

HOWELL COUNTY HEALTH DEPARTMENT

APRIL CALENDAR

WIC: 1, 2, 4, 5, 8, 9, 10, 11, 12, 15, 16, 17, 18, 19, 22, 24, 25, 26, 29, 30

Willow Springs WIC: 3

Mountain View WIC: 23

Family Planning: 17, 18, 25

Immunizations: 2, 9, 16, 30

Food Handlers: 1

Holiday's (closed): None

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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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Public Health Week, April 1-7, 2024 from nphw.org

During each day of National Public Health Week, we focus on a particular public health topic. Then, we identify ways each of us can make a difference on that topic. These areas are critical to our future success in creating the healthiest nation, and everyone can do their part to help.

Civic Engagement: Civic engagement, the actions that we and our communities take to identify and address problems, shapes our opportunities to be healthy. By taking actions to get more civically engaged, like voting, we exercise our right to make decisions about our communities, like whether our neighborhoods have walkable sidewalks, how much funding goes to reproductive health clinics in our states and how prepared the nation's infrastructure is for future pandemics and disasters.

Healthy Neighborhoods: We know that where we live – where we eat, sleep, work, play, learn and pray – can have a huge effect on our health. But what makes a neighborhood healthy? Having safe places to live, without hazards or pollution. Having safe ways for everyone to be active, like sidewalks, and safe places to bike. Having easy access to fresh, affordable, nutritious and culturally appropriate food. When our neighborhoods are healthy, we have the building blocks for healthy lives.



Climate Change: Climate change is the most pressing threat to human health that our world faces today. Some groups of people, including communities of color and low-income neighborhoods, are disproportionately impacted by climate change. They face decades of limited investment in their health and increased pollution in their neighborhoods. We need swift action to lessen the health impacts of climate change. Now is the time to act. Actions should come from and with communities.

New Tools and Innovations: Public health is all about preventing disease, diagnosing health conditions and encouraging health and well-being. However, achieving these goals wouldn't be possible without the help of new tools and innovations in public health. From wearable fitness bands to virtual doctors' appointments, new technology has changed the way individuals and communities receive and respond to health information. Other tools, like warning systems for natural disasters or COVID-19 testing kits, can help individuals stay connected and protected during emergencies. Advancements in public health can help us in the fight towards equity, so all people and populations can thrive.

Reproductive and Sexual Health: When people have access to quality reproductive and sexual health care and education, they can live happier and healthier lives. However, reproductive and sexual health justice are under attack, with over 500 anti-LGBTQ+ bills being introduced in 2023 alone and 43 states banning or heavily restricting access to safe abortions.

Emergency Preparedness: Unexpected events such as power outages and natural disasters like earthquakes and hurricanes can happen without a moment's notice. That is why being ready for emergencies is crucial. Emergency preparedness is exactly what it sounds like; it involves planning, having supplies on hand and knowing how to stay safe during an emergency. Being ready for crises before they happen can not only protect you and your loved ones but also underserved communities where disasters can worsen inequities.

Future of Public Health: Public health needs to take a fresh approach — one rooted in fairness and inclusivity. Picture this: a world where equity isn't just a buzzword, but a guiding principle. Communities are at the heart of decision-making and actively shaping their health, not sidelined. Public health's future is all about teaming up — joining forces with unexpected partners from different sectors and centering community voices. This future is about tearing down barriers, not just fixing problems but preventing them altogether. It's making sure every person has access to the support and care they need for a healthier life.



Make sure your Holiday food is safe.

Whole grains can increase your daily fiber intake.

We do STD / STI testing, call us today!



Spring Holiday Food Safety from USDA.gov.

It's a special time of year as we welcome spring and celebrate several holidays. Many families and communities will be celebrating with their Easter, Eid, and Passover traditions. Whether you're celebrating your Easter dinner with ham, Eid lunch with lamb, or Seder meal with brisket, remember to keep food safety at the forefront.

In a season of different traditions and foods, USDA offers the same food safety tips for everyone: Be sure to allow plenty of time to thaw a frozen ham, lamb, or brisket with the three safe thawing methods: refrigerator, cold water, or microwave thawing. Be

sure to follow the minimum internal temperatures when cooking meat and poultry items: Beef, pork, veal and lamb steaks, chops, roasts: 145 F, Fish and shellfish: 145 F, Ham, fresh or smoked (uncooked): 145 F, Eggs: 160 F, Ground meats: 160 F, All poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing): 165 F. When reheating already cooked meat and poultry items that have cooled, they should be reheated to at least 165 F. USDA recommends reheating cooked meat and poultry products on the stove top, in the oven, or in a microwave. Keep in mind the "Danger Zone" between 40 and 140 F — a temperature where food-

borne bacteria multiply rapidly and cause foodborne illness. To prevent entering the Danger Zone, perishable foods, such as kebabs, brisket, or ham, should be discarded if left out for longer than two hours. To prevent food waste, refrigerate or freeze perishable items within two hours, or keep hot foods hot and cold foods cold. Divide leftovers into smaller portions and refrigerate or freeze them in shallow containers, which helps leftovers cool quicker than storing them in large quantities. Leftovers can be kept in the refrigerator for three to four days or frozen indefinitely, but quality will decrease after three to four months.

Whole Grains from April Bridges, WIC Nutritionist

Did you know that the recommended intake for fiber is 20 to 35 grams per day? The average American usually gets half of that or less. Diets high in fiber can help lower cholesterol, keep blood glucose at normal

levels, and reduce risks of certain cancers. Ways to increase intake of fiber include eating at least 5 servings of fruits and vegetables per day, increase whole grains and eat fiber rich legumes. WIC clients receive a food package that provides

foods like fruit and vegetables, beans, and whole grain breads. In addition, many WIC approved cereals are whole grain. To learn more about WIC services, or to see if you or someone you know qualifies, visit our website or call 417-256-7078.

April is STD Awareness Month from Monica Childers, LPN

April is national STD awareness month and according to the Centers for Disease Control and Prevention (CDC): There are 20 million new STD cases in the U.S. every year. Get Tested: Sexually transmitted diseases (STD) and sexually transmitted infections (STI) mean the same thing, and that is a disease that is spread through sexual activity (remember that includes all types of sex – vaginal, anal, and oral). Anyone who is sexually active is at risk for getting and

spreading an STD. At Howell Co. Health Dept., you can get confidential STD testing- that means you do not need a parent or guardian's consent, but we encourage you to inform a parent or guardian if you think you need STD testing. STD testing at Howell County Health Department is available at low or no cost. People with multiple sexual partners, those who think they may have been exposed to a STD, those who've had unprotected sex with a part-

ner whose health status was unknown, or anyone who has symptoms of an STD should get tested. If you think you have an STD, you should make an appointment to get tested right away and hold off on all sexual activity until you get tested. To make an appointment call 417-256-7078. Upon result of your test, a nurse can discuss safe sex, treatment options, birth control, how to talk to your partner, and more. If you have any questions, don't hesitate to ask!



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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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