

HOWELL COUNTY
HEALTH DEPARTMENT

JULY CALENDAR

WIC: 1, 3, 7, 8, 9, 10, 14,
15, 16, 17, 18, 22, 24, 25,
28, 29, 30, 31

Willow Springs WIC: 2

Mountain View WIC: 1/2
day-11, full day-23

Family Planning: 8, 29

Immunizations: 10, 15,
22

Food Handlers: 14, 28

Breastfeeding Support
Group: 1st

Holiday's (closed): 4th-
Independence 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

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Measles in Missouri

Kansas City Metro area health departments are working with the Kansas Department of Health and Environment and the Missouri Department of Health and Senior Services to investigate a cluster of measles cases. To date, health officials have identified 13 confirmed cases and two probable cases around the metro that are all possibly linked to each other. Rapid identification of cases and vaccination of people at risk of infection are the primary tools in stopping the spread of this highly contagious disease.

These cases are centered in a large community of immigrants from Micronesia living in the Kansas City area. In recent years, Kansas City,

along with Portland, Oregon, has become a major center for immigrants coming from



**Prevent Measles by getting
Vaccinated.**

Micronesia. After landing in Kansas City, new immigrants frequently relocate to other communities in Missouri.

While school aged children are frequently vaccinated against measles and other diseases, adults and preschool aged children are frequently

not vaccinated. Lack of vaccination, coupled with living in large, extended family households provides fertile ground for spreading measles. The tendency to come together with other members of the Micronesian community in church or other social settings also contributes to the spread within the community.

Measles causes fever, runny nose, cough and a rash all over the body. About one out of 10 children with measles also gets an ear infection, and up to one out of 20 gets pneumonia. For every 1,000 children who get measles, one or two will die. Adults can also get measles especially if they are not vaccinated.

Jump for Stronger Bones by www.womenshealthnetwork.com

Here's a great reason to jump for joy — new research shows that with **only 20 jumps a day, premenopausal women can significantly build hip bone mineral density.** Remember that a small changes to your daily routine lead to a big impact in

your bone health, and this is a perfect example!

What's more, this study is important because it highlights that changes can be made in the hip, one of the most common and dangerous fracture areas. It's estimated that the number of hip fractures could triple in the United States by the

year 2040, according to the study authors.

While jumping is simple, you may want to avoid it if you have severe osteoporosis, a history of fracture, balance problems or other health issues. Also, keep in mind that this study looked at premenopausal women.



**Fight the Bite
this Summer!**

**Your Food Choices
could help or hurt
your sleeping quality.**

**Be aware of
RWI's while
making a
splash this
summer.**



MONTHLY MONITOR

Be Tick Smart this Summer

Tick season is in full swing, so how do you keep the ticks away? One tried-and-true prevention measure is to walk in the center of trails to avoid overhanging brush and tall grass. This is effective because of the way some ticks seek a host, which is called "questing." A questing tick will perch itself, front legs extended, on the stems of grass, low brush or on the edges of leaves on the

ground. Using this ambush strategy, the tick waits until a suitable host brushes against the vegetation. Ticks do not jump, fall or fly and are generally found within three feet of the ground.

Carbon dioxide, which is exhaled while breathing, as well as heat and movement serve as stimuli for tick questing behavior. Using an [insect repellent](#)

that contains DEET on your skin protects you because it interferes with ticks' ability to locate you. Another repellent called permethrin, which is used on clothing, actually kills ticks (as well as mosquitoes and chiggers). Permethrin products are designed to bind with fabric and persist through launderings when used according to label directions.

Food Choices and Bad Sleep? by www.empowerher.com

Difficulty sleeping is related to many factors including mental stress like anxiety and depression, as well as daily habits and behaviors, hormonal levels, medications and food choices.

Here are some choices you can make about food that could help improve your sleep?

Don't drink alcohol before going to bed, research suggests that alcohol may actually cause more wakefulness and less restful sleep. **Don't get too caffeinated before bed,** if you drink them too close to bed you may find yourself awake because your body is not relaxed enough for sleep. **Don't eat a meal late or just be-**

fore going to sleep, when you eat just before you go to sleep you activate your digestive system, stomach acid and pancreatic secretions, and the muscles in the intestines to begin to process the food. That prevents the relaxation of the body for sleep. **Don't go to bed hungry either,** going to bed hungry also interferes with sleep because the brain will not have enough glucose during the night.

Recreational Water Illness or RWI by www.cdc.com

The most common RWI is diarrhea. Swallowing water that has been contaminated with feces containing germs can cause diarrheal illness. Swimmers share the water—and the germs in it—with every person who enters the

pool. On average, people have about 0.14 grams of feces on their bottoms which, when rinsed off, can contaminate recreational water. In addition, when someone is ill with diarrhea, their stool can contain millions of germs. This means that just one person with di-

arrhea can easily contaminate the water in a large pool or water park.

Check with your doctor if you have a weakened immune system before swimming. Also, try not to not swallow water while swimming. **Think Healthy, Swim Healthy, Be Healthy!**



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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.

Grilled Tilapia with Summer Vegetables www.eatingwell.com

Ingredients

- 1 cup quartered cherry, or grape tomatoes
- 1 cup diced summer squash
- 1 cup thinly sliced red onion
- 12 green beans, trimmed and cut into 1-inch pieces
- 1/4 cup pitted and coarsely chopped black olives
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh oregano
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon capers, rinsed
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 pound tilapia fillets, cut into 4 equal portions

Preparation

1. Preheat grill to medium.
2. Combine tomatoes, squash, onion, green beans, olives, lemon

juice, oregano, oil, capers, 1/4 teaspoon salt and 1/4 teaspoon pepper in a large bowl.

3. To make a packet, lay two 20-inch sheets of foil on top of each other (the double layers will help protect the contents from burning); generously coat the top piece with cooking spray. Place one portion of tilapia in the center of the foil. Sprinkle with some of the remaining 1/4 teaspoon salt and



Fish and vegetables are Heart Healthy!

pepper, then top with about

3/4 cup of the vegetable mixture.

4. Bring the short ends of the foil together, leaving enough room in the packet for steam to gather and cook the food. Fold the foil over and pinch to seal. Pinch seams together along the sides. Make sure all the seams are tightly sealed to keep steam from escaping. Repeat with more foil, cooking spray and the remaining fish, salt, pepper and vegetables.

Grill the packets until the fish is cooked through and the vegetables are just tender, about 5 minutes.

To serve, carefully open both ends of the packets and allow the steam to escape. Use a spatula to slide the contents onto plates. **Nutrition**

Per serving: 181 calories; 7 g fat (1 g sat, 4 g mono); 57 mg cholesterol; 8 g carbohydrates; 0 g added sugars; 24 g protein; 2 g fiber; 435 mg sodium; 591 mg potassium.

Nutrition Bonus: Selenium 68%