

HOWELL COUNTY
HEALTH DEPARTMENT

SEPTEMBER CALENDAR

WIC: 1, 5, 7, 8, 11, 12, 13,
14, 15, 18, 19, 20, 21, 22,
25, 27, 28, 29

Willow Springs WIC: 6

Mountain View WIC: 26

Family Planning: 14, 20, 21

Immunizations: 5, 11, 12,
19, 28

Covid-19 Vaccination Clin-
ics: West Plains-6, 13, 20,
27 (from 9am-4 pm). Wil-
low Springs-6 and Moun-
tain View-26 at our satel-
lite WIC clinics.

Food Handlers: None

Holiday's (closed): 4-Labor
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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September is Childhood Obesity Awareness Month from www.cdc.gov

Childhood obesity is a complex disease with many contributing factors, including genetics, eating patterns, physical activity levels, and sleep routines. Conditions where we live, learn, work, and play can make healthy eating and getting enough physical activity difficult if these conditions do not support health.

About 1 in 5 American children has obesity. Compared to children with healthy weight, children with overweight or obesity are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and heart disease. Adults with obesity have higher risks for stroke, [many types of cancer](#), premature death, and mental illness, such as clinical depression and anxiety. Though there is no one solution to addressing obesity, there are many ways parents and caregivers can help children have a healthy weight and set up lifelong healthy habits at home.

Model a Healthy Eating Pattern: Frozen and canned fruits and vegetables are often less expensive than fresh and still good for you. Look for low sodium or no salt added vegetables and fruits packed in 100% fruit juice. Adopting [healthy eating patterns](#) as a family helps children reach and maintain a healthy weight as they age.

Eating a variety of vegetables and fruits, whole grains, lean protein foods, and low-fat and fat-free dairy products follows [nutrition guidelines](#) and sets your family up for [optimal health](#). Help your children get the nutrients they need by making half their plate fruits and vegetables. Help kids [rethink their drink](#) by replacing sugary drinks, such as soda, fruit drinks, and flavored milk, with water, 100% juice, or plain low-fat milk.

Move More as a Family: Physically active youth have stronger muscles and bones, better cardiovascular fitness, and lower body fat than those who are inactive. Children aged 3–5 years should be physically active throughout the day. Children aged 6–17 years need at least 60 minutes of physical activity every day. Help your children [move more](#) and meet the [Physical Activity Guidelines for Americans](#) by making it a family affair. Walking the family pet before and after school, riding bikes, and having races in the yard all count toward physical activity. Active chores, such as washing the car, vacuuming a room, or raking leaves, also count.

Set Consistent Sleep Routines: Good sleep helps prevent type 2 diabetes, obesity, injuries, and problems with attention and behavior. Kids who don't get enough sleep are at risk for unhealthy weight gain. Researchers are still trying to learn how sleep is linked to weight gain. Some reasons might include causing a child to eat more or to be less physical

active because of to lack of energy.

[How much sleep do kids need?](#) Preschoolers need 11–13 hours of sleep per day, including naps. Children 6–12 years old need 9–12 hours of uninterrupted sleep a night, and youth 13–18 need 8–10 hours. Sticking to a consistent sleep schedule, including on weekends, can help children sleep better.

Replace Screen Time with Family Time: In young people, too much screen time can lead to poor sleep, weight gain, [lower grades in school](#), and poor mental health. Reducing screen time can free up time for family activities and can remove cues to eat unhealthy food.

Turning screens off an hour before bed and removing screens from children's bedrooms can help reduce screen time and improve sleep. The American Academy of Pediatrics recommends creating a [family media plan](#) with examples of how to reduce screen time.

Talk to your child's healthcare provider if you're concerned about potential health risks associated with excess weight. Families can adopt healthy routines together, but they also need supportive environments. Learn more about [what can be done to make healthy and active living accessible for everyone.](#)



Healthy lifestyle choices can promote good brain health.

Most establishments will reopen quickly after closure.

There are many ways to keep a health smile.



World Alzheimer's Month from Cheri Carda, RN and www.alzint.org

The Alzheimer's Disease International describes Alzheimer's as an illness under the umbrella of dementia, with 50-60% of dementia cases.

The primary symptoms can include: problems with changes in mood and personality, word difficulties, trouble with understanding what people are saying, and trouble with routine tasks.

Although we can't change our genes or stop ageing, there are changes that we can make to reduce our

risk of dementia, either lifestyle changes as individuals or wider changes across society. A growing body of research evidence exists for 12 potentially modifiable risk factors.

We might prevent or delay up to 40% of cases of dementia, if we were able to modify all of the risk factors.

Although behavior change is difficult and some associations might not be causal, individuals have a huge potential to reduce their dementia risk. Many of the risk factors are also shared with other non-communicable

diseases such as heart disease, cancer, diabetes and chronic respiratory diseases.

Keeping active, eating well and engaging in social activities all promote good brain health and may reduce your risk of developing dementia. Keeping your heart healthy, including by avoiding smoking and excessive alcohol consumption, can lower your risk of dementia and other diseases too.

For more info go to www.alzint.org

Food Establishment Closures from Justin Fraizer, EPHS

When and Why We Close? A food establishment must close when issues are found during routine, follow-up and complaint inspections that can cause a significant public health danger. If the violations cannot be immediately fixed, they must close to prevent illness or injury. Most establishments quickly reopen after the violation is corrected. Closure for repeated violations can also occur if

the establishment does not work to correct the observed violations. **Reasons for closure:** Fire, Flood, Extended lack of power or water, Sewage backup, Misuse of dangerous chemicals, Apparent foodborne illness outbreak, Very unsanitary condition, Lack of refrigeration, No hot or running water, Broken refrigeration/ unable to properly hold cold foods safely, Repeated critical violation,

No operating permit, Owner/manager interferes with inspector doing their job.

Establishments that have been closed by the Health Department will be given a list of violations, corrective actions required and a re-inspection date. Once those violations are corrected and a satisfactory re-inspection has occurred, the establishment would be allowed to re-open.

Oral Health from April Bridges, WIC Nutritionist

Oral health involves more than just visiting the dentist regularly. Prevent tooth decay and keep that healthy smile by following a few of these tips offered by Missouri Department of Health. Stay away from sugary drinks like soda, replace 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. For infants, clean their gums with a soft, clean damp washcloth after each feeding, even if they have no teeth. Never give sodas, juice, or other sweetened drinks in a bottle. For children, encourage

brushing teeth twice every day, and floss once every day. Finally, for pregnant and lactating women, brush and floss daily, don't smoke, and have tooth decay treated so that you don't pass it on to your baby.



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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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