

HOWELL COUNTY
HEALTH DEPARTMENT

JUNE CALENDAR

WIC: 1, 2, 5, 6, 8, 9, 12, 13,
14, 15, 16, 20, 21, 22, 23,
26, 29, 30

Willow Springs WIC: 7

Mountain View WIC: 27

Family Planning: 8, 21, 29

Immunizations: 6, 13, 20

Covid-19 Vaccination Clin-
ics: West Plains—7, 14, 21,
28 (from 9am-4 pm). Wil-
low Springs—7 and Moun-
tain View—27 at our satel-
lite WIC clinics.

Food Handlers: 5

Holiday's (closed): 19th-
Juneteenth

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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 250

JUNE 2023

Walking to Lower Blood Pressure from eatingwell.com

From research about [chocolate and blood pressure](#) to how [napping relates to blood pressure](#), this heart-health-related biometric is a frequent hot topic here on *EatingWell*—and one that fans often want to learn more about. Going back to basics for a moment, what is blood pressure (aka hypertension), exactly?

"Blood pressure is defined by the pressure of blood inside the arteries. Higher blood pressure means that the heart has to do more work to pump blood," explains [Natalie Rizzo, M.S., RD](#), a plant-based sports dietitian with Greenletes in New York City and the author of *Planted Performance*. According to the [American Heart Association](#), anything 120/80 mmHg or lower falls under the "normal" category, while Stage 1 hypertension is classified as 130-139/80-89 mmHg. Stage 2 is anything 140/90 mmHg or above, and "hypertensive crisis"—requiring immediate medical care—occurs when blood pressure is over 180/120 mmHg.

According to the [Centers for Disease Control and Prevention](#), uncontrolled high blood pressure can lead to chest pain and, eventually, heart attack, heart failure or stroke. The [World Health Organization](#) explains that some risk factors for high

blood pressure are things you can't control, including family history (genetics), age and frequently co-existing conditions, such as kidney disease or diabetes. But other hypertension risk factors are things you can affect, including whether you smoke, consume excess salt and saturated fats and more. While diet might be the single most impactful lifestyle factor related to blood pressure, research published in September 2022 in the journal *Hypertension* suggests other important factors are at play.

Exercise is one of the [three things that can help lower high blood pressure](#) even when medication isn't helping. While a well-balanced fitness routine that meets the [recommendations for physical activity](#) is best, aerobic workouts, in particular, appear to be important to prioritize. According to a study in the February 2019 edition of *Hypertension*, sedentary adults who walked for just 3 minutes every 30 minutes while sitting for 8 hours experienced better blood pressure shifts than their fully seated peers. And that was just one day. Over time, the shift can be more significant. A January 2022 meta-analysis in the journal *American Family Physician* found that, after analyzing 73 studies with more than 5,700 participants with hypertension, walking 150 minutes per week for 15 weeks (about 3½ months) lowered blood pressure by 4/2 mmHg.

Why Is Walking Good for Your Blood Pressure?

"Walking is an aerobic activity, so it increases endurance and physical fitness, which are both benefits for heart health," Rizzo says. "Research also shows that people who walk more have a lower risk for heart disease." For instance, a 2019 study published in *Preventing Chronic Disease* concluded that walking is a way to encourage an active lifestyle and prevent cardiovascular disease. The heart is just like any other muscle: the more we use it, the stronger it becomes. "All of our muscles work better when they are strong," says [Damien Joyner](#), an ACE-certified health coach and personal trainer with Incremental Fitness in San Diego. "Think of physical activity as strength training for our heart. When the heart is stronger, it can push the blood throughout our body with less effort. Because of physical activity, our heart becomes more efficient at pushing the blood, and the force on our arteries decreases. As that force decreases in our arteries, our blood pressure is lower."

All forms of physical activity, including walking, can impact heart health and help to lower blood pressure, adds [Angie Asche, M.S., RD, CSSD](#), a registered dietitian and owner of Eleat Sports Nutrition in Lincoln, Nebraska. She says that exercise is especially beneficial for systolic blood pressure (the first number in that mmHG reading), which can, in turn, help reduce the risk of heart attacks and strokes.



Make Sun Protection an Everyday Habit!

Take advantage of WIC extra allowance of fruits & vegetables through September.

Keep your grilled foods safe and prevent foodborne illness.



Skin Cancer Prevention from Beverly McDaniel, RN

Summer time has just begun and everyone enjoys being outside enjoying all the fun warm weather activities this time of year. June is skin cancer awareness and prevention month. Some important things to consider when heading outside for chores, exercise or fun is keeping cool and hydrated but also protecting your skin. As temperatures in Missouri can quickly hit the 90's in summer its best to do activities early morning or in evenings to prevent the peak heat of day. Many people are unable to limit working outside during those times, it's important

to use sunscreen to prevent burning and too much UV exposure. Light weight, long sleeve shirts, pants, and a large brim hat to protect face and head while outside will give some protection from UV rays.

One in five Americans will develop skin cancer by the age of 70. Routine skin checks by your health care provider or dermatologist is ideal for early detection and treatment of cancer. Always let your health care provider know if you have new growth on the skin, changes in a mole, or sore area that doesn't heal. Don't forget to protect those eyes, look for sunglasses that wrap

around and block both UVA and UVB rays. Sunscreen with SPF of 15 or greater is recommended, reapply and make sure to cover all areas that are exposed to the sun. Also make sure to check the expire date on sunscreens. Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes, so don't wait to apply that sunscreen. Skin cancer is most common type of cancer in US. It's important to protect your skin year round and monitor it on regular basis. Make sun protection an everyday habit and enjoy your summertime activities.

WIC Benefits for Fruits & Veggies from April Bridges, WIC Nutritionist

The increase in WIC benefits for fresh or frozen fruits and vegetables continues through September 30. Take advantage of this extra allowance to create fun, cool, tasty summer treats and sides. Plenty of recipes that use WIC foods can be found on the WIC Shopper app, as well as WIC Health.org. Here is just a couple of ways to

use that produce for hot summer days!

Smoothie

1 banana, ½ cup ice, 1 cup low-fat plain yogurt, ½ cup orange juice, 4 frozen strawberries

Directions:

Wash prep area, your hands, and banana. Peel banana. Place in blender. Add

remaining ingredient to the blender. If using cinnamon, add now. Blend until smooth.

Tips: Use any fresh fruit, such as peaches, blueberries, raspberries or mangoes. Use in season fruits when you can. For a creamier smoothie, use non-fat milk, or soy milk instead of orange juice. Freeze slices of fruits that needs used soon, then use in your smoothies.

Safe Summer Grilling from Justin Frazier, EPHS

Grilling is a summer classic enjoyed by many. One of the awesome things about grilling is that you can grill pretty much anything! Burgers, chicken, seafood, vegetables... they're all delicious when cooked on the grill. **Clean:** No matter what you're grilling, always start with clean hands. You should especially wash your hands before and after touching raw meat, poultry and seafood items to prevent the

spread of foodborne illness bacteria. Always wash fruits and vegetables before preparing. Run fruits and vegetables under clean, running water and gently rub to remove any debris. Never wash or rinse meat, poultry or seafood items. Doing so greatly increases your risk of cross-contamination because bacteria can be spread to other foods, utensils and surfaces.

Separate: Always keep your

raw meat, poultry and seafood items separate from ready-to-eat foods, such as salads, dips and even any fruits and vegetables you plan on grilling. **How To Grill Meat, Chicken, and Fish:** When grilling meat, poultry and fish, it's important to use a food thermometer to make sure your items are truly being cooked through to a safe minimum internal temperature.



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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.

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