

The Health Connection

NEWSLETTER

Meet Katelyn!

My name is Katelyn Love. I am from Greenup, Kentucky, and I graduated from Raceland-Worthington High School. After high school, I continued my education at ACTC.

I am currently working as a dental assistant, where I enjoy learning new skills, helping patients, and being part of a healthcare team. In my free time, I like spending time with family and friends. I look forward to continuing to grow professionally, gaining more experience, and contributing in a positive and dependable way.



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February Employee Anniversaries



Andrea Collins
1 Year



How Dental Health Can Affect Heart Health

By: Kayleigh Hambrick BSHS, PHRDH

Dental health is often viewed as separate from general wellness, but research increasingly shows that the condition of your mouth, especially your gums, can significantly influence heart health. The mouth is closely connected to the bloodstream and immune system, meaning oral problems can affect the entire body. Issues that begin in the gums or teeth may contribute to changes that impact long-term cardiovascular health.

One of the strongest links between oral and heart health is gum disease, or periodontal disease. This condition develops when plaque and bacteria accumulate around the gum line. If not treated, gum disease can lead to inflammation, bleeding gums, chronic infection, and eventually tooth loss. Inflamed or damaged gums create an opening for bacteria to enter the bloodstream, where they can travel to other parts of the body.

Once in the bloodstream, these bacteria may contribute to inflammation in blood vessels. Chronic inflammation is a known risk factor for cardiovascular problems, including heart disease, clogged arteries, heart attacks, and strokes. Although gum disease does not directly cause heart disease, it may raise the risk of developing it or worsen existing heart conditions.

The body's immune response also plays a key role. When the immune system is constantly fighting infection in the mouth, it may remain in a heightened inflammatory state. Over time, persistent inflammation can damage blood vessels and encourage plaque buildup in the arteries, restricting proper blood flow to the heart and brain.



People who already have heart conditions may face additional risks. For example, individuals with heart valve disease or weakened immune systems are more vulnerable to infective endocarditis, a serious infection that occurs when oral bacteria enter the bloodstream and settle on damaged areas of the heart.

The positive news is that caring for your oral health supports your heart health as well. Brushing twice a day, flossing daily, attending regular dental visits, avoiding tobacco, and managing conditions like diabetes are all essential steps for protecting both dental and cardiovascular well-being.

ALL HEART.
Always.



KNOWING YOUR NUMBERS ISN'T ABOUT BEING PERFECT.
IT'S ABOUT BEING INFORMED.

Our free Healthy Heart screening can help you live your healthiest life and arm you with the knowledge you need to take better care of your heart. You'll learn your heart numbers – total cholesterol, blood sugar, blood pressure and blood oxygen – and receive a screening EKG, which can detect changes that may reveal certain heart conditions. Our team of health professionals will talk to you about your results ... and let you know if follow up is necessary.

**TAKE IT A STEP
FURTHER!**

After your screening, further your knowledge by taking our online HeartAware Risk Assessment. Use your phone's camera to scan the QR code. It



only takes a few minutes, but the knowledge you'll gain is priceless!

10 A.M. - 3 P.M.
TUESDAY, FEB. 24

onboard King's Daughters mobile health unit at
Greenup County Health Department
806 Seaton Ave., Greenup, Ky.

The free screening includes checks of:

- Total Cholesterol
- Blood Sugar
- Blood Pressure
- Blood Oxygen
- Plus a Screening EKG

Appointments are required.
Call (606) 408-9304 to schedule.

If there's no answer, please leave a message with your name, daytime phone, and the date/location of the screening. We will call you back with your appointment time.

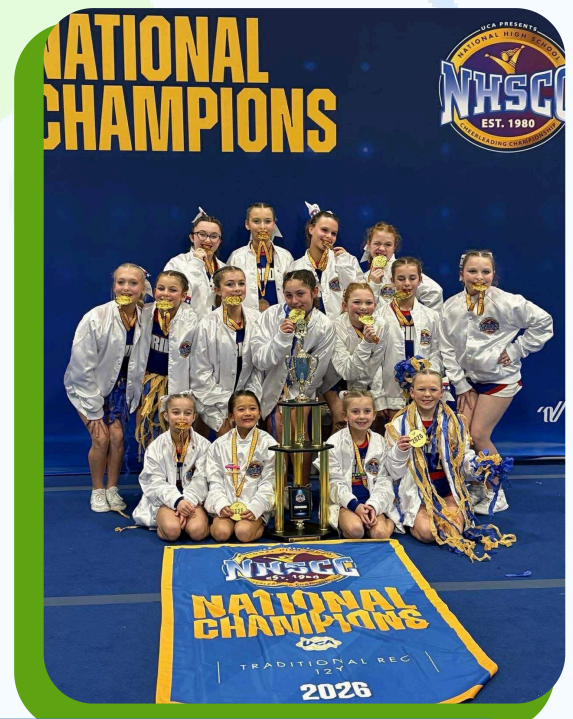
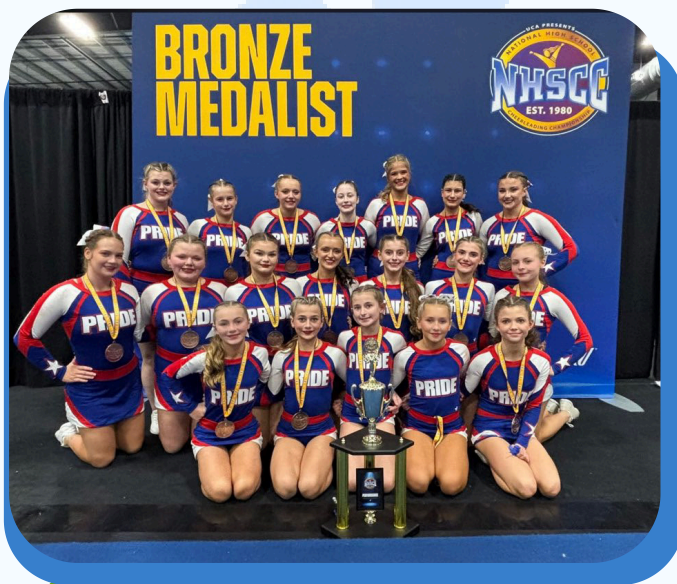
Health Hero Highlight: Cheerleaders as Athletes

