

HOWELL COUNTY
HEALTH DEPARTMENT

APRIL CALENDAR

WIC: 2, 3, 5, 9, 10, 11, 12,
13, 16, 17, 18, 19, 20, 23, 24,
26, 27, 30

Willow Springs WIC: full
day-4

Mountain View WIC: 1/2
day-6, full day-25

Family Planning: 11, 18, 26

Immunizations: 10, 19, 24

Food Handlers: 9, 23

Breastfeeding Support
Group: 3

Holiday's (closed): None

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Clinic Hours:

Monday-Friday 8-12 & 1-5,
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

Monthly Monitor

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APRIL 2018

Distracted Driving Month

from www.nsc.org & www.nhtsa.gov

Distracted driving is a public health issue that affects us all. The latest statistics show motor vehicle fatalities are up 6% from 2015. More than 40,000 people were killed on our nation's roadways last year, and distracted driving was a major contributor.

Each of these deaths due to distractions were 100% preventable. From cell phones to dashboard infotainment systems to evolving voice command features – all pose a threat to our safety. Just one second of your attention is all it takes to change a life forever. April is designated as Distracted Driving Awareness Month. In recognition, a united effort to recognize and eliminate preventable deaths from distracted driving is underway. Join us to help save lives.

What Is Distracted Driving?

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to



people in your vehicle, fiddling with the stereo, entertainment or navigation system—anything that takes your attention away from the task of safe driving. Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed. You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

Consequences

In 2015 alone, 3,477 people were killed, and 391,000 were injured in motor vehicle crashes involving distracted drivers. During daylight hours, approximately 660,000 drivers are using cell phones while driving. That creates enormous poten-

tial for deaths and injuries on U.S. roads. Teens were the largest age group reported as distracted at the time of fatal crashes.

NHTSA IN ACTION: Get Involved: Help Stop Distracted Driving-We can all play a part in the fight to save lives by ending distracted driving. **Teens:** Teens can be the best messengers with their peers, so we encourage them to speak up when they see a friend driving while distracted. Ask their friends to sign a pledge to never drive distracted, to become involved in their local Students Against Destructive Decisions chapter and to share messages on social media that remind their friends, family, and neighbors not to make the deadly choice to drive distracted. **Parents:** Parents first have to lead by example—by never driving distracted—as well as have a talk with their young driver about distraction and all of the responsibilities that come with driving. Have everyone in the family sign the pledge to commit to distraction-free driving.

National Public Health Week April 2-8

Everyone deserves to live a long and healthy life in a safe environment. To make this happen, we must tackle the causes of

poor health and disease risk among individuals and within our communities. Where we live, work, worship and play impacts each of us and

can determine our health and how long we live. For more info go to:

<http://www.nphw.org>



Bumper Pads can pose an increased risk for SIDS

Be aware of flood hazards no matter where you live!

Fun Spring Snacks for Kids!



Parents: Say NO to Bumper Pads by Vanessa Howell, RN

Before your baby arrives there are so many exciting things to do to prepare for that special day when you get to bring your little bundle of joy home. Things such as picking out a theme, painting the walls, and packing your bags for the hospital are just a few things on your to-do list. One thing that should be on this list is to remove those cute little bumper pads that often come with the

crib bedding set. Many parents don't realize bumper pads can pose an increased risk of SIDS (Sudden Infant Death Syndrome) for your precious baby. As your baby gets older and can roll around in the crib their face can get too close to the bumper pad and obstruct baby's breathing. Other ways to decrease your baby's risk of SIDS is to put baby to sleep on his/her back, avoid placing comforters, quilts, pillows and stuffed

animals in baby's crib, baby should sleep by themselves and not with others, avoid smoking while pregnant and prevent second hand smoke around your baby and refrain from dressing your baby too warmly. For more information about safe sleep check out www.dhss.mo.gov/SafeSleep/ or call 1-800-877-6246.

