

HOWELL COUNTY
HEALTH DEPARTMENT

FEBRUARY CALENDAR

WIC: 1, 2, 4, 8, 9, 10, 11,
16, 17, 18, 19, 22, 23, 25, 26,
29

Willow Springs WIC: 3

Mountain View WIC: 1/2
day-5, full day-24

Family Planning: 11, 17, 19

Immunizations: 2, 9, 23

Food Handlers: 8, 22

Breastfeeding Support
Group: 2

Holiday's (closed): Lincoln's
Day-12, President's Day-15

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"Chocomole" pudding

Clinic Hours:

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

Administration Hours

Monday-Friday 8-5

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How to Help Prevent Heart Disease from www.heart.org



No matter what your age, everyone can benefit from a healthy diet and adequate physical activity.

Choose a healthy eating plan. The food you eat can decrease your risk of heart disease and stroke. Choose foods low in saturated fat, *trans* fat, and sodium. As part of a healthy diet, eat plenty of fruits and vegetables, fiber-rich whole grains, fish (preferably oily fish-at least twice per week), nuts, legumes and seeds and try eating some meals without meat. Select lower fat dairy products and poultry (skinless). Limit sugar-sweetened beverages and red meat. If you choose to eat

meat, select the leanest cuts available.

Be physically active. You can slowly work up to at least 2½ hours (150 minutes) of moderate-intensity aerobic physical activity (e.g., brisk walking) every week or 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (e.g., jogging, running) or a combination of both every week. Learn the American Heart Association's Guidelines for Physical Activity in Adults and in Kids. Additionally, on 2 or more days a week you need muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest shoulders, and arms). Children should get at least 60 minutes of activity every day.

It's never too early or too late to

learn the warning signs of a heart attack and stroke. Not everyone experiences sudden numbness with a stroke or severe chest pain with a heart attack. And heart attack symptoms in women can be different than men.

Most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Immediately call 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you. As with men, women's most common heart attack symptom is [chest pain](#) or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Learn more about [heart attack symptoms in women](#).

Show Me Healthy Women Program

Show Me Healthy Women is a program offered by the Howell County Health Department. This program provides free breast and cervical cancer screening for

women 35-64 years of age. It is based on an individual's income, insurance and age. Contact your public health nurse to see if you qualify at 417-256-7078.





Become a Live Well Restaurant!

Breastfeeding is natural and gives baby a healthy start. Let's support breastfeeding moms!

Let's Make West Plains Healthy and Smoke-free!



Live Well Missouri Restaurant Initiative

The Live Well Restaurant program is a menu labeling and social marketing initiative developed by the Polk County Live Well Alliance to promote healthy living among the citizens of Polk Co. Because of its success and the success of similar programs across the nation, the Missouri Dept. of Health and Senior Services expanded this program statewide to benefit Missourians.

The goals of the initiative

are to : 1) enable consumers to easily identify and select healthy options when eating away from home, and 2) increase the number of healthier food options available in local restaurants.

The program is voluntary and directs consumers to healthy food choices. It highlights those entrees that are lower in fat, calories and sodium and includes components such as beans, whole grain,

fruits or vegetables.

Howell County Health Department can work with local restaurants on the program to analyze menu food items, provide Live Well menu inserts, brochures, tables tent and advertising as a Live Well Restaurant.

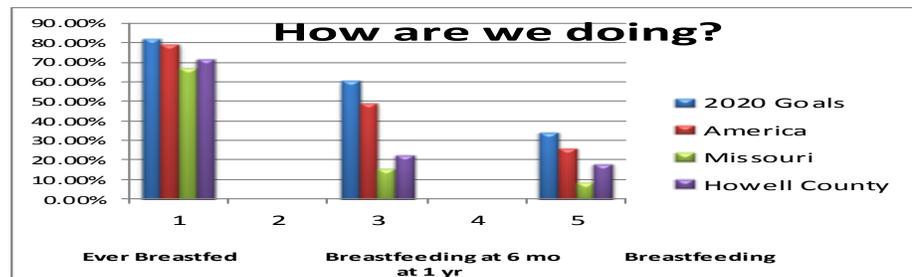
Contact Dawn Hicks at the Howell County Health Department if your restaurant is interested in the Live Well Program.

Breastfeeding Goals by April Bridges, WIC Nutritionist

Healthy People 2020 goals are set by the US Department of Health & Human Services. These goals highlight opportunities to promote health & improve

quality of life for all Americans. The well-being of infants determines the health of the next generation. Breastfeeding infants can prevent death or disability and enable children to reach their full

potential. As a community we need to support mothers and babies who are breastfeeding. The chart below reveals how we are doing as a community to reach those goals.



Smoke Free Ordinance on April 5th Ballot

The West Plains city council voted yes to put a smoke free ordinance on the April 2016 city ballot. The ordinance would prohibit smoking in enclosed places of employment and public places for the purpose of reducing workers'

and citizens' exposure to secondhand smoke. It would exempt private homes, not more than 20% hotel or motel rooms, bars that have no more than 10% in food sales, and tobacco stores that derive more than 80% of their total gross revenue from the sale of

tobacco.

This is an important public health issue as smoking impacts more than the person making the choice. When people smoke in public places they affect the health of everyone around them. So, what are we waiting for it's time to breathe easy WP!



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.

“Chocomole Pudding” www.eatingwell.com

Makes: 6 servings

Serving Size: 1/2 cup

Active Time: 15 minutes

Total Time: 3 1/4 hours

Nutrition Profile

Ingredients

- 16 Medjool dates, pitted and coarsely chopped
- 3 ripe avocados
- 1 cup unsweetened almond milk or coconut milk beverage
- 1 cup unsweetened cocoa powder
- 1/4 cup pure maple syrup or agave nectar
- 1 tablespoon coconut oil
- 1 teaspoon vanilla extract
- Pinch of sea salt, plus more for garnish

Preparation

1. Soak dates in 1 cup hot water

until soft, 5 to 10 minutes.

Drain.

Process the dates, avocados, milk beverage, cocoa, maple syrup (or agave), oil, vanilla and a pinch of salt in a food processor until very smooth and creamy. Refrigerate until cold, about 3 hours. Serve garnished with a little extra



**Dairy Free, Vegan Chocolate
Dessert for your Valentine!**

sea salt, if desired.

Tips & Notes

Make Ahead Tip: Cover and refrigerate for up to 2 days. Stir before serving.

Nutrition

Per serving: 434 calories; 20 g fat (5 g sat, 11 g mono); 0 mg cholesterol; 74 g carbohydrates; 9 g added sugars; 52 g total sugars; 6 g protein; 16 g fiber; 54 mg sodium; 1212 mg potassium.

Nutrition Bonus: Potassium & Magnesium (35% daily value), Folate (24% dv), Iron (18% dv), Vitamin C (17% dv)

Carbohydrate Servings: 4 1/2
Exchanges: 3 fruit, 1/2 other carbohydrate, 3 1/2 fat