

HOWELL COUNTY  
HEALTH DEPARTMENT

FEBRUARY CALENDAR

WIC: 1, 5, 6, 8, 9, 13, 14,  
15, 16, 20, 21, 22, 23, 26, 27

Willow Springs WIC: full  
day-7

Mountain View WIC: 1/2  
day-2, full day-28

Family Planning: 8, 21, 22

Immunizations: 6, 13, 27

Food Handlers: 26

Breastfeeding Support  
Group: 6

Holiday's (closed): 12th-  
Lincolns birthday, 19th-  
Presidents Day

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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 187

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## Hypertension from Carma Wheeler, DON



Hypertension is when your blood pressure, the force of the blood flowing through your blood vessels, is consistently too high. Nearly half of American adults have high blood pressure (HBP). Many do not even know they have it which is why it is so important to have your blood pressure checked regularly. It often develops slowly over time and can be related to many causes. In many people the rise of blood pressure increases with age due to the hardening of large arteries, long-term build-up of plaque and an increased incidence of cardiac and vascular disease.

Medications as prescribed by your physician and posi-

tive lifestyle changes can help enhance your quality of life and reduce your risk of heart disease, stroke, kidney disease and more.

Make changes that matter:

- Eat a well-balanced, low - salt diet
- Limit Alcohol
- Regular physical activity/exercise
- Manage stress
- Maintain a healthy weight
- Quit smoking
- Take medication as prescribe by your physician

According to the American Heart Association the best way to know if your blood pressure is in a healthy or

unhealthy range is to get it checked. If high blood pressure is diagnosed by your physician, regular monitoring can help confirm the diagnosis, detect patterns and alert you to any changes.

**Systolic mm HG (Upper number)** - Normal Range: Less than 120, Elevated: 120 – 129, High Blood Pressure (Stage 1): 130 – 139, High Blood Pressure (Stage 2): 140 or Higher, Hypertensive Crisis (Consult your doctor immediately): Higher than 180

**Diastolic mm HG (Lower number)**- Normal Range: Less than 80, Elevated greater than 80, High Blood Pressure (Stage 1): 80-89, High Blood Pressure (Stage 2): 90 or Higher, Hypertensive Crisis (Consult your doctor immediately): Higher than 120.

## Flu Vaccine Still Available

The Howell County Health Department has seen an increase in the number of flu cases in Howell County in the last few weeks.

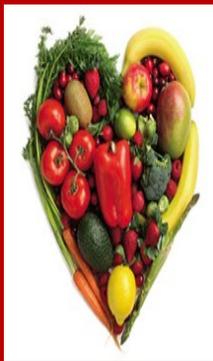
Flu vaccine is still available at the health department and “it is not too late to get your flu shot” stated Carma Wheeler, Director of Nurs-

es at the health dept. Please call 417-256-7078 to schedule an appointment for your flu shot!



Does your rental home have mold?

Join us for a free garden seminar Thursday, February 15th from 2-4 pm.



## Mold in Rental Houses by Justin Frazier, EHS

Mold has become a major source of concern related to health in the indoor environment in rental situations. The Missouri Department of Health and Senior Services has compiled guidelines to follow if you are dealing with mold in a rental situation. Consult the Missouri Landlord Tenant Law to understand your rights, fix the problem if possible. See the Tips and Techniques for Mold Cleanup for recommendations at [www.health.mo.gov/living/environment/indoorair/mold.php](http://www.health.mo.gov/living/environment/indoorair/mold.php). If the problem is something that has to be fixed by the landlord, send a letter in writing to your land-

lord describing the nature of your complaint and keep a copy of the letter. If the rental is managed by an agency such as Housing and Urban Development or the Rural Housing Administration, be sure to contact that agency. If your doctor made specific recommendations regarding your living environment, be sure to include those statements. If the landlord refuses to address the issue, you may find some assistance through local city hall or housing authority regarding local building codes, nuisance ordinances, or tenant codes. The codes will vary across Missouri from city to city and county to

county. The codes do not address mold or the health effects from mold. You should discuss the code violations that exist and promote mold growth, such as: faulty plumbing, construction and ventilation issues, leaky roofs, groundwater infiltration due to improper site placement, improper lumber selection, etc. If no assistance is available locally you may consider contacting an attorney. In some situations, moving may be the final option to protect the health of you and your family. Consult with an attorney to consider placing language in your next rental contract guaranteeing the quality of your indoor environment.