Flooding from www.sema.dps.mo.gov

April showers can bring more than just flowers. Flooding is a common and very dangerous hazard in Missouri. In 2015, flooding killed 27 people in the state, with 11 people in vehicles dying during torrential rain and flash flooding on one night alone. The great majority of people died in flash flooding, and 23 of the 27 people who died had

been in motor vehicles. Flood effects can be local, impacting a neighborhood or community, or very large, affecting entire river basins and multiple states. There are major differences between flash floods and those that develop slowly—over a period of days and even weeks. Be aware of flood hazards no matter where you live, but especially if you live in a low-lying area, near wa-

ter or downstream from a dam. Be aware that very small streams, gullies, creeks, culverts, dry streambeds, that appear harmless in dry weather are often the most dangerous areas when flash flooding occurs. Many flash flooding deaths occur when vehicles are swept off low-water crossings that are not meant to be crossed during flooding.

Healthy Spring Snacks for Kids by April Bridges, WIC Nutritionist

Spring is here! From Easter baskets to T-ball snacks, parents are expected to provide snacks around every corner. When choosing snacks for kids, keep in mind their fat and sugar content. Here are a few suggestions to keep snacks

healthy without compromising acceptability.

- *Fruit cups
- *Individual bags of pretzels
- *Cereal bars made with real fruit
- *Animal shaped graham

- crackers- choose ones with 0 trans fat
- *Low fat putting cup
- *100% fruit juice boxes
- *Dried fruit made with 100% fruit
- *Add pretzels and nuts to WIC cereal to make a tasty trail mix



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Public Health: Prevent. Promote. Protect.

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



Public Health
Prevent. Promote. Protect.

Spring Noodle Bowl

www.eatingwell.com

- 4 ounces bean thread noodles or thin rice noodles
- 1 tablespoon toasted (dark) sesame oil
- 24 asparagus spears, trimmed
- 2 cups shredded green or Napa cabbage
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh mint
- 2 teaspoons rice vinegar
- 1 cup thinly sliced carrot
- 1 cup thinly sliced beets
- 1 cup thinly sliced red bell pepper
- 1 cup thinly sliced yellow bell pepper
- ½ cup smooth natural peanut butter
- ¼ cup reduced-sodium tamari or soy sauce
- ¼ cup water
- 1 tablespoon rice vinegar
- 1 tablespoon maple syrup
- 1 teaspoon minced garlic
- ¼ teaspoon crushed red pepper (optional)



Bright, colorful and healthy!

1. To prepare noodle bowl: Prepare noodles according to package directions. Rinse well with cold water. Toss with sesame oil.
2. Bring 1 inch of water to a boil in a large pot. Place a medium bowl of ice water next to the stove. Cook asparagus in the boiling water for 30 seconds, then transfer to the ice water. Drain well, pat dry and cut into 2-inch pieces.
3. Combine cabbage, basil, mint and rice vinegar in a medium bowl.
4. Divide the noodles among 4

bowls. Top each bowl with ½ cup of the cabbage mixture, some asparagus, carrot, beet and red and yellow bell pepper.

To prepare sauce: Whisk peanut butter, tamari (or soy sauce), water, rice vinegar, honey, garlic and crushed red pepper (if using) in a small bowl until smooth. Drizzle ¼ cup sauce over each bowl.

Nutrition information: Serving size: 1 cup noodles, 2 cups vegetables & ¼ cup peanut sauce each. Per serving: 434 calories; 20 g fat (3 g sat); 8 g fiber; 51 g carbohydrates; 12 g protein; 214 mcg folate; 0 cholesterol; 13 g sugars; 4 g added sugars; 7,005 IU vitamin A; 102 mg vitamin C; 68 mg calcium; 3 mg iron; 714 mg sodium; 626 mg potassium. Nutrition Bonus: Vitamin C (170% daily value), Vitamin A (140% dv), Folate (54% dv), Carbohydrate Servings: 3½ Exchanges: 1½ starch, ½ other carbohydrate, 3 vegetables, 4 fat