenup County Health Department.

Introducing Greenup County's New Food Scoring System: Your Colorful Guide to Safe Dining!

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Accreditation Corner- Mission Health

By: Leslie Boardman PHAB Coordinator

As part of our ongoing effort to better serve our community, the Greenup County Health Department is updating our mission, vision, and values to reflect the needs and priorities of the people we serve. These changes focus on strengthening our commitment to the promotion of overall community health, improving access to essential health services, and building stronger relationships with our community partners and members.

- A **MISSION** explains the core purpose of our health department.
- A **VISION** describes what our health department hopes the future health of our community will look like.
- The **VALUES** outline the principles and beliefs that guide how our health department works.

Over the past several months, local residents and organizations came together and shared their experiences, insights, and hopes for our community. Based on feedback within our Community Health Assessment (CHA), Community Health Improvement Plan (CHIP), and our Strategic Planning Steering Committee, our health department's mission, vision, and values were formed.



By reshaping these guiding principles, we aim to create a clearer path toward a healthier future where every individual has the opportunity to thrive. These updates are not just internal statements. They are a pledge to work alongside you in promoting wellness, preventing disease, and fostering a safe, supportive environment for all.

To learn more about us and view our interactive CHA & CHIP Dashboard (formed within the MySidewalk platform), click here: <https://greenupchdky.gov/about-us/>

December Employee Anniversaries



Paul Hunt
14 Years

Understanding GLP-1 Medications During the Holidays and Life After You Stop Them

By: Andrea Collins MS, RDN, LD

GLP-1 medications such as Ozempic®, Wegovy®, Mounjaro®, and Zepbound® have transformed diabetes and weight management by acting on gut hormones that regulate blood sugar, slow digestion, and increase fullness. For many, these medications support better glucose control and meaningful weight loss. (Hermann)

However, GLP-1s are not a long-term solution for everyone. People may stop them due to side effects, cost, or personal preference. Because appetite and weight can return quickly after discontinuation, planning for long-term lifestyle habits is key, especially during the holidays.

Professional Development Spotlight

In November, Andrea Collins, MS, RDN, LD, and Brandi Roe, LPN, attended the 2025 Diabetes Symposium in Louisville. A session by dietitian Jaclyn Moore, MS, RD, C.S.O., highlighted how GLP-1 medications affect appetite, digestion, and nutrient needs, as well as strategies for supporting individuals who transition off these medications. This training helps our team apply current best practices in diabetes and nutrition care.

How GLP-1 Medications Work

GLP-1s help lower blood sugar and reduce appetite by slowing stomach emptying, increasing fullness, and improving insulin response. Newer medications, such as tirzepatide, act on more than one hormone, which may improve results and tolerability for some people. (Hermann)



Holiday Eating Tips for People Taking GLP-1s

Holiday foods can be especially challenging because slower digestion may intensify nausea or discomfort. To feel your best:

- Choose small portions to prevent nausea.
- Start with protein to support blood sugar and muscle.
- Include fiber for fullness and digestion.
- Limit rich, high-fat foods that can worsen symptoms.
- Drink water throughout the day to help with digestion.
- Enjoy sweets in small amounts and pair with protein for better blood sugar control.
- Pause between foods and listen to your hunger and fullness cues.

What to Expect When Stopping GLP-1s

Many people notice:

- A return of appetite and cravings
- Faster stomach emptying
- Higher risk of weight regain

Understanding GLP-1 Medications continued

These changes are normal. Weight loss and weight maintenance require different strategies.

Tips for Life After GLP-1s

- Emphasize protein and fiber to control hunger.
- Maintain consistent meals to prevent overeating.
- Strength train to support metabolism.
- Weigh yourself weekly to monitor trends early.



- Plan for emotional triggers, especially during the holidays.
- Stay in touch with healthcare providers to explore options and support.

The Bottom Line

GLP-1 medications can improve health and support weight loss, but long-term success depends on sustainable habits. Whether you are currently taking these medications, navigating holiday meals, or transitioning off them, planning, self-awareness, and professional support can help maintain progress.

The Greenup County Health Department team is here to guide you through your wellness journey.

