

HOWELL COUNTY
HEALTH DEPARTMENT

MARCH CALENDAR

WIC: 1, 5, 6, 8, 9, 12, 13,
14, 15, 16, 19, 20, 21, 22, 23,
26, 27, 29, 30

Willow Springs WIC: full
day-7

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

Family Planning: 8, 21, 29

Immunizations: 6, 14, 20

Food Handlers: 12, 26

**Breastfeeding Support
Group:** 6

Holiday's (closed): None

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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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The Connection between Sleep & Overeating from www.sleepfoundation.org

Getting enough sleep won't just invigorate you; it could also help control how much you eat. A lack of sleep is linked to overeating—especially the overconsumption of junk food—which can lead to weight gain.

Two hormones that help regulate hunger—ghrelin and leptin—are affected by sleep: Ghrelin stimulates appetite, while leptin decreases it. When the body is sleep-deprived, the level of ghrelin spikes, while the level of leptin falls, leading to an increase in hunger.



Another factor is at play, too. A lack of sleep kicks off a process in the body that raises the blood level of a lipid known as endocannabinoid. This acts on the brain in a similar way to marijuana, making the act of eating more enjoyable, especially in the evening. But it increases hunger for specific types of foods, such as cookies, candy, and chips. In fact, people who don't get enough sleep eat twice as much fat and

more than 300 extra calories the next day, compared with those who sleep for eight hours.

Not only does a lack of sleep interfere with hunger signals, but there's also the problem that less time in bed simply gives you more hours of the day to eat. Preventing overeating—as well as obesity—starts with creating a healthy bedtime routine. To manage your weight and how much food you consume, aim to go to sleep and wake up at the same time every day of the week, and give yourself enough time in bed to get seven to nine hours of sleep.

Community Garden Sign Ups at Home & Garden Show

West Plains Community Garden Sign ups for garden spaces will be held in the lobby of the Civic Center during the annual Home and Garden Show.

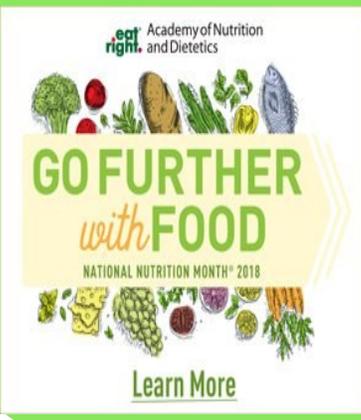
The show is Friday, March 2nd from 3-8 PM and Saturday, March 3 from 9 AM-5 PM. Garden beds are 4'X22' and rent for \$10. If someone is new to garden-

ing or only needs a small space, they can garden in half a bed for \$5. For more information contact the health department at 417-256-7078.



Save this number! Prevent Poisonings

Having your septic tank pumped every 2-3 years is a good idea.



Poison Prevention by Vanessa Howell, RN

Did you know every 8 seconds someone is in need of the poison center? We often think of children needing the help and advice of the poison hotline but adults are at risk too. Keep in mind plants, mushrooms, bites or stings from insects, fumes, gases, medicines, vitamins, and herbs can all be harmful to humans when precautions are not tak-

en. Some helpful tips to protect your loved ones from being exposed to hazardous contaminants is to keep chemicals away from food storage areas, place chemicals out of reach or behind locked cabinets, never call medicine candy, read the directions and labels before using products, purchase products with child resistant packaging, and talk to you child about safety

when around hazardous cleaners or medicine. Anyone can call the poison hotline number for free and private advice at 1-800-222-1222. Save this number in your cell phone and in a convenient location in the event you or your loved one will need help. You are welcome to stop by the health department to pick up some brochures, magnets and key chains with the poison center's number and information.

Is it Time to Pump Your Septic Tank? By Justin Frazier, EHS

So, how does one decide how often a septic tank should be pumped?

Homes that put large amounts of non-biodegradable and slowly biodegradable organics into the septic tank need to pump more often. We also know that the septic tank should be pumped before the captured sol-

ids accumulate to the point where these solids begin being carried with the tank effluent to the absorption area. There are two relatively safe approaches to deciding when (or how often) to pump your septic tank. One is to just have it pumped every two or three years. The other is to open the access port to the first chamber on the septic

tank once every year and insert a long pole to the bottom of the tank and withdraw it. You can see the depth of sludge by the darkness on the pole. If the sludge is more than a third of the tank depth, it is time to have it pumped. Most homeowners are better off just having their tank pumped every two or three years.

National Nutrition Month by April Bridges, WIC Nutritionist

March is recognized as National Nutrition Month. The theme for 2018 is Go Further with Food. Visit The Academy of Nutrition

and Dietetics website: <http://www.eatright.org/nnm> . There you can find tips to reduce food waste, ideas to eat healthier on a

budget, bulk cooking in advance, food safety and much, much more!



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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.

Shamrock Shake www.eatingwell.com

Ingredients:

1 frozen large banana, sliced
1 cup spinach
½ cup low-fat vanilla yogurt
½ cup low-fat milk
⅓ cup packed fresh mint leaves, plus more for garnish
4 ice cubes
Kiwi slices for garnish

Preparation:

Combine banana, spinach, yogurt, milk, mint and ice in a blender. Blend until smooth. If you like, cut kiwi slices into shamrock shapes and thread onto a skewer. Serve the smoothie garnished with the kiwi and mint, if desired.



Wear and Eat Your Greens!

Nutrition information:

Serving size: 2½ cups, Per serving: 287 calories; 3 g fat(2 g sat); 6 g fiber; 54 g carbohydrates; 14 g protein; 75 mcg folate; 12 mg cholesterol; 37 g sugars; 8 g added sugars; 5,254 IU vitamin A; 31 mg vitamin C; 484 mg calcium; 6 mg iron; 191 mg sodium; 1,012 mg potassium, Nutrition Bonus: Vitamin A (105% daily value), Vitamin C (52% dv), Calcium (48% dv), Iron (33% dv), Carbohydrate Servings: 3½, Exchanges: 2 dairy, 2 fruit, 1 vegetable