

HOWELL COUNTY
HEALTH DEPARTMENT

JANUARY CALENDAR

WIC: 4, 5, 7, 11, 12, 13, 14,
15, 19, 20, 21, 22, 25, 26, 28,
29

Willow Springs WIC: full
day-6, 1/2 day-7

Mountain View WIC: 1/2
day-8, full day-27

Family Planning: 14, 20, 26

Immunizations: 5, 12, 21

Food Handlers: 11, 25

Breastfeeding Support
Group: 5

Holiday's (closed): 18th-
Martin Luther King 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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Cloth Diaper Program from Diaper Resource Center of WP

The Diaper Resource Center (DRC) of West Plains is a diaper bank. Diapers are obtained and distributed to local partner agencies for clients who have a 'diaper need'. About 1 in 3 families say they struggle financially to provide enough diapers to keep their babies clean and dry, often relying on the re-use of disposable diapers. This puts babies at risk for health problems which leads to discomfort, crying and poor sleeping. Parents often become stressed, depressed, and feel inadequate in their ability to raise their child. Situations

of abuse and neglect may result.

Three partner agencies of the Diaper Resource Center of West Plains receive and distribute disposable diapers to families in need. They have seen a need from families and the community for a cloth diaper program.

The DRC of West Plains will be starting a cloth diaper loan program for families. The loan program will require families to register and attend the cloth diaper education/ training program in order to receive their cloth diaper kits.

Each kit will include (prefolds) cloth diapers, covers with snaps and an educational booklet that explains all you need to know about using cloth diapers.

The cloth diaper loan program training will be held on January 19th at 2 pm at the Howell County Health Department and is free to the public. Education will be provided on the use and care of cloth diapers.

Please call the Health Department at 417-256-7078 to sign up to ensure there will be enough cloth diaper kits available.

WIC Quarterly Topic: Beverages by April Bridges, WIC Nutritionist

Each quarter, the WIC program here at Howell County Health Department focuses on a new nutrition education topic. Our topic this quarter is Beverages. Water is one of the most important nutrients in the

body. We need it to absorb food, cool the body, keep bowels regular, and stay hydrated. Water is the best for hydration, sports drinks can have added sugar and sodium that can lead to weight gain. Caffeinated drinks

can cause your body to lose important minerals like calcium. Even juice can add as many calories as a soda. So when working out or lowering calorie intake, think water...your body will thank you!



Physical Activity contributes to a child's brain development.

Find a warming center in your county by going to the Dept. of Health & Senior Services link provided.

Third Hand Smoke accumulates on surfaces and is dangerous!



Missouri Move Smart for Child Care

The Missouri Move Smart Child Care program challenges child care facilities to meet a set of standards that aim to improve the health and wellness of children from ages 2 to 5 years of age. There are two levels of the guidelines to choose to achieve: Intermediate and Advanced.

The core physical activity requirements form the foundation of the Move Smart guidelines. These 3 standards are similar to

the standards required by MO Licensing Rules for child care and should be in place at all licensed child care facilities. The intermediate level requires the core requirements and take the standards to a new level by addressing key issues that are barriers to children getting enough physical activity, such as screen time, structured activity and staff education, etc. The child care facility must meet at least four standards in addition to

those required at the core level.

To achieve the advanced level child care facilities must meet all 12 standards.

Howell Co Health Dept. can assist child care facilities with becoming a Move Smart Center and can help promote Move Smart child care facilities. For more information contact Health Educator Dawn Hicks at the health department at 417-256-7078.

Winter & Warming Centers

From www.health.mo.gov

Winter weather can be hazardous. Be prepared. Use checklists for heating, water, car and emergency, food and safety, cooking and lighting, and communications. Hypothermia is an abnormally low body temperature and is

considered more dangerous than frostbite. It is caused by the general cooling of the body and can quickly become life threatening. If the body temperature drops below 86°F, death can occur. Those most at risk for hypothermia are people who work outside,

people in poor physical condition, the elderly, infants and people with health problems such as diabetes, heart disease and hypertension. Please check the link for warming center locations: <https://ogi.oa.mo.gov/DHSS/warmingCenter/index.html>

Third Hand Smoke Dangers

from www.eurekaler1.org

When cigarette smoke is blown into the environment, its chemical constituents don't just vanish into thin air. Residue from the smoke settles, accumulates and is stored in the sur-

rounding environment, such as upholstery, carpets, walls, clothing and curtains. The residue can be detected long after the last cigarette has been extinguished. This so-called thirdhand smoke

presents an under-recognized danger to human health and especially to young children and people with compromised immune systems, according to a multidisciplinary research team at San Diego State University.



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.

Sweet & Sour Beef-Cabbage Soup www.eatingwell.com

Makes: 6 servings, about 1 3/4 cups each

Active Time: 30 minutes

Total Time: 30 minutes

Ingredients

- 1 tablespoon canola oil
- 1 pound lean (90% or leaner) ground beef
- 1 1/2 teaspoons caraway seeds
- 1 teaspoon dried thyme
- 2 1/2 cups frozen bell pepper and onion mix, thawed, chopped
- 1 medium Golden Delicious or other sweet-tart cooking apple, unpeeled, diced
- 6 cups reduced-sodium beef broth
- 1 15-ounce can crushed or diced tomatoes
- 1 1/2 tablespoons honey
- 1 tablespoon paprika, preferably Hungarian sweet
- 3 cups coarsely chopped Savoy, or green cabbage

- 1-2 tablespoons cider vinegar

- 1/4 teaspoon salt

Freshly ground pepper to taste

Preparation

1. Heat oil in a Dutch oven over medium heat. Add beef, caraway seeds and thyme and cook, stirring and breaking up the beef with a spoon, until it is mostly browned, about 4



Hot, Healthy Soup for Cold Winter Nights.

minutes. Stir in pepper-onion mix and apple; cook, stirring, for 2 to 3 minutes more. Stir in broth, tomatoes, honey and paprika and adjust the heat so the mixture boils gently. Cook for 8 to 10 minutes to blend the flavors. Stir in cabbage and cook just until barely tender, 3 to 4 minutes more. Season with vinegar to taste, salt and pepper.

Nutrition Per serving: 250 calories; 10 g fat (3 g sat, 5 g mono); 54 mg cholesterol; 20 g carbohydrates; 20 g protein; 4 g fiber; 705 mg sodium; 717 mg potassium.

Nutrition Bonus: Vitamin C (45% daily value), Vitamin A (30% dv), Iron & Potassium (20% dv).

Carbohydrate Servings: 1

Exchanges: 2 1/2 vegetable, 2 lean meat, 1/2 fat