

HOWELL COUNTY
HEALTH DEPARTMENT

MARCH CALENDAR

WIC: 2, 3, 5, 9, 10, 11,
12, 13, 16, 17, 18, 19, 23,
24, 26, 27, 30, 31

Willow Springs WIC: 4

Mountain View WIC: 1/2
day-6, full day-25

Family Planning: 12, 18,
27

Immunizations: 5, 10, 24

Food Handlers: 9, 23

**Breastfeeding Support
Group:** 3

Holiday's (closed): None

INSIDE THIS ISSUE:

Go Green 2

**Community
Garden Spaces** 2

**Smoke-Free
Flying-25 years** 2

Mission 3

**Recipe: Mini
Shepard Pies** 3

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

Measles is a serious respiratory disease caused by a virus. Measles is highly contagious and spreads through the air when an infected person coughs or sneezes.

Measles was once declared eliminated from the U.S. in 2000. Since 2000 the annual number of people reported to have measles peaked in 2014 with 644 people from 27 states. Most of these people were not vaccinated or did not know their vaccination status.

The best way to protect against measles is to get

vaccinated. The vaccine for measles is the MMR (measles, mumps, and ru-



Make sure you have been vaccinated for measles.

bella). Children should receive 2 doses of MMR. Students heading to college who don't have evidence of immunity from measles should also get two doses of MMR. Adults with no evidence of immunity should get at least

one dose of MMR. One dose of MMR vaccine is about 93% effective, two doses are about 97% effective.

Anyone who thinks they have only had one dose of MMR or isn't sure can get a blood test done to ensure if they are immune. The Howell County Health Department can do this test for \$15. If it shows you need an MMR vaccine you can get the vaccine at the health department for \$68.

To schedule an appointment or for more information call the health department at 417-256-7078.

Child Safety Seat Inspection Stations

There are several Inspection Stations located in Howell County where you can go to make sure your child safety seat is installed correctly.

These inspection stations all have certified child passenger safety technicians.

West Plains has 4 inspection stations: the Howell County Health Department, West Plains Fire Department, Ozarks Medical Center and the West Plains Police Department.

Mountain View has 3 inspection stations: Moun-

tain View Elementary, First Presbyterian Church and Mercy St. Francis Hospital.

Please call to make an appointment at any one of these stations. Inspection stations information can be found at www.nhsta.gov or www.safercar.gov and click on car seat safety.



Going, Going
Green!

*Gardening provides
fresh, healthy
produce and physical
activity.*

*Second-hand
Smoke is
deadly, all
Public Places
should be
Smoke Free!*



MONTHLY MONITOR

GO Green and Help the Planet from www.50waystohelp.com

GO VEGETARIAN ONCE A WEEK

One less meat-based meal a week helps the planet and your diet. For example: It requires 2,500 gallons of water to produce one pound of beef. You will also also save some trees. For each hamburger that originated from animals raised on rainforest land, approximately 55 square feet of forest have been destroyed.

RETHINK BOTTLED WATER

Nearly 90% of plastic water bottles are not recycled, instead taking thousands of years to decompose. Buy a reusable container and fill it with tap water, a great choice for the environment, your wallet, and possibly your health. The EPA's standards for tap water are more stringent than the FDA's standards for bottled water.

BUY LOCAL

Consider the amount of pollution created to get your food from the farm to your table. Whenever possible, buy from local farmers or farmers' markets, supporting your local economy and reducing the amount of greenhouse gas created when products are flown or trucked in.

For the full list of 50 ways to help the planet go to their website:

www.50waystohelp.com

Community Garden Space Registration

The West Plains Community Garden is working on a project to make the garden more productive, easier to access for individuals with mobility issues and easier to maintain for future sustainability.

This year the community garden will have cedar framed 4' X 22' garden spaces available to rent . There will also be Veggie Trugs that are beds on legs for those with mobility issues to rent. Registrations will take place March 7 & 8 at the Home

& Garden show at the West Plains Civic Center. Saturday, 9 am-5 pm and Sunday 11 am-4 pm at the garden booth in the lobby. Garden spaces rent for a one time season fee of \$10 each. For more info call the Health Dept. and ask for Dawn Hicks at 417-256-7078.

25 Years of Smoke Free Flying from www.no-smoke.org

On February 25, 1990, the "no-smoking" sign was permanently lit on U.S. domestic airline flights - for the health of flight attendants and passengers. This eventually led to smokefree air on

flights to and from the U.S. and to smokefree policies for airlines worldwide.

2015 marks the 25 year anniversary of this important public health achievement - made possi-

ble by a broad coalition of health groups, incredible legislative champions - **Senator Lautenberg** and **Senator Durbin** (then Rep. Durbin), and tenacious flight attendants who were willing to speak up publicly for their right to breathe.

all



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.

Mini Shepard's Pies www.eatingwell.com

Makes: 4 servings

Active Time: 30 minutes

Total Time: 40 minutes

Nutrition Profile

Ingredients

- 2 teaspoons extra-virgin olive oil
- 1/2 cup chopped onion
- 12 ounces 93%-lean ground beef
- 2 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- 1 cup reduced-sodium beef broth
- 6 ounces baby spinach, chopped
- 3/4 teaspoon salt, divided
- 1/2 teaspoon garlic powder, divided
- 2 12-ounce packages frozen winter squash puree, thawed
- 1/3 cup finely shredded Parmesan cheese

Preparation

1. Position rack in upper third of oven; preheat broiler.
2. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring, until beginning to soften, about 2 minutes. Reduce heat to medium, stir in beef, flour

and tomato paste, and cook, stirring, until the beef is mostly browned, about 3 minutes. Add broth, scraping up any browned bits with a wooden spoon. Bring to a boil and cook, stirring occasionally, until the broth is the consistency of thick gravy, about 4 minutes. Stir in spinach, 1/4 teaspoon salt and 1/4 teaspoon garlic powder; cook until the spinach is just wilted, about 1 minute. Remove from the heat.



Just the right portion so you don't over-do-it!

3. Place squash in a fine-mesh sieve and gently press on it to ex-

tract excess liquid. Transfer to a bowl. Stir in the remaining 1/2 teaspoon salt and 1/4 teaspoon garlic powder. Divide the meat mixture among four 10-ounce broiler-safe ramekins. Top each with about 1/2 cup of the squash. Place the ramekins on a baking sheet. Broil until heated through and bubbling around the edges, about 10 minutes. Sprinkle with cheese and broil until it is just melted, about 3 minutes more.

Tips & Notes

Make Ahead Tip: Equipment: Four 10-ounce broiler-safe ramekins

Nutrition

Per serving: 310 calories; 13 g fat (5 g sat, 3 g mono); 70 mg cholesterol; 26 g carbohydrates; 29 g protein; 5 g fiber; 708 mg sodium; 421 mg potassium.

Nutrition Bonus: Vitamin A (175% daily value), Vitamin C (50% dv), Zinc (33% dv), Calcium (15% dv).

Carbohydrate Servings: 1 1/2

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