Works Cited:

Hermann, M. (2025, October 1). Life After Antiobesity Medications. *Today's Dietitian*, 27(8), 20–23.

Meet Sarah!

My name is Sarah Roark, and I am excited to serve as the new Billing Manager for the Greenup County Health Department. I hold a degree in Healthcare Administration and bring over eight years of billing experience, along with several certifications in healthcare leadership and revenue management.

I am a proud resident of Flatwoods, where I live with my husband and our big, blended family. I am committed to ensuring that we bill accurately and efficiently so that we can continue expanding the services we provide to our county and our patients.



Introducing Greenup County's New Food Scoring System: Your Colorful Guide to Safe Dining!

Ever walked into a restaurant and wondered, “How clean is this place... really?” Now, the Greenup County Health Department has launched a new ABC Food Safety Placard System to make it easier than ever to understand how well local restaurants are following safe food practices. These color-coded signs act like simple “report cards” posted right at the door, and now each placard includes a QR code that lets you instantly view the facility’s full inspection report and food score right on your phone.

A **green A** placard is the gold standard, signaling a facility scored between 85–100% with zero critical violations. When you spot a green A, you can relax and enjoy your meal knowing the establishment is meeting Kentucky State Food Code requirements and practicing excellent food safety. These placards stay posted until the next routine inspection, so you’ll always know when a restaurant is consistently doing things right.

A **blue B** placard tells a different story. Although establishment is currently open and operating, the B shows that the facility has struggled with food safety in the recent past but possibly failed two consecutive inspections, didn’t pass their follow-up, or were temporarily closed due to serious public health risks. Even after reopening, they must display the blue placard until they pass their next routine inspection. The blue sign doesn’t mean panic, it just means the facility is improving, but the Health Department is keeping a closer eye on things.

A **red C** placard is your signal to use some caution. This rating is given to facilities that scored 84% or below or had any critical violations during their most recent inspection. A red placard means the establishment did not meet the minimum requirements of the Kentucky State Food Code. The C placard stays



posted for 7 to 10 days while issues are corrected, and a follow-up inspection is required before it can be replaced. It’s a big, bold reminder that food safety lapses, even small ones, can have serious consequences.

There are also a few extra rules to keep everyone safe and informed. If a facility is ever closed because of imminent public health concerns, they must post a B placard after reopening, even if their follow-up inspection results in a high numerical score. Facilities placed on increased inspection intervals must also continue displaying their original placard until their next routine inspection. And for mobile food services like food trucks, any failure during a regular or follow-up inspection means providing the Health Department with a 10-day operational schedule, so inspectors know exactly where to find them.

This new placard system brings transparency, clarity, and peace of mind to Greenup County diners. Whether you’re grabbing a quick lunch or treating yourself to a night out, these easy-to-spot signs make it simple to understand how well a restaurant handles food safety. Green means great, blue means be aware, and red means proceed with caution. With this new system, everyone can make informed choices and enjoy safer, more confident dining throughout Greenup County!

Health Hero LaBreeska Adams

Over a year ago, LaBreeska decided to take control of her health and began her weight loss journey. She had lost 25 pounds prior by walking and dietary restrictions due to an Alpha Gal diagnosis. In her words, “I wanted to breathe, feel better and look better. My health was improving, and my confidence was as well.”

Today, she has lost another 45 pounds. She says she feels great and her confidence has skyrocketed. Recently, she entered a Fab Over 40 competition. While she didn’t win, she made it over halfway through the competition and ended up second place in her last round. She was so proud of making her own commercial for the competition and said she never had done that before and would never have had the courage to do that before.

As mentioned earlier, LaBreeska has Alph-gal syndrome, and it has changed her life dramatically. She is allergic to beef, pork, lamb, and some dairy. She is also allergic to tomatoes and tree nuts. This allergy is considered severe and she has to carry an epi-pen everywhere she



goes. Everything she eats has to be checked and restaurant dishes need a description from the server because the description may not list every ingredient in it.

What makes LaBreeska such a Warrior is that even while something as simple as a bite of tomato could put her in the hospital, she is still out there living the healthiest life she can and she is loving it!

Download our app today!