This month's Health Hero spotlight recognizes local competitive cheerleaders who demonstrated exceptional strength, discipline, and teamwork at the 2026 UCA National High School Cheerleading Championship DII in Orlando, Florida. Competitive cheer demands elite athleticism, combining strength, endurance, flexibility, precision, and mental focus. These athletes rose to the challenge on the national stage.

Greenup County High School finished in a three-way tie in Small Varsity DII, while Raceland-Worthington High School made

history with an 11th-place finish in Small Varsity DII Game Day, the school's first-ever placement at this competition. Youth athletes also excelled as Pride Athletics 12U captured 1st place in Traditional Rec 12Y NON, with Pride Athletics 18U earning 3rd place in Traditional Rec (ages 11-18).

Their success reflects countless hours of training and a strong commitment to healthy, active living. They are true Health Heroes in our community.



GCHD Announcing A New Program: Grow Well Greenup County

While the weather outside has been frightful, the Greenup County Health Department has been doing something delightful! We are proud to announce the new program called Grow Well Greenup County. The Health Department is collaborating with the Greenup County Public Library, UK Extension Office and UK Kings Daughters Medical Center.

This six-month long program will use a three-prong approach of Health Screenings, Nutrition Education, and a Physical Activity Program suitable for different people and abilities up to and including a 5K race in June! Launching this month, we encourage everyone who wants to be more healthy and active to contact the Health Department for more information.

What to Expect

Grow Well Greenup



Free Biometric Screenings:

- Know your health numbers
- Blood pressure, blood sugar, lipids. & more
- No cost to participants



Nutrition Education:

- Food demos & taste tests
- Tips & recipes for healthy eating
- Education on chronic diseases



Physical Activity Programs:

- Exercise programs for all ages
- Options for all fitness levels & abilities
- Safe, guided movement



The Healthy Department Podcast Continues Exploring Health



Hi, I'm Andrea Collins, a Registered Dietitian and the host of The Healthy Department podcast. If you've ever wondered what public health really looks like here in Greenup County, or how it affects your everyday life, this podcast is for you.

We created The Healthy Department as a space to have real conversations about the health of our community. Public health can feel confusing or distant, but our goal is to break it down, make it relatable, and show how the work we do at the Greenup County

Health Department connects directly to you and your family.

In our first two episodes, we take a deep dive into the past, present, and future of the Greenup County Health Department, where we started, how we've grown, and where we're headed. As the podcast continues, we'll talk honestly about what the health of Greenup County looks like today and where we want to be in the future.

You'll also hear about the programs and resources we offer at GCHD, along with valuable services provided by our community partners. My hope is that every episode leaves you feeling more informed, more connected, and empowered to take advantage of the support available right here at home. You can hear this podcast on Spotify, Apple Music, and iHeart Radio. This podcast is for our community, because a healthier Greenup County starts with informed conversations. ❤️

Check Out the Latest Food Scores!

Sometimes it is hard to know how clean a restaurant is. Food borne illness can be scary.

You can know how clean that restaurant really is! Click to see the scores in Greenup County!

[Click Here](#)



KY WIC: Here to Support Growing Families in Greenup County



If you're pregnant, caring for a young child age five or under, or welcoming a new baby, the Kentucky WIC Program is here to support you and your family during this important time. WIC helps parents and caregivers with nutritious foods, practical education, and helpful resources that promote healthy pregnancies, strong infants, and thriving young children. Whether you're navigating the early stages of parenthood or building confidence as your child grows, WIC offers support you can count on.

So, What Is WIC?

The Women, Infants, and Children (WIC) Program is a nutrition and health support program designed to help families stay healthy during some of life's biggest transitions. Its goal is simple: to provide families with access to nutritious foods, personalized guidance, and connections to community and healthcare services that can make a meaningful difference. WIC is here to walk with you through pregnancy, infancy, and early childhood with information and resources that fit your life.

What Can WIC Help With?

Nutritious Foods for Your Family

WIC offers healthy foods at no cost to help your family maintain balanced nutrition. Depending on your needs, your benefits may include milk, cheese, yogurt, eggs, peanut butter or beans, whole grains, cereals, fruits, vegetables, infant formula, and baby foods. Benefits are loaded onto an eWIC card, which works like a debit card at approved grocery stores. You can also use the free WICShopper app to track your balance, find participating stores, and explore simple recipes made with WIC-approved foods.

Nutrition Tips That Fit Your Life

WIC staff provide one-on-one, personalized support to help you stay confident in your nutrition decisions. From meal ideas and grocery shopping tips to guidance tailored to your family's needs, WIC offers practical, evidence-based advice, always in a supportive, judgment-free environment.

Breastfeeding Support

If you choose to breastfeed, WIC offers encouragement, education, and counseling to help you succeed at every stage of your breastfeeding journey.

Connections to Additional Services

WIC can also help connect you to other community resources, including healthcare, immunizations, SNAP, Medicaid, and more. Be sure to ask about the HANDS program, which offers free, voluntary home visits to support parents with education and guidance that help children grow up healthy and ready to succeed.