

HOWELL COUNTY
HEALTH DEPARTMENT

DECEMBER CALENDAR

WIC: 1, 2, 4, 8, 10, 11, 12,
15, 16, 17, 18, 19, 22, 23,
29, 30

Willow Springs WIC: 3

Mountain View WIC: 5-
half day, 31-all day

Family Planning: 9, 17, 19

Immunizations: 4, 11, 22

Food Handlers: 8, 22

Breastfeeding Support
Group: 2

Holiday's (closed): 24th
from 1-5 (staff meeting),
25th-Christmas & 26th

INSIDE THIS ISSUE:

WIC Milk 2
Change

Breastfeeding 2
Support

Thirdhand 2
Smoke

Mission 3

Recipe: 3

Clinic Hours:

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

Administration Hours

Monday-Friday 8-5

Monthly Monitor

VOLUME 149

DECEMBER 2014

Stress and the Holiday Season by www.fitnessmagazine.com

The Holiday Season means family, food, and fun but it can also be stressful and if your not careful it can effect your health.

Stress takes a toll on more than just your mood. All that tension puts a whammy on your waistline, thanks to the stress-related hormone cortisol, which rises during anxiety-inducing events and makes you crave fatty, sugar-packed foods. Those excess calories are more likely to be stored in the gut as visceral fat, the type that's been linked to type 2 diabetes, heart disease, and gastrointestinal cancers. Visceral fat also increases the production of cortisol, perpetuating the cycle.

Moreover, "chronic stress

releases cytokines and C-reactive protein in your body — dangerous molecules that cause inflammation and put you at greater risk for developing arthritis, irritable bowel syndrome, and other chronic diseases," says Evangeline Lausier, MD, an assistant clinical professor of medicine at Duke Integrative Medicine in Durham, North Carolina.



How to De-Stress the Body

Move It!: The endorphins released during workouts make you feel great! The proof: Volunteers who signed up for a three-month stress-management course that included hour-long workouts of walk-

ing, jogging, and dancing not only lowered their cardiovascular-disease risk but also eased their anxiety and depression. **Make Time for Tea:** Brits appear composed for a reason. It turns out that people who drink black tea have lower cortisol levels compared with those drinking a tea substitute. **Canoodle with a Labradoodle:** Researchers at Brooklyn College of the City University of New York found that pet owners have higher heart-rate variability (the greater the variability, the better the heart is able to respond to varying demands) compared with that of non-pet owners. Moreover, recent studies have found that people with pets have lower blood pressure than the rest of the population.

You Can Still Get a Flu Shot

It's not too late get your flu shot. Howell County Health Department still has flu vaccine available.

No appointment is necessary. Just come into the health department during

clinic hours, 8 am-12 noon and 1-5 pm Monday-Friday and you can get a flu shot.

It takes about 2 weeks for protection to develop after the vaccination, and protection lasts several months to

a year.

Flu vaccine cannot prevent all cases of flu, but it is the best defense against the disease.

Please be sure to bring your Medicare, Medicaid and/or insurance cards with you.



Same great nutrition and taste!

The WIC program promotes breastfeeding as the best way to nourish your new baby.

Third Hand Smoke is not safe!



MONTHLY MONITOR

WIC is MOOving to 1% and/or Skim Milk

Pregnant women and children 2 years of age and older will be receiving 1% and /or skim milk when they are enrolled in the WIC (Women, Infant, Children) nutrition program.

Skim and 1% milk provide the same great taste, and nutrients as whole milk

and 2% milk, without the extra fat. Children 12-23 months will continue to receive whole milk.

Skim and 1% milk are lower in calories for a healthier weight in children which is ever more important with increased obesity rates, especially among children.

Calcium and vitamin D stay the same in skim and 1% milk, which are important for building strong bones and healthy teeth. Protein in milk helps kids grow and build muscles and other tissue.

To find out more about WIC or to sign up call the health department, 417-256-7078.

Breast Feeding Support

The American Academy of Pediatrics recommends that babies be exclusively breastfed up to 6 months of age and continue breastfeeding throughout the first year, even after introducing solids.

To help moms meet this goal, the WIC program offers breastfeed-

ing support through its Breastfeeding Peer Counselor Program. The main objective of this program is to educate mothers prenatally so that when the baby is born, new mothers are more prepared for the days ahead.

HCHD offers hand pumps to every breastfeeding

mom, hospital grade pumps to those having complications, and electric pumps to moms returning to work or school.

Breastfeeding Support Groups are offered in West Plains, Willow Springs & Mountain View each month. Call the health department for dates, times and locations of support groups.

Thirdhand Smoke is Harmful from www.lbl.gov

Ever walked into a hotel room and smelled old cigarette smoke? While the last smoker may have left the room hours or even days ago, the lingering odors—resulting from noxious residue that clings to walls, carpets, furniture, or dust particles—are thanks to thirdhand smoke. Scientists at the U.S. Department of Energy's Lawrence Berkeley

National Laboratory (Berkeley Lab), who have made important findings on the dangers of thirdhand smoke and how it adsorbs strongly onto indoor surfaces, have published a new study assessing the health effects of thirdhand smoke constituents present in indoor air.

Looking at levels of more than 50 volatile organic com-

pounds (VOCs) and airborne particles for 18 hours after smoking had taken place, they found that thirdhand smoke continues to have harmful health impacts for many hours after a cigarette has been extinguished. - See more at:

<http://news-center.lbl.gov/2014/11/03/thirdhand-smoke-toxic-airborne-pollutants-linger-long-after-the-smoke-clears/#sthash.DeWyog0Z.dpuf>



Howell County Health Department

180 S. Kentucky Ave
West Plains, MO 65775
Phone: 417-256-7078
Fax: 417-256-1179
website: www.howellcountyhealthdepartment.com

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.

Sleigh Driver www.eatingwell.com

Makes: 10 servings, about 1 cup each

Active Time: 15 minutes

Total Time: 50 minutes

Nutrition Profile

Ingredients

- 1 cup water
 - 1/2 cup sugar
 - 1 2-inch piece fresh ginger, peeled and sliced
 - 3 pears, chopped into bite-size pieces, divided
 - 2 quarts apple cider
 - 1 lemon, halved and sliced
 - 1 tablespoon ground allspice
 - 1 cup fresh cranberries
- 2 tablespoons vanilla extract

Preparation

1. Combine water, sugar, ginger and 1 pear in a large saucepan. Bring to a boil over medium-

high heat, stirring occasionally. Strain out the solids and return the mixture to the pan.

2. Add the remaining pears, cider, lemon and allspice and heat over medium-high heat, stirring often, for 15 minutes.

Add cranberries and vanilla and reduce the heat to

medium-low (the liquid should be simmering, not boiling). Let simmer for 10 minutes more. Serve in heat-safe mugs.

Tips & Notes

Make Ahead Tip: Let cool, cover and refrigerate for up to 1 day. Reheat on the stovetop over low heat or in the microwave on Medium.

Nutrition

169 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 42 g carbohydrates; 0 g protein; 2 g fiber; 2 mg sodium; 61 mg potassium.

Carbohydrate Servings: 3

Exchanges: 1 fruit, 2 other carbohydrates



**Non-Alcoholic Holiday Punch!
No Drinking & Driving Your
Sleighs this Holiday Season!**