

HOWELL COUNTY  
HEALTH DEPARTMENT

**FEBRUARY CALENDAR**

WIC: 2, 3, 6, 7, 8, 9, 10, 14,  
15, 16, 17, 21, 22, 23, 24, 27

Willow Springs WIC: 1

Mountain View WIC: 28

Family Planning: 9, 15, 23

Immunizations: 7, 21

**Covid-19 Vaccination Clinics:** West Plains- 1, 8, 15, 22 (from 9am-4 pm). Willow Springs-I and Mountain View-28 at our satellite WIC clinics.

Food Handlers: 6

**Holiday's (closed):**  
13-Lincoln's Birthday and  
20th-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

VOLUME 246

FEBRUARY 2023

## Walking to Lose Weight from [www.eatingwell.com](http://www.eatingwell.com)

If you've written off walking as a workout for weight loss, you should reconsider. The old-school advice to burn as many calories as you can in a workout is out. The new science is here: If you want to lose weight and keep it off, burning 500 calories at once on the treadmill is not the only way. Instead, create a small calorie deficit through your diet and increase activity in a way that's sustainable and doesn't leave you ravenous. Enter: walking. While not as intense as the Peloton or a HIIT workout, [research](#) shows that walking is associated with weight loss, fat burn, improved mood and reduced risk of chronic diseases. And the best part is that it's free and can be done anywhere. All you need is a [good pair of shoes](#). **Can Walking Really Help You Lose Weight?** Short answer, yes! "Walking helps you lose weight by increasing your heart rate and burning calories. If you burn more calories than you consume, you will be in a calorie deficit, which will result in weight loss," says Tami Smith, ACE personal trainer and owner of [Fit Healthy Momma](#). **One study** found that, compared to those who maintained a sedentary lifestyle, people who walked 50

to 70 minutes per day, 3 days a week for 12 weeks burned more fat. Don't have time to walk for 60 consecutive minutes every day? You might be able to get the same, or better, results doing two shorter walks, according to a [2019 study in the journal Obesity](#). Those who did two 25-minute walks per day 6 days per week lost more weight and inches than those who did one 50-minute walk per day. Both followed the same calorie-controlled diet. In a [2017 study](#) in the *Journal of Nutrition*, one group of people followed a calorie-restricted diet, while the second group followed the same calorie-restricted diet but also walked 2.5 hours per week. Both groups lost weight, but the walking group lost more body fat compared to the group that followed a calorie-restricted diet without walking. The most effective, sustainable plan for weight loss is one that combines dietary changes with exercise. But if you feel like you're doing pretty well in the eating department and still aren't getting the results you desire, it may be time to try the simple and free form of exercise known as walking. **How Long Does It Take to Walk Off 10 Pounds?** How much weight you can lose from walking depends on your current weight, diet and activity level. We recommend losing no more than 1 to 2 pounds per week for sus-

tainable weight loss, which means you could potentially lose 10 pounds in five weeks. However, a more realistic timeline is 10 to 24 weeks, since most people don't have hours to devote to walking every day. Plus, a slower rate of weight loss means you can enjoy vacations and holidays and actually maintain your progress long-term. **How Many Calories Can You Burn Walking?** "Calorie burn from walking depends on several factors, including age, weight, sex, walking pace and difficulty of your walking course," says Alex Davis, co-creator of [Ryan and Alex Duo Life](#). "Generally, 1 mile (or roughly 2,000 steps) walked equates to [burning] 80 to 100 calories." There are 3,500 calories in 1 pound. "This means to lose 1 pound, you'll need to walk roughly 35 miles or 70,000 steps. Over the course of a week, this means targeting 10,000 steps a day," says Davis. At this rate, you could lose 10 pounds in 10 weeks. The more you weigh, the more calories you will burn. According to calculations by the [American Council on Exercise](#), a 185-pound person walking at a brisk pace of 3.5 miles per hour will burn 318 calories in one hour, and a 155-pound person walking at 3.5 mph will burn 267 calories in an hour. The faster you walk, the more calories you will burn, so pick up the pace to lose 10 pounds in a shorter amount of time.



Call us to schedule your cholesterol test.

Clean up mold in your home and fix the moisture problem.

Find the Howell County Inspections on our website!



## Heart Awareness Month from Beverly McDaniel, RN

As the new year is off to a great start, we remember February as heart awareness month. We can think of multiple family members and friends that suffer from heart disease, it's a great time to consider some ways to decrease our risk factors. American Heart month began in 1964 we now have more knowledge to track and improve our likelihood of not getting heart dis-

ease. Knowing our numbers is one of the ways we can decrease chances; blood pressure, labs, weight as well as cholesterol are a few of numbers to keep in check to avoid cardiovascular disease. Technology is an amazing asset to set up reminders for appointments, tracking fitness and monitoring calorie intake from our phone or watches.

Being mindful of stress level and ways to reduce

stress, monitoring alcohol intake and good sleep habits are also ways to decrease risks for heart disease. Consistent exercise routines and good daily habits to increase our activity levels can improve overall health and wellness. Heart disease is the leading cause of death in the United States, take time to decrease your risks by starting some new healthy lifestyle changes this year.

## Mold from Justin Frazier, Environmental Specialist

CDC does not recommend mold testing. The health effects of mold can be different for different people so you cannot rely on sampling and culturing to know if you or a member of your family might become sick. No matter what type of mold is present, you need to remove it. Also, good sampling for mold can be expensive, and there are no set standards for what is and what is not an acceptable quantity of different kinds of mold in a home. The

best thing you can do is to safely remove the mold and work to prevent future mold growth. Mold can look like spots. It can be many different colors, and it can smell musty. If you see or smell mold, you should remove it. You do not need to know the type of mold.

If mold is growing in your home, you need to clean up the mold and fix the moisture problem. Mold can be removed from hard surfaces with household

products, soap and water, or a bleach solution of no more than 1 cup of household laundry bleach in 1 gallon of water. Mold can cause many health effects. For some people, mold can cause a stuffy nose, sore throat, coughing or wheezing, burning eyes, or skin rash. People with asthma or who are allergic to mold may have severe reactions. Immune-compromised people and people with chronic lung disease may get infections in their lungs from mold.

## Vitamin D from April Bridges, WIC Nutritionist

Vitamin D is manufactured in the skin by action of ultraviolet light (the sun) on chemicals naturally present in the skin. The dietary requirement for vitamin D depends on the amount of sunlight exposure and age, but most of us require about 600 IU's of vitamin D each day. With the shorter

days of winter, many of us leave home before daylight and don't return until dark, leaving little time to soak up any sun. Vitamin D is added to cow's milk and cheese to help absorb calcium to build and maintain bone mass. Adults need 3 cups of dairy each day, but

drinking that much milk won't meet the DRI for vitamin D alone. During the winter months, be sure to fit in foods that are naturally high in vitamin D, like fish, liver, and egg yolks. Talk to your doctor about your individual needs, and whether a supplement is right for you.



## 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.

## Howell County Health Department Staff & Email

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