## “Balance in the Garden” Seminar

The West Plains Community Garden will host a free garden seminar called “Balance in the Garden” on Thursday, **February 15th from 2-4 pm** at the health department. This will be presented by Gail Rowley, avid gardener and

nature photographer.

Folks will be able to sign up for a West Plains community garden space from 1-2 pm before the presentation and from 4-5 pm after the presentation.

There will also be an opportunity to sign up for a com-

munity garden space at the Home and Garden Show at the West Plains Civic Center on March 2 & 3.

For more information about the seminar or to sign up for a community garden space please call Dawn Hicks, Health Educator at the health department at 417-256-7078.

## American Heart Month by April Bridges, WIC

February is recognized as American Heart month. A diet that’s rich in fruits, vegetables and fish is recommended for optimal heart health. It is also important to limit saturated and trans fats and added sugars. In-

clude low fat and fat free dairy products and high fiber, whole grains. One of the best reasons to include fruits and vegetables is their antioxidants, but also because they also contribute a number of im-

portant nutrients that most people don’t get enough of. These include folate, magnesium, potassium and dietary fiber, as well as vitamins A, C, and K. And, fruits and vegetables are naturally low in saturated fat and calories!



## 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.

# Creamy Chocolate Gelato

[www.eatingwell.com](http://www.eatingwell.com)

### **Ingredients:**

- ½ cup unsweetened cocoa powder, preferably natural (see Note)
- 2 14-ounce cans “lite” coconut milk (about 3½ cups), divided
- 1 teaspoon vanilla extract
- ¾ cup plus 2 tablespoons sugar
- 2 tablespoons cornstarch
- ⅛ teaspoon salt

### **Preparation:**

Put cocoa in a medium bowl and whisk in enough coconut milk (about ⅔ cup) to make a smooth paste. Stir in vanilla.

Mix sugar, cornstarch and salt in a medium saucepan. Gradually whisk in the remaining coconut milk. Heat over medium heat, stirring frequently with a wooden spoon or heat-proof spatula, until the mixture begins to barely simmer around the edges. Then, stirring constantly and scraping the sides and corners of the pan to prevent scorching, let the



**Chocolate has natural antioxidants**

mixture simmer for 2½ to 3 minutes to fully cook the cornstarch. Scrape the hot mixture into the bowl with the cocoa mixture. Whisk until well blended. Let cool, undisturbed, for about 45 minutes. Cover and refrigerate until cold, at least 3 hours. Pour the gelato mixture into the canister of an ice cream maker. Freeze according to manufacturer's directions. **Make Ahead Tip:** Prepare through Step 2; refrigerate for up to 1 day. Store gelato in an airtight container in the freezer for up to 1 week.

For the best texture, let soften slightly before serving.

Equipment: Ice cream maker

Note: Cocoa powder comes in two styles: natural and Dutch-processed. Dutch-processed cocoa has been treated with alkali, or “Dutched,” to neutralize the natural acidity of cocoa, while natural has not. For this recipe, we prefer the taste of natural cocoa powder, although either type can be used.

### **Nutrition Information:**

Serving size: ½ cup, Per serving: 186 calories; 7 g fat(5 g sat); 2 g fiber; 30 g carbohydrates; 3 g protein; 2 mcg folate; 0 mg cholesterol; 22 g sugars; 22 g added sugars; 0 IU vitamin A; 0 mg vitamin C; 7 mg calcium; 1 mg iron; 64 mg sodium; 83 mg potassium, Carbohydrate Servings: 2, Exchanges: 2 other carbs