

HOWELL COUNTY
HEALTH DEPARTMENT

FEBRUARY CALENDAR

WIC: 2, 6, 7, 8, 9, 10, 14,
15, 16, 17, 21, 23, 24, 27, 28

Willow Springs WIC: full
day-1

Mountain View WIC: 1/2
day-3, full day-22

Family Planning: 9, 15, 21

Immunizations: 7, 16, 23

Food Handlers: 27

Breastfeeding Support
Group: 7

Holiday's (closed): 13th-
Lincolns Birthday, 20th-
President's Day

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Clinic Hours:

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

Administration Hours

Monday-Friday 8-5

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Sleep & Heart Disease

from www.goredforwomen.org

Exercise and eating nutritious foods aren't the only things that can help increase heart health; sleep is also a factor. The better night's sleep you get, the healthier your heart will be. According to a [2011 study by the American Heart Association](#), poor sleep quality is linked to an increased risk of [high blood pressure](#), a potential cause of heart disease. "Our study shows for the first time that poor quality sleep puts individuals at significantly increased risk of developing high blood pressure," said Susan Redline, M.D., the study's co-author, in a statement.

Recommended amount of sleep: So how much sleep is the right amount? Lundberg is hesitant to put an exact number on it. She says it varies from person to person, but that most people need seven hours per night. When we

are young, we need more than that. As we grow older, we may need less, she says. According to the American Heart Association, [studies](#) have found that most people need **six to eight hours of sleep each day** and that too little or too much can increase the risk of cardiovascular problems.

Negative effects of sleep deprivation: The heart is significantly impacted when the body doesn't get enough sleep. As Dr. Gina Lundberg, clinical director of Emory Women's Heart Center, says, "People who are sleep deprived have slower metabolism and more difficulty [losing weight](#). They also have the effect of not wanting to exercise or participate in other healthy habits."

Positive effects of good sleep: The positive effects of a good sleep are immediately evident when we wake up feeling refreshed and ready to take

on the day. Beyond just feeling good, Lundberg explains the solid benefits to our bodies. "The positive effect of sleep is not just on your heart health but also on your stress hormones, your immune system, your breathing, and your mental status," she says. "People who get seven to eight hours of sleep have more alertness and better focus. They have less depression and anxiety. Getting a good night's sleep has a positive impact on your metabolism and weight loss benefits."

Issues for menopausal women: As women's bodies go through [menopause](#), sometimes their sleep is affected. This, Lundberg says, is often due to hot flashes and night sweats. "Some are due to changes in their activity level and metabolism," she adds. "Many women complain of the inability to fall asleep and many others complain of the inability to stay asleep."

Baby and Children's Clothing Needed

The Howell County Health Department is in need of gently worn baby and children's clothing. We provide clothing to families in need who come in for services. This time of year coats, hats and gloves

are in greater need and appreciated.

We could use infant through toddler sizes of both boys and girls clothing. If you have clothing to donate you can drop it by our office at 180 Ken-

tucky or contact us at 417-256-7078 if other arrangements are needed.





Make sure your well water is safe.

In January new food items were added to the WIC approved foods list.

Influenza and Tdap immunizations are important during pregnancy!



Shocking Your Well Water Part I from Justin Fraizer, Environmental Specialist

Wells can provide high quality drinking water if they are consistently monitored and maintained. In the U.S., approximately 50 % of the population receive their drinking water from private wells. With well ownership comes the responsibility of keeping the well in good working order. When wells harbor bacteria, it can cause illnesses to the residents consuming it. Corrective actions can be taken to create a safe water supply. Adding bleach to a well can sanitize the system if done properly. The following steps can help ensure safe, quality water. If bacterial

well tests indicate the presence of bacteria, the following steps can resolve the problem:

1. For every 200 feet of depth of the well you will want to add a half-gallon of **unscented household bleach**.
2. Remove a much water (at kitchen sink) as necessary to make coffee or whatever you will need, because you will be holding the bleach solution in the system overnight, or for at least 6-8 hours during the day-time. You will want to remove any filters that are in the system's main water line before starting this procedure and by-pass any softening or reverse osmosis units.
3. Once you have determined how much bleach will be need-

ed, remove the casing cap from the well head.

4. With a garden hose close by (for recirculation purposes) you should pour the determined amount of bleach into the well. Rinse the interior side of the casing very well, turn off water and replace the well casing's cap.
5. Go into the house and at each individual sink or faucet turn the cold water on, one sink at a time until you smell bleach then turn them all off. Flush the toilets until you smell bleach. Any garden hose hydrants that come off the house need turned on until you smell bleach, then shut off. Let the bleach water sit in the lines for the 6-8 hours.

Changes in WIC From April Bridges, WIC Nutritionist

For a few years, Missouri WIC has been in the process of transitioning WIC benefits from paper vouchers to a card that can be used like a debit or EBT card. Beginning in 2017, a few pilot counties have started to use the card

system in order to work out the "kinks" before going statewide. Possibly, within the next year, all of Missouri will transition to these cards for their WIC participants. In January, there were a few new items added to the WIC approved foods

list. These are in addition to the selections already available.

1. Crunchy peanut butter
2. Old Orchard juices (including pineapple)
3. Nutty Nuggets (generic for Grape Nut cereal)
4. Provolone, Muenster and Swiss cheeses

Pregnant Women at Increased Risk for Flu by Carma Wheeler, Director of Nurses

Pregnant women and their babies are at increased risk for influenza-related complications, including premature labor and preterm birth. Pertussis outbreaks continue in Missouri leaving unprotected infants at highest risk of severe illness, includ-

ing hospitalizations and deaths. Influenza and Tdap immunizations are safe, effective, and important in providing pregnant women and their unborn baby protection against these sometimes deadly illnesses.

The influenza vaccine is recommended for all pregnant women in any trimester during influenza season. Tdap is recommended for all pregnant women as they enter the last trimester of each pregnancy, especially the 27th through the 36th week of gestation.



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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.

Chicken Spinach Soup with Fresh Pesto www.eatingwell.com

Ingredients:

2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
½ cup carrot or diced red bell pepper
1 large boneless, skinless chicken breast (about 8 ounces), cut into quarters
1 large clove garlic, minced
5 cups reduced-sodium chicken broth
1½ teaspoons dried marjoram
6 ounces baby spinach, coarsely chopped
1 15-ounce can cannellini beans or great northern beans, rinsed
¼ cup grated Parmesan cheese
⅓ cup lightly packed fresh basil leaves
Freshly ground pepper to taste
¾ cup plain or herbed multigrain croutons for garnish (optional)

Preparation:

Heat 2 teaspoons oil in a large saucepan or Dutch oven over medium-high heat. Add carrot (or bell pepper) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add

garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes.

With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.



A heart healthy soup for cold winter days!

Combine the remaining 1 tablespoon oil, Parmesan and basil in a food processor (a mini processor works well). Process until a coarse paste forms, adding a little water and scraping down the sides as necessary.

Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.

Nutrition information: Serving size: about 1½ cups, Per serving: 226 calories 9 g fat(2 g sat); 6 g fiber; 18 g carbohydrates; 19 g protein; 77 mcg folate; 28 mg cholesterol; 2 g sugars; 0 g added sugars; 3866 IU vitamin A; 29 mg vitamin C; 93 mg calcium; 2 mg iron; 211 mg sodium; 525 mg potassium, Nutrition Bonus: Vitamin A (77% daily value), Vitamin C (48% dv), Carbohydrate Servings: 1, Exchanges: 1 starch, 1 vegetable, 2 lean meat, 1 fat