

HOWELL COUNTY
HEALTH DEPARTMENT

JUNE CALENDAR

WIC: 2, 3, 5, 6, 9, 10, 11,
12, 16, 17, 18, 19, 20, 23,
24, 26, 27, 30

Willow Springs WIC: 4

Mountain View WIC: 6,
25

Family Planning: 10, 18,
26

Immunizations: 5, 17, 24

Food Handlers: 9, 23

Breastfeeding Support
Group: 3

Holiday's (closed): None

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HA Infection 2
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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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WIC Turns 40!

In 1972, the USDA responded to the growing concern over malnutrition in poverty-stricken mothers and young children by piloting WIC (Women, Infants, and Children). As a supplemental food program aimed at improving the health of this population, WIC opened its first site in Kentucky in January of 1974. From adding fruits and vegetables to food packages to extending eligibility to breastfeeding mothers, WIC has seen many changes over the years. Because of the healthy foods, nutrition

education, referrals, and now breastfeeding support that WIC provides, numer-



Eat Healthy. Stay Well.

*Healthy, Nutritious Foods for
Your Family!*

ous studies show the tremendous outcomes of this program. These studies show that WIC helps to reduce premature births and low birth weight babies. It helps to increase immunization rates, access

to prenatal care earlier in pregnancy, and overall access to regular health care. WIC helps to increase consumption of key nutrients such as iron, protein, calcium and Vitamins A and C among children and pregnant women. This improved diet quality leads to reduced incidence of low-iron anemia and other common deficiencies facing this population. WIC-Strengthening Families for 40 years. Visit www.wicturns40.org to find out more about this program.

Hepatitis A Virus and Vaccine

Recently, Red Robin Restaurant in Springfield, MO. had an employee who tested positive for Hepatitis A. Customers who ate at this food establishment during May 8-16, 2014 were highly encouraged to get a Hepatitis A vaccination.

Hepatitis is a serious liver disease caused by the hep-

atitis A virus (HAV). HAV is found in the stool of people with hepatitis A.

It is usually spread by close personal contact and sometimes by eating food or drinking water containing HAV. A person who has hepatitis A can easily pass the disease to others within the same household.

You can get the hepatitis A vaccine to protect yourself from this virus. It is a series of 2 shots, given 6 months apart. If you would like more information about hepatitis A or about scheduling an appointment for vaccinations call the Howell County health department.



Protect Yourself from Healthcare Associated Illness.

Preventing Healthcare-Associated Illness

Imagine for a moment you are in an accident and taken to the hospital. Everything is okay, but you need to stay hospitalized for inpatient care. Your biggest worry may not be healing from your accident. Your biggest worry may be preventing a healthcare-associated infection (HAI) while hospitalized. In 2013, the Centers for Disease Control listed HAI's as one of the number one public health issues today (Centers for Disease Control [CDC], 2013). With more than 1 million Americans getting HAI's during the course of their care, it costs insurance companies, Medicare and Medicaid billions of dollars to treat. Not only are HAI's costly but they are an extra burden on the patient, doctor, hospital staff and ultimately some are deadly.

So, what can you do to protect yourself? According to CDC, there are things you, as a patient, can do to protect yourself. First and foremost, hand washing is a simple and cost effective way to prevent the spreading of germs. If someone enters your room be sure and politely ask them to wash and sanitize their hands before touching you. Secondly, be an advocate for yourself. Ask your doctor specifically what they do to help prevent healthcare-associated infections and if there is anything you can do to help. You should question the doctor about the prescribed antibiotic regimen that is ordered for you. Ask if there will be any testing done to be sure it is the correct antibiotic to fight whatever germ they intend it for. Know and report any signs and symptoms of infection to your nurse or doctor. If

you have a surgical incision redness, heat, swelling, drainage, and fever can be signs of infection. Tell your doctor or nurse if you have greater than three or more episodes of diarrhea in a 24 hour period and have been taking antibiotics (CDC, 2013). Lastly, protect yourself by getting vaccinated. Flu vaccines are recommended for all ages six months and older unless there are contraindications to the vaccine. Depending on your age, health, and wellness indicators you may need other vaccines that your doctor/nurse can guide you on.

Reference

Centers for Disease Control. (January 18, 2013). *CDC Looks Ahead: 13 Public Health Issues in 2013*. Retrieved on May 6, 2014 from <http://blogs.cdc.gov/cdcworksforyou24-7/2013/01/cdc-looks-ahead-13-public-health-issues-in-2013/>

Check all mirrors and blind spots for motorcycles when changing lanes.



Motorcycle Safety

Warm weather means enjoying the beautiful outdoors, and motorcyclists across the state are doing just that. As they're tuning those engines and polishing that chrome one last time, the Missouri Coalition for Roadway Safety wants to remind motor-

ists and motorcyclists alike to "Watch for Motorcycles" in order to help prevent motorcycle crashes, deaths and injuries on Missouri's roadways.

Motorcyclists must also take precautions to remain safe on the road.

Motorcyclists can increase their safety by following these steps:

Wear a DOT-compliant helmet and other protective gear. Obey all traffic laws & be properly licensed and trained. Wear brightly colored clothes and reflective tape to increase visibility.



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.

Sweet and Savory Grilled Chicken www.eatingwell.com

Ingredients

- 2 teaspoons light brown sugar
 - 2 teaspoons dry mustard
 - 1 teaspoon onion powder
 - 1/2 teaspoon kosher salt
 - 1/4 teaspoon white pepper or freshly ground black pepper
- 1-1 1/4 pounds boneless, skinless chicken breast (see Note)

Preparation

1. Combine brown sugar, dry mustard, onion powder, salt and pepper in a small bowl.
2. Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.
3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.
4. To grill: Oil the grill rack (see Tip). Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15

minutes total.
To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15



Summer is a great time to grill lean meats like chicken!

minutes total.

Tips & Notes

Make Ahead Tip: Store the rub in an airtight container for up to 3 months; coat the chicken with the rub up to 30 minutes before grilling or broiling.

Tip: Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack.

Nutrition

Per serving: 140 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 3 g carbohydrates; 2 g added sugars; 23 g protein; 0 g fiber; 196 mg sodium; 198 mg potassium.

Carbohydrate Servings: 0

Exchanges: 3 lean meat