

HOWELL COUNTY  
HEALTH DEPARTMENT

### FEBRUARY CALENDAR

**WIC:** 3, 4, 6, 7, 10, 11, 13,  
14, 18, 20, 21, 24, 25, 27,  
28

**Willow Springs WIC:** 5

**Mountain View WIC:** 26

**Family Planning:** 11, 19,  
28

**Immunizations:** 4, 10, 25

**Food Handlers:** 10, 24

**Breastfeeding Support  
Group:** 4

**Holiday's (closed):** 12-  
Lincoln's B-Day, 17th-  
President's 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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## Food Safety

The role of public health is to prevent, promote and protect the public.

One of the ways we do this is through inspections of approved facilities that prepare, cook and serve food to the public. About 1 in 6 Americans get sick every year from contaminated food (48 million people). Of those, 128,000 are hospitalized and 3,000 die.

Potentially hazardous food that is sold to the public must be prepared in a commercial or approved kitchen. Food cannot be prepared in a home kitchen to then be sold to the public. Preparing foods for large

crowds is considerably different than preparing food for a family. High risk foods



*There are many steps to  
food safety!*

such as meats, soups, stews, etc. easily harbor bacteria, which grow to very large number in a short time. When large quantities of food are prepared and left out to cool at room temperature or put in a home refrigerator that doesn't have enough capacity to cool it

down fast, the level of bacteria can grow into the millions in only a few hours. Most home kitchens do not afford an adequate amount of space to allow for the complete separation of foods that is required to prevent cross contamination.

There have been several food borne illness outbreaks (i.e. Salmonella) in Missouri over the last few years from foods that were cooked in private homes.

Currently, legislation is being considered in Jefferson City that would allow non-profit organizations to prepare food for public consumption, with no oversight for cleanliness or safe practices.

in the artery walls it makes it harder for blood to flow through. If a clot forms, it can stop the blood flow and this can cause a heart attack or stroke.

To find out how to prevent heart disease go to [www.goredforwomen.org](http://www.goredforwomen.org)

## Go Red for Women-February 7th

Friday, February 7th marks the National Wear Red Day to raise awareness in the fight against heart disease in women.

Heart Disease is the No. 1 killer of women in the United States. It claims more lives than all other forms of cancer combined.

In fact approximately one woman dies every minutes from heart disease in the U.S.

Heart disease affects the blood vessels and cardiovascular system. Numerous problems can result from this. When plaque builds up



Knowing your Cholesterol numbers is heart healthy!

*Simple Changes in Lifestyle can help prevent Heart Disease.*

Eat more fresh foods that have no sodium to reduce your daily sodium intake.



## Inexpensive Cholesterol Testing

You could spend well over \$100 to have a cholesterol screening evaluation completed. However, you should know that you can get the same lipid profile for as little as \$20 at the HCHD.

This is a fasting cholesterol test and it will check for your total cho-

lesterol, HDL, LDL, and Triglycerides.

Cholesterol is a soft, fat like substance found in the blood and in all the body's cells. Our bodies need cholesterol to function normally and stay healthy. However, when you have too much cholesterol in your blood and it builds up in the walls of your arteries it

can harden over time and turn into plaque. The plaque can narrow arteries and cause blockage that can lead to blood clots, heart attacks or strokes.

Knowing your cholesterol numbers can help you lower them if needed or raise your good (HDL) cholesterol. Call today and schedule your cholesterol test at HCHD, 256-7078.

## Ways to help Prevent Heart Disease

There are several things you can do to help prevent heart disease.

**Eat a Balanced Healthy Diet:** Eat a diet rich in fruits, vegetables, whole grains and avoid high fat and high sodium foods.

**Get Exercise Regularly:** This can help control weight, reduce blood pressure and cholesterol levels. Get up and move everyday and find activities you enjoy to keep you active.

**Stop Smoking:** Smoking is the leading cause of

preventable death in the United States. There are many programs to help smokers quit and several nicotine replacement therapies to help.

**Manage your Weight:** Keep your weight in a normal range. Ask your physician for what is a normal range for you.

## Reduce Sodium for Heart Health

High blood pressure is a major risk factor for cardiovascular (heart) disease. A high sodium diet contributes to this problem.

In some people, sodium increases blood pressure because it holds excess fluid in the body, creat-

ing an added burden on the heart. Too much sodium in the diet may also have other harmful health effects, including increased risk for stroke, heart failure, osteoporosis, stomach cancer and kidney disease.

The American Heart Asso-

ciation recommends foods with little or no salt to reduce the risk of cardiovascular disease. **You should aim to eat less than 1500 mg per day.**

Try eating more fresh fruits and vegetables and less processed foods that are typically high in sodium. Be sure to read your food labels.



## 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.

## Chocolate Fondue for Your Valentine [www.eatingwell.com](http://www.eatingwell.com)

**Makes:** 2 servings

**Active Time:** 15 minutes

**Total Time:** 15 minutes

### Ingredients

- 3 ounces bittersweet chocolate, chopped
- 2 tablespoons heavy cream
- 1 tablespoon brewed espresso, (see Kitchen Tip)
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 1 banana, peeled and cut into 8 pieces
- 8 1-inch chunks fresh pineapple
- 4 strawberries

### Preparation

Place chocolate, cream, espresso, vanilla and salt in a medium microwave-safe bowl; microwave on Medium, stirring every

20 seconds, until melted, 1 to 2 minutes. (Alternatively, see “No Microwave?” below.) Pour the chocolate mixture into a serving bowl. Serve with fruit.

### Tips & Notes

- **Make Ahead Tip:** Equipment: Fondue forks or bamboo skewers
- **Kitchen Tip:** If you don't



Fruit with a little chocolate is the perfect desert!

have an espresso maker, look for instant espresso powder at your supermarket.

No Microwave? Place chopped chocolate in the top of a double boiler over hot, but not boiling water. Gently stir until almost melted. Remove from the heat and stir until the chocolate melts completely.

### Nutrition

**Per serving:** 345 calories; 19 g fat ( 10 g sat , 2 g mono ); 20 mg cholesterol; 54 g carbohydrates; 4 g protein; 7 g fiber; 81 mg sodium; 382 mg potassium.

**Nutrition Bonus:** Vitamin C (90% daily value).

**Carbohydrate Servings:** 3

**Exchanges:** 2 fruit, 1 carbohydrate (other), 4 fat