

HOWELL COUNTY  
HEALTH DEPARTMENT

# Monthly Monitor

VOLUME 158

SEPTEMBER 2015

## SEPTEMBER CALENDAR

WIC: 1, 3, 8, 9, 10, 11, 14, 15, 16, 18, 21, 22, 24, 25, 28, 29, 30

Willow Springs WIC: 2

Mountain View WIC: 1/2 day-4, full day-23

Family Planning: 10, 16, 18

Immunizations: 3, 8, 22, 29

Food Handlers: 14, 28

Breastfeeding Support Group: 1

Holiday's (closed): Labor Day-7th

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### Clinic Hours:

Monday-Friday 8-12 & 1-5, closed for lunch 12-1

### Administration Hours

Monday-Friday 8-5

## ESIP-Eat Smart in Parks

Eat Smart in Parks is a statewide effort aimed at promoting healthier eating options in Missouri's state and local parks.



This effort includes the development of a model Eat Smart in Parks policy that guides parks in serving healthier options, training for state and local parks to assist them with using the guidelines, and materials to promote healthier items. The ESIP project team is led by individuals from University of Missouri Extension, Missouri State Parks, Missouri Parks and Recreation Association and the

Missouri Council for Activity and Nutrition.

ESIP is following the 2010 Dietary Guidelines for Americans that are recommendations for consumers to help them select a healthy diet. Missouri's model policy that ESIP is using meets those guidelines.

Howell County Health

Department is working with the West Plains Parks to do the ESIP program. The goal is to have the parks start promoting and offering healthy options along with other concession items so consumers can eat healthier.

A survey is being done to get peoples opinions about the program and it also let you select healthier food items you would like to see offered. Please click on the link below to take the survey.

[https://missouri.qualtrics.com/SE/?SID=SV\\_4ILYIISmFli1Bxb](https://missouri.qualtrics.com/SE/?SID=SV_4ILYIISmFli1Bxb)

## Know Your Cholesterol #'s by Getting Tested www.cdc.gov

September is National Cholesterol Month. Cholesterol is a waxy, fat-like substance. Your body needs some cholesterol, but it can build up on the walls of your arteries and lead to heart disease and stroke when you have too much in your blood.

Having high blood cholesterol puts you at risk of heart disease, the leading cause of death in the United States. People with high cholesterol have about **twice the risk** of heart disease as people with lower levels.

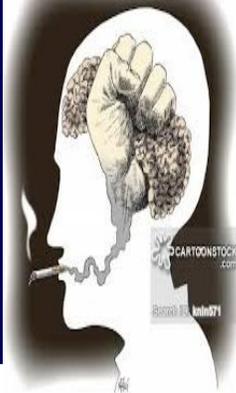
High cholesterol has no symptoms. A simple blood test called a lipid profile will tell you your cholesterol numbers. HCHD has a lipid profile test for \$20. Call ahead to schedule an appointment at 417-256-7078 and find out your numbers.



Laura Wake and April Bridges- WIC Breastfeeding Program

*Is your child's car seat installed correctly?*

*Smoking can increase your risk of dementia by shrinking your brain!*



MONTHLY MONITOR

## Breastfeeding Event Huge Success

The 2015 Breastfeeding Bonanza Event held last month by the Howell County Health Department was a huge success.

Each year the event has grown in size and participation. This year there were 135 participants at the event. There were 10 vendors who provided information and/or showcased products for breastfeeding mom's.

Each one of the participants went home with one of the many door prizes that were donated by local businesses and the health department. Every breastfeeding mom and mom's to be went home with a "Breastfeeding Survival Kit" put together by Howell County Health Department's Breast-

feeding Peer Counselor, Laura Wake.

The Howell County Health Department would like to thank everyone who contributed time and/or door prizes to make the event a success. Next year's event is already in the planning stages.

For more information on our breastfeeding program/services call 417-256-7078.

## Child Passenger Safety Week

It is estimated that between 70-90 percent of child passenger safety seats are installed incorrectly. The week of September 13-19 is designated as Child Passenger (CPS) Safety Week. This is a good reminder to parents and caregivers to find out if

your child's car seat is installed correctly.

You can go to the Safer Car website and search for inspection stations in your area at the following link: <http://www.safercar.gov/cpsApp/cps/index.htm>

West Plains has inspection stations at the following locations: Howell County Health Dept.,

West Plains Police and Fire Departments, and Ozarks Medical Center. Mountain View has inspection stations at Mercy Hospital, Mountain View-Birch Tree R-III and First Presbyterian Church. Each inspection station has at least one nationally certified Child Passenger Safety Technician to help you.

## Dementia and Smoking

from [www.actiontoquit.org](http://www.actiontoquit.org)

July 29, 2015 Smoking, binge drinking and obesity raise the risk of dementia by shrinking your brain, researchers have found. More than 850,000 Britons suffer from the disease, with someone being

diagnosed every three minutes. There is currently no cure, so discovering ways to prevent its onset is vital. Now US scientists have shed light on how the three risk factors can raise the chances of developing demen-

tia, of which Alzheimer's is the most common form. Their findings add weight to previous suggestions that stopping smoking, curbing alcohol intake and maintaining a regular weight may keep the condition at bay.



## 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.

## Super Green Edamame Salad [www.eatingwell.com](http://www.eatingwell.com)

**Makes:** 10 servings

**Serving Size:** about 3/4 cup

**Active Time:** 20 minutes

**Total Time:** 20 minutes

### Ingredients

- 2 12-ounce packages frozen shelled edamame, thawed
- 1 15-ounce can pink beans or pinto beans (see Tip), rinsed
- 1 medium yellow bell pepper, finely diced
- 1/2 cup chopped fresh chives, plus more for garnish
- 2 cups packed baby spinach
- 1 ripe avocado
- 1/3 cup apple juice
- 1/4 cup extra-virgin olive oil or avocado oil
- 3 tablespoons lemon juice
- 2 teaspoons reduced-sodium tamari or soy sauce

- 3/4 teaspoon salt
- 1/4 teaspoon ground pepper

### Preparation

1. Combine edamame, pink beans (or pinto beans), bell pepper and chives in a large bowl.

Combine spinach, avocado, apple juice, oil, lemon juice, tamari (or soy sauce), salt and pepper in a blender. Pu-



**Go Green with your food for your health!**

ree until smooth and creamy.

Add the dressing to the bean mixture and stir to coat. Garnish with more chives, if desired.

Serve at room temperature or cold.

### Nutrition

**Per serving:** 196 calories; 12 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 15 g carbohydrates; 0 g added sugars; 3 g total sugars; 9 g protein; 5 g fiber; 275 mg sodium; 526 mg potassium.

**Nutrition Bonus:** Folate & Vitamin C (58% daily value), Potassium (15% dv)

**Carbohydrate Servings:** 1

**Exchanges:** 1 starch, 1/2 vegetable, 1 lean meat, 1 1/2 fat