

HOWELL COUNTY
HEALTH DEPARTMENT

AUGUST CALENDAR

WIC: 3, 4, 6, 10, 11, 12,
13, 17, 18, 19, 20, 24, 25,
26, 27, 28, 31

Willow Springs WIC: 5

Mountain View WIC: 1/2
day-14, full day-26

Family Planning: 13, 19,
28

Immunizations: 6, 11, 25

Food Handlers: 10, 24

Breastfeeding Support
Group: 4

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

VOLUME 157

AUGUST 2015

Breastfeeding Bonanza Event, August 7

The first week of August is Worldwide Breastfeeding Week and the entire month of August is recognized in Missouri as Breastfeeding Month.

To celebrate, the Howell County Health Department WIC program is planning the Breastfeeding Bonanza at 10:00 on August 7, 2015. During this event, vendors will have booths set up to advertise their product. Each booth will have a prize to give away, and several local businesses have donated as well. At 10:30, mom and baby couplets will latch simultaneously. During "the latch", there will be a



This Event is open to all Mom's and Mom's to be.

short presentation about infant CPR. We plan to break for lunch and then join again at the walking park for a momma march and a balloon release to increase breastfeeding awareness.

At last year's event we had 10 booths, and over 50 prizes, including a \$50.00 Wal-Mart gift card, a car seat, and a nursing bra- fitting included. In 2014, there

were 40 moms and 43 babies participating (yes, a few twins!), that number was double that of 2013. We're hoping to get up to 75 in 2015.

We would like to invite anyone who is pregnant or breastfeeding, or simply interested in showing support for someone they know who is breastfeeding.

Anyone interested in having a booth at the event can contact the Howell County Health Department at 256-7078, and ask for Laura or April.

Back to School / Health Fair-August 8th

There will be a Back to School Fair/ Health Fair at the West Plains Middle School FEMA building on Saturday, August 8th from 9 am to 3 pm. The Fair is for kids to get

needed school supplies and provide families with health information and resources available in the community.

Two churches will also be involved at their locations

giving out needed clothes and shoes for families.

Families need to register for the back to school fair. They can register by calling Cindy Wright with the WP schools Bridges Program at 417-256-6150.



National Immunization Awareness Month

Never leave children unattended in or around automobiles!

Tobacco is responsible for \$96 billion per year in lost productivity!



MONTHLY MONITOR

Immunize and Stay Healthy from <http://health.mo.gov>

Vaccines are safe and effective. They save lives and millions of dollars in health care costs. Vaccine-preventable diseases are at an all time low thanks to more people being vaccinated. But this doesn't mean the diseases have disappeared. Many viruses and bacteria are still circulating. This is why it is important for everyone to receive all of

the recommended immunizations on time. Most vaccine-preventable diseases are caused by germs called viruses or bacteria. Vaccines that help prevent these diseases generally contain weakened or dead viruses or bacteria specific to the disease. Vaccines help your body recognize and fight these germs and

protect you each time you come in contact with someone who is sick with any of these diseases. Howell County Health Department offers most adult and children vaccinations. Call (417-256-7078) to schedule an appointment or talk with a nurse about the immunizations you and your loved need to stay healthy.

“Not Even for a Minute” from <http://ctf4kids.org>

The Children's Trust Fund's “Not Even For A Minute” Campaign encourages parents and caregivers to **NEVER** leave children unattended in or around automobiles. Left alone in a vehicle for a short time, a child is in danger of heat stroke, dehydration, overheating, hyperthermia, injury, abduction and even death.

This is a car accident that can be prevented! Temperatures in cars soar quickly. Even with a window cracked, the temperature inside a car can reach very high and dangerous temperatures within minutes. In these extreme conditions, children can die or suffer a permanent disability in a matter of minutes. **Where's Baby? Look Before You Lock.** Always keep car

keys & remote openers out of reach of children, keep vehicles locked at all times, even at home, & remind your friends & neighbors to do the same. Unlocked cars pose a risk to children who are naturally curious & often fearless. Establish a routine of checking the back seat every time you exit the car to ensure no one is left behind. Don't overlook sleeping infants.

Getting Tobacco Out of Workplaces from www.actiontoquilt.org

If smoking is still permitted in or near your worksite, the National Institute for Occupational Safety and Health (NIOSH) think it's time to make some changes. Keep reading to learn more about the risks and the costs. According to NIOSH, tobacco use

contributes to diseases including cardiovascular disease, cancers, emphysema, and bronchitis. Tobacco is responsible for \$96 billion per year in direct medical costs and about the same amount in lost productivity. A new NIOSH report is recommending that all workplaces be-

come tobacco-free and that employers make tobacco cessation programs available. The recommendations, which also extend to e-cigarettes, are aimed at protecting workers from the occupational hazards of tobacco and the effects of secondhand exposure to tobacco smoke and e-cigarette emissions.



Howell County Health Department

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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.

Mediterranean Wrap www.eatingwell.com

Makes: 4 servings

Active Time: 40 minutes

Total Time: 40 minutes

Ingredients

- 1/2 cup water
 - 1/3 cup couscous, preferably whole-wheat
 - 1 cup chopped fresh parsley
 - 1/2 cup chopped fresh mint
 - 1/4 cup lemon juice
 - 3 tablespoons extra-virgin olive oil
 - 2 teaspoons minced garlic
 - 1/4 teaspoon salt, divided
 - 1/4 teaspoon freshly ground pepper
 - 1 pound chicken tenders
 - 1 medium tomato, chopped
 - 1 cup chopped cucumber
- 4 10-inch spinach or sun-dried tomato wraps or tortillas

Preparation

1. Bring water to a boil in a small saucepan. Stir in couscous and remove from the heat. Cover and let stand for 5 minutes. Fluff with a fork. Set aside.
2. Meanwhile, combine parsley, mint, lemon juice, oil, garlic, 1/8 teaspoon salt and pepper in a small bowl.
3. Toss chicken tenders in a medium bowl with 1 tablespoon of the parsley mixture and the remaining 1/8 teaspoon salt.



Use fresh garden tomato and cucumber!

Place the tenders in a large non-stick skillet and cook over me-

dium heat until cooked though, 3 to 5 minutes per side. Transfer to a clean cutting board. Cut into bite-size pieces when cool enough to handle.

4. Stir the remaining parsley mixture into the couscous along with tomato and cucumber. To assemble wraps, spread about 3/4 cup of the couscous mixture onto each wrap. Divide the chicken among the wraps. Roll the wraps up like a burrito, tucking in the sides to hold the ingredients in. Serve cut in half.

Nutrition Per serving: 479 calories; 17 g fat (3 g sat, 11 g mono); 67 mg cholesterol; 49 g carbohydrates; 0 g added sugars; 34 g protein; 5 g fiber; 653 mg sodium; 382 mg potassium.

Nutrition Bonus: Vitamin C (57% daily value), Folate & Vitamin A (40% dv), Iron (32% dv). **Carbohydrate Servings:** 3, **Exchanges:** 3 starch, 4 lean meat, 2 fat