

The Health Connection

NEWSLETTER

In February, We Go Red

The Greenup County Health Department hosted its Go Red for Heart Health event on February 9th from 8:00 a.m. to 12:00 p.m., and it was a great morning of community engagement and heart health awareness.

Seventeen community members participated in biometric screenings during the event. We were also joined by several wonderful community partners who hosted booths, including Lora Pullin, UK Extension Office, Lincoln Howard with BodyWorx in Russell, Denise Greathouse with the Greenup County Public Library, Stacey Muncy with Kynect, and Andrea Collins, GCHD Registered Dietitian.

In addition to the screenings and vendor booths, staff enjoyed a little, friendly competition with a chili cook-off and door decorating contest. Chili cook-off winners were Sarah Roark,



Jackie & Summer

Kayleigh Hambrick, and Katelyn Love. Jackie Applegate and Summer Kershner took first place in the door decorating contest.

Everyone who participated in a screening was entered for a chance to win Cincinnati Reds tickets, and congratulations goes to James Roark for being our ticket winner!

It was a great community event, and we appreciate everyone who helped make it a success.

In This Edition:

Understanding World TB Day

Every year on March 24, health organizations observe World Tuberculosis (TB) Day, a time to raise awareness about TB and reinforce prevention, testing, and treatment efforts.

March Into Health

What comes to mind when you think of a "healthy lifestyle"? For some, it's running marathons; for others, it's simply adding an extra vegetable to dinner. As a dietitian, I've seen firsthand that healthy living looks different for everyone.

Join Us at the Lettuce Run 5K

The Greenup County Health Department and the Diabetes Today Coalition are excited to announce our participation in the upcoming Greenup County Farmer's Market Lettuce Run 5K, scheduled for June 20, 2026 at 9 am at the Greenup County Extension Office.



Greenup County Health Department
Public Health = Public Wealth

Understanding World TB Day — Why It Matters in Our Community

Every year on March 24, health organizations observe World Tuberculosis (TB) Day, a time to raise awareness about TB and reinforce prevention, testing, and treatment efforts. The date marks the 1882 discovery of *Mycobacterium tuberculosis*, the bacterium that causes TB, a milestone that led to modern diagnosis and care.

Although TB is less common in the United States than elsewhere, it still affects people here. In Kentucky, recent data show the state reporting around 90–100 active TB cases annually. This is below the national average but is still important.

TB is an airborne disease, spread when someone with active TB in their lungs coughs, sneezes, sings, or talks. Early detection and treatment are essential to prevent illness and stop transmission.

Why TB Awareness Matters

- Many people with TB disease experience symptoms they may mistake for less serious illnesses.
- Untreated active TB can be serious but is treatable and curable with proper medication.
- People with latent TB infection aren't contagious but can develop active disease later without treatment.

World TB Day gives us a chance to educate our community, support testing and treatment services, and remind everyone that TB still matters, even here at home.

TB Symptoms & When to See a Doctor

Common symptoms of active TB disease include:

- A cough lasting 3 weeks or longer
- Chest pain or coughing up blood
- Fever, chills, or night sweats



- Unexplained weight loss
- Fatigue or weakness
- Loss of appetite
- Other symptoms depending on where TB affects the body (e.g., swollen glands, back pain)

When to contact a health care provider:

- If you have any TB symptoms that persist or worsen.
- If you believe you've been exposed to someone with active TB.
- If you have risk factors (weakened immune system, close contact exposure, etc.).

Seek immediate medical care if you experience: Chest pain, difficulty breathing, confusion, seizures, or coughing up blood.

For TB testing, treatment options, or local public health resources, reach out to your health care provider or your local health department. Let's use World TB Day to stay informed and protect the health of our community.

March Into Health

By: Andrea Collins MS, RDN, LD

Discover the Power of Nutrition: Small Steps, Big Results

What comes to mind when you think of a "healthy lifestyle"? For some, it's running marathons; for others, it's simply adding an extra vegetable to dinner. As a dietitian, I've seen firsthand that healthy living looks different for everyone. This March, in honor of "National Nutrition Month", we are celebrating those unique journeys and the theme: "Discover the Power of Nutrition."

Finding Your Path

The most important lesson I've learned is that there isn't a single "right" way to be healthy. Wellness depends on your body, your schedule, and your personal goals. The secret isn't a radical overhaul; it's finding small, realistic changes that fit naturally into your life. Whether it's taking a short walk after dinner or learning to cook a new recipe, the goal is progress, not perfection.

