

HOWELL COUNTY
HEALTH DEPARTMENT

JANUARY CALENDAR

WIC: 3, 6, 7, 8, 9, 13, 14,
15, 16, 17, 21, 23, 24, 27,
28, 29, 30

Willow Springs WIC: 8

Mountain View WIC: 22

Family Planning: 14, 15,
31

Immunizations: 7, 9, 23

Food Handlers: 13, 27

**Breastfeeding Support
Group:** 7

Holiday's (closed): 1st-
New Years Day, 20th Mar-
tin Luther King Jr 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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Public Health for You

What will you do in the new year to get healthy? Making lasting changes will give your body and mind benefits for a lifetime.

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

Your local health department has many programs to prevent illnesses. The WIC (Women, Children Nutritional) program is designed to provide healthy foods to mothers, children and their families. Those families also learn about healthy eating from our nutritionists and new mothers have access to

the Breast Feeding Peer Counselor to get their babies off to the best start.



Start the New Year Right!

Your local public health department also offers the Show Me Healthy Women and Wise Women programs that provide pap smears and mammograms to income eligible women at no charge. Annual exams can prevent serious illness. We also offer a

wide variety of immunizations for children and adults.

Did you know your health department also does water testing on private wells to make sure drinking water is safe? Environmental Specialist also routinely inspect food, lodging and childcare establishments to make sure they are following codes to make sure the public stays healthy.

These are just a few of the programs offered. Let your local health department start your new year off right and keep you healthy for many years to come!

New Website Coming 2014

In January Howell County Health Department will have a new look for their website.

There will be more information on our programs and services so you can find what you are looking

for while you are at home, work or on your mobile.

Pages have been expanded. For example, the Environmental page now has information on topics such as radon, bed bugs, mold, water testing, rabies, septic systems and new construc-

tion guidelines for food establishments.

We hope you will take a look at our new site at www.howellcountyhealthdepartment.com



Prevent cavities
and protect
their oral health!

Stay safe every time
you have to travel
during winter
weather.

January may
be the best
time to quit
smoking.

**GIVE!
IT UP!**
Stop smoking for life.

Oral Health

Each quarter, the WIC program offers different “classes” to its participants. Starting in January, the focus of this class will be oral health. Oral health involves more than just visiting the dentist regularly. Prevent tooth decay and keep that healthy smile by fol-

lowing a few of these tips offered by Missouri Department of Health. Stay away from sugary drinks, and replace them with water or low fat milk. Limit candy or desserts that are high in sugar and stick to your teeth. Eat plenty of fruits and

vegetables to promote healthy gums and teeth. Clean infants’ gums with a soft, clean damp washcloth after each feeding, and encourage children to brush twice daily. To learn more, visit <http://health.mo.gov/living/families/oralhealth>

Preparing Your Car for Winter Weather

Winter is here and being prepared for winter weather will help to prevent problems that can occur during a winter storm.

It’s best to stay off of snow or ice covered roads but if you have to be out driving take some simple steps ahead of time to be prepared.

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, make sure the tires have adequate tread,

and check the air pressure in the tires.

In winter months keep your gas tank at or near full to avoid ice in the gas tank or fuel lines.

Don’t forget your first aid kit, and emergency kit with water, a blanket and a flash light.

Quit Smoking in January

from www.actiontoquit.org

Quit smoking this January to quit forever. New research reveals that January is one of the best times to give up your habit. The study, which involved more than 7,000 young people, revealed that people who quit smoking in January are less likely to

pick up their habit again. Researchers explained that people are more likely to be successful at quitting because New Year’s resolutions can give an added boost to quitters’ motivation, which is a very important factor in determining whether a person will be successful.

“Studies over the last decade show that one of the single biggest factors in predicting whether someone will stop smoking is how motivated they are. A January deadline can give a bit of extra motivation,” researcher Professor Linda Bauld of University of Stirling said in a news release.



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.

Slow Cooker Vegetarian Lasagna www.eatingwell.com

Ingredients

- 1 large egg
- 1 15- to 16-ounce container part-skim ricotta
- 1 5-ounce package baby spinach, coarsely chopped
- 3 large or 4 small Portobello mushroom caps, gills removed (see Tip), halved and thinly sliced
- 1 small zucchini, quartered lengthwise and thinly sliced
- 1 28-ounce can crushed tomatoes
- 1 28-ounce can diced tomatoes
- 3 cloves garlic, minced
- Pinch of crushed red pepper (optional)
- 15 whole-wheat lasagna noodles (about 12 ounces), uncooked
- 3 cups shredded part-skim mozzarella, divided

Preparation

Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl.

Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl.

Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 1/2 cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce, overlapping them slightly and breaking into pieces to cover as much of the sauce as possible.



Be creative and add your favorite vegetables!

Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 1/2 cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator.

Put the lid on the slow cooker and cook on High for 2 hours or on Low for 4 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

Nutrition

Per serving: 414 calories; 14 g fat (8 g sat , 4 g mono); 63 mg cholesterol; 48 g carbohydrates; 0 g added sugars; 28 g protein; 7 g fiber; 641 mg sodium; 829 mg potassium.