

HOWELL COUNTY
HEALTH DEPARTMENT

APRIL CALENDAR

WIC: 1, 3, 4, 7, 8, 9, 10,
11, 14, 15, 16, 17, 21, 22,
24, 25, 28, 29, 30

Willow Springs WIC: 2

Mountain View WIC: 23

Family Planning: 8, 16, 25

Immunizations: 3, 10, 22

Food Handlers: 14, 28

**Breastfeeding Support
Group:** 1

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

VOLUME 141

APRIL 2014

National Public Health Week

The theme for national public health week this year, “**Public Health: Starts Here**”, is focused on guiding communities through the evolving public health system.

The public health system like all things is constantly changing and growing as technologies advance, public attitudes toward health shift and more health and safety options become available through policy changes.

National public health week 2014 has daily themes to show the role public health has on community health and safety.

Monday, April 7: Be Healthy from the start. Public health starts at home with maternal health and family nutrition. Prenatal care keeps mothers and babies’ healthy while longer durations of breastfeeding have many positive health benefits for mother and baby.

Tuesday, April 8: Don’t Panic. There are many natural and man-made disasters that communities can withstand if they plan

ahead. Families can put together emergency preparedness kits, create a com-



Public Health Week
April 7-13, 2014

munication plan, designate an emergency meeting place and have drills to practice their plans. Everyone should have a 3 day supply of food and water stored in their homes, with at least one gallon of water per person per day.

Wednesday, April 9: Get out ahead. Public health helps individuals to get ahead by preventing illness; 7 in 10 deaths in the U.S. are related to preventable diseases such as obesity, diabetes, high blood pressure, heart disease and cancer. Public health looks to reduce the burden of high health care costs to our nation reducing or preventing chronic illness.

Thursday, April 10: Eat Well. Public Health plays several roles in making sure everyone eats well. Food is routinely inspected by public health officials that is sold / consumed by the public. Many programs are offered which promote and encourage healthy eating and provide healthy foods such as the WIC (Women, Infant and Children) program. More foods from certain food groups, like fruits and vegetables, should be consumed for better health. Consequently, other foods that are high in sugar, fat and sodium should be avoided.

Friday, April 11: Be the Healthiest Nation in One Generation. For the first time the current generation is not as healthy as the one that came before. The U.S. spends more on health care cost than any other nation. By investing in public health and promoting proven strategies the mission to create a healthier country can be achieved, while reducing overall healthcare costs.



Keep it Positive!

Fiber is an important part of a healthy diet.

Disc Golf is fun fitness.



Positive Attitude & Good Health

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist — someone who practices positive thinking.

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may

provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease

- Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

Full of Fiber

Did you know that the recommended intake for fiber is 20 to 35 grams per day? The average American usually gets half of that or less. Diets high in fiber can help lower cholesterol, keep blood glucose at normal levels, and reduce risks of certain cancers. Ways to increase intake of fi-

ber include eating at least 5 servings of fruits and vegetables per day, increase whole grains and eat fiber rich legumes. This quarter, WIC will provide nutrition education to participants focusing on the importance of whole grains. Participants will be educated about keeping at least half your servings of

grains whole, not processed grains. WIC clients also receive a food package that provides foods like fruit and vegetables, beans, and whole grain breads. In addition, many WIC approved cereals are whole grain. To learn more about WIC services, or to see if you or someone you know qualifies, visit our website at

www.howellcountyhealthdepartment.com or call 417-256-7078.

Fun Fitness

Fitness or physical activity does not have to be boring or a chore. There are so many options out there to make fitness fun.

Try a new class like dance, Zumba, martial arts, spinning, or row-

ing. Sometimes classes like this offer structure and the opportunity to make new friends and keep you going back for more.

If you want a less expensive option just lace up your sneakers and tour all of the great walking / jog-

ging / biking trails our area has to offer. What about tennis, disc golf, or kick ball with the kids? These activities can be done with minimal equipment and are just plain fun.

Whatever you do just get up and move more for better health!



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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.

Asparagus-Mushroom Mini Lasagnas www.eatingwell.com

- Canola or olive oil cooking spray
- 1 cup low-fat milk
- 1 tablespoon all-purpose flour
- 3/4 cup grated Asiago cheese
- 1/8-1/4 teaspoon white or black pepper
- 1 tablespoon extra-virgin olive oil
- 1 large shallot, finely chopped
- 2 cups chopped baby bella mushrooms
- 1/4 teaspoon salt
- 2 cups thinly sliced asparagus (from 1 bunch)
- 24 wonton wrappers
- 1 cup part-skim ricotta cheese
- 1/4 cup prepared pesto

Preparation

Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.

Whisk milk and flour in a small saucepan. Bring to a boil over medium-high heat, whisking constantly, until bubbling and thickened enough to coat the back of a spoon, about 3 minutes.

Remove from heat and whisk in Asiago and pepper to taste.

Heat oil in a large skillet over medium-high heat. Add shallot, mushrooms and salt and cook, stirring occasionally, until the mushrooms release their liquid, 3 to 5 minutes. Add asparagus and cook, stirring, until just beginning to soften, about 3 minutes.

Place a wonton wrapper into the bottom and partway up the sides of each muffin cup. Combine ricotta and pesto in a medium



A veggie delicious new way to make Lasagna.

bowl. Spoon about 2 teaspoons of

the ricotta mixture into each muffin cup. Spread about 2 teaspoons of the Asiago sauce over the ricotta and top with about 1 tablespoon of the vegetable mixture. Place another wonton wrapper over the filling, pressing down gently to form a “cup.” The corners of the wrappers will stick up, forming 4 little points. Repeat with another layer of the ricotta mixture, Asiago sauce and vegetables. Coat the tops with cooking spray.

Bake the mini lasagnas until the tips of the wonton wrappers are golden brown and the filling is bubbling, 18 to 20 minutes. Let cool in the pan for 5 minutes. Loosen and remove with a paring knife. Serve warm.

Nutrition

Per serving: 325 calories; 17 g fat (7 g sat, 6 g mono); 34 mg cholesterol; 29 g carbohydrates; 0 g added sugars; 4 g total sugars; 16 g protein; 2 g fiber; 573 mg sodium; 374 mg potassium.

Nutrition Bonus: Calcium (36% daily value), Folate (26% dv), Vitamin A (19% dv)

Carbohydrate Servings: 2