Build Habits, Not Hurdles

Trying to change everything at once is a recipe for burnout. Instead, start with one or two habits. Once those become second nature, add something new. These incremental shifts are easier to maintain and, over time, add up to significant health benefits.

Try these simple health tips to get started:

- 1. Eat Breakfast:** Fuel your morning with lean protein, whole grains, and fruit, like a yogurt parfait or a breakfast burrito.
- 2. Balance Your Plate:** Aim to make half your plate fruits and vegetables to pack in essential vitamins and fiber.

- 3. Watch Portions:** Simply being mindful of how much you serve can make a major difference.
- 4. Move as a Family:** You don't need a gym. Hiking, biking, or walking together reduces stress and keeps everyone active.

Grow Well Greenup

At the Greenup County Health Department, we are excited to support you through our Grow Well Greenup program. In partnership with local organizations like UK King's Daughters and the Greenup Public Library, we are offering hands-on nutrition activities and free biometric screenings for blood pressure, cholesterol, and blood sugar.

Even as a dietitian, I'm still learning to balance work and wellness. It's a continuous journey, but every step toward a healthier lifestyle is worth celebrating. To join the program or learn more, call us at (606)473-9838 or visit eatright.org for additional resources. Let's take charge of our health together!



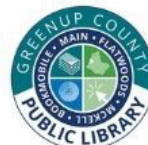
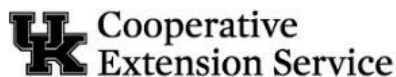


Grow Well GREENUP

Build Healthier Habits in Just 6 Months

A six-month community wellness initiative led by Greenup County Health Department in partnership with Greenup County Public Library, UK Extension Office, and UK King's Daughters Medical Center.

- ✔ Free Biometric Screenings
- ✔ Nutrition Education
- ✔ Physical Activity Programs



Join Us at the Lettuce Run 5K: Promoting Health in Greenup County!



- Cover registration costs for 50 participants
- Provide free t-shirts featuring diabetes awareness messaging

Why This Matters

Regular physical activity is one of the most effective ways to prevent and manage type 2 diabetes. Events like the Lettuce Run 5K encourage our community to take steps (literally) toward better health. By removing financial barriers for 50 participants and providing educational resources on-site, we hope to increase awareness, promote prevention, and support those living with or at risk for diabetes.

By Brandi Roe, LPN

The Greenup County Health Department and the Diabetes Today Coalition are excited to announce our participation in the upcoming Greenup County Farmer's Market Lettuce Run 5K, scheduled for June 20, 2026 at 9 am at the Greenup County Extension Office.

This year's event, held in collaboration with Greenup County Farmers Market, brings together community members, families, and local organizations to celebrate healthy living and we're proud to be part of it!

Our Role in the Event

Through funding support from the Kentucky Diabetes Prevention and Control Program, our organization will:

- Serve as an official event sponsor
- Host a diabetes education and outreach booth during the race

Our outreach booth will offer valuable information about diabetes prevention, risk factors, lifestyle changes, and local resources available throughout Greenup County. Whether you're running, walking, or cheering from the sidelines, we invite you to stop by, learn more, and connect with our team.

Register Early - Limited Sponsored Spots Available!

We are proud to sponsor registration for 50 community members on a first-come, first-served basis. If you or someone you know would like to participate, we encourage early registration. Please call the GCHD at 606-473-9838 and ask for Brandi, Andrea, or Lauren to secure a FREE sponsored spot today! Together, we can make a meaningful impact on the health of our community, one step at a time!



Greenup County Health Department
Family Planning

Greenup County Health Department

BEGINNING IN CLINIC EARLY APRIL

FAMILY PLANNING & WOMENS HEALTH



Contraceptives
Pregnancy Tests
STI Testing & Treatment
Reproductive Health
Screenings & Exams
Health Education
& More!

Make an Appointment

 (606) 473-9838

Check Out the Latest Food Scores!

That special night out can be lots of fun!
Unless the restaurant is less than clean.

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

[Click Here](#)



CAR SEAT

- SAFETY EVENT -



GET YOUR CAR SEAT CHECKED!



- 5:00 PM - 7:00 PM -

— Free gift at check in —

Greenup County Health Department

806 Seaton Ave. Greenup KY 41144

(606) 473-9838

LOCATED IN THE HIENEMAN IMMUNIZATION DRIVE THROUGH CLINIC

Kentucky
HANDS



Health Access Nurturing Development Services
Every family needs an extra pair of HANDS



GCHD

Greenup County Health Department

Public Health = Public Wealth

March Employee Anniversaries



Ashlee McMillan
2 Years

Wayne Floyd
13 Years



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