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ENVIRONMENTAL HEALTH REGIONAL WORKSHOP IN FRANKFORT

On November 17th, Health Environmentalist Wayne Floyd attended an Environmental Workshop at the Franklin County Health Department in Frankfort, Kentucky. This workshop's purpose was to engage with local health department staff and collect statewide insights for improving Kentucky's Environmental Health (EH) Programs. Conversation continued with applying the goals of Public Health Transformation to Environmental Health Programs and future priorities in the discipline.

Outcomes:

- Brainstormed gaps and issues impacting the efficiency and effectiveness of Environmental Health programs
- Detailed analysis and prioritization of these areas from various perspectives

- Created a list of potential solutions for selected issues
- Advantages and disadvantages of prioritized solutions

Wayne said, "What made the workshop so enjoyable for myself was having the opportunity to hear multiple viewpoints and perspectives that other environmentalists from across the state had compared to my own." He elaborated on the day's conversations and said that while there were too many topics of discussion to them all, the top issue voted on at the workshop was employee retention and what could be done to get more people interested in an environmental health career and getting them to stay working at local health departments. Wayne wrapped up by saying how much he enjoyed this workshop and would attend another given the opportunity.

Check Out the Latest Food Scores!



Our environmentalists have been hard at work making sure the county is safe. Click to see the scores in Greenup County!

[Click Here](#)

Understanding the Poison Control Network



The Poison Control Network is an important service that helps keep people safe during emergencies involving harmful substances. It connects a national phone hotline with regional poison control centers staffed by trained medical professionals. These experts are available 24 hours a day, 7 days a week, to give fast advice when someone has swallowed, touched, or breathed in something dangerous.

Poisoning can happen to anyone, small children exploring their environment, adults mixing cleaning products, or even seniors taking the wrong medication. By calling the Poison Control hotline at **1-800-222-1222**, you can quickly learn what steps to take. Sometimes, they can help you treat the problem at home. Other times, they will guide you to get medical care right away.

Poison Control can also help with pets. Animals can accidentally ingest toxic foods, medications, or household items. The experts can tell you whether the substance is harmful to your pet and what to do next, including whether a veterinarian is needed.

The Poison Control Network also works to prevent poisonings before they happen. It offers education and resources on safe storage of medicines, chemicals, and household products. Many centers also track trends in poison exposures to help improve public health and safety.

Remember, if a poisoning is suspected, do not wait for symptoms to appear. Keep the hotline number in an easy place to find and call immediately. Quick action can save a life!

Texas Caviar!

Looking for something a little different this Christmas? This recipe is a classic and traditional Southern-American black-eyed pea salad that's full of flavor and fresh vegetables.

- 30 ounces canned, reduced-sodium black-eyed peas (drained, rinsed)
- 2 green onions ((green part only), thinly sliced)
- 1 ear of corn (cut off cob) **OR**
- 1 cup fresh, frozen corn (thawed)
- 1 small bell pepper, yellow or red, seeded, stems discarded, diced
- 1/2 cup fresh cilantro (chopped)
- 3 fresh jalapeño peppers (seeded, diced)
- 2 cups tomatoes (diced) **OR**
- 14.5 oz. canned, no-salt-added, diced tomatoes
- 3 clove fresh garlic (minced) **OR**
- 3 teaspoons jarred, minced garlic
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lime juice
- 1/2 teaspoon lime zest
- 1 teaspoon ground cumin
- 1/8 teaspoon salt
- fresh, ground black pepper (to taste)



1. In a medium bowl, combine the black-eyed peas, green onions, corn, bell pepper, cilantro, jalapenos, tomatoes, and garlic.
2. In a separate bowl whisk together the olive oil, lime juice, zest, and cumin. Pour over vegetables, add salt and pepper and toss together until vegetables are coated completely oil blend. Best if chilled for 2-3 hours.
3. Serve as a side dish or with whole grain pita chips.

GCHD Holiday Hours

Closed for Staff Development

Monday, December 15th

Closed

Closed for Christmas

Wednesday, December 24th

Thursday, December 25th

Friday, December 26th

Close at 2:30pm

Closed

Closed

Closed for New Years

Wednesday, December 31st

Thursday, January 1st

Friday, January 2nd

Close at 2:30pm

Closed

Closed

