

HOWELL COUNTY HEALTH DEPARTMENT

MAY CALENDAR

WIC: 2, 3, 6, 7, 9, 10, 13,
14, 15, 16, 17, 20, 21, 22,
23, 24, 29, 30, 31

Willow Springs WIC: 1

Mountain View WIC: 28

Family Planning: 9, 15, 16

Immunizations: 7, 14, 21

Food Handlers: 6

Holiday's (closed): 8th-
Truman Day and 27th-
Memorial 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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#1 Habit if Your Trying to Build Muscle from www.eatingwell.com

Habits like consistent weight lifting and frequent resistance training are crucial components of muscle building. But choosing the right types of foods and ratio of macronutrients is what matters most for muscle building. Protein plays a large part in muscle growth, but there are some nuances to [how much protein you should have each day](#) and how to space out your intake. Let's take a closer look at the habits that play a role in gaining muscle mass and how to prioritize muscle building on a daily basis.

What Is the #1 Habit to Start If You're Trying to Build Muscle?

The No. 1 habit you should embrace if you're trying to build muscle is to prioritize protein. [Protein](#) needs differ from person to person, based on size and activity level. The Recommended Dietary Allowance, also known as the minimum amount of protein you should have each day, is 0.8 grams per kilogram (aka 0.36 grams per pound) of body weight. For a 150-pound person, that's at least 54 grams of protein per day. According to the International Society of Sports Nutrition, a daily protein intake of 1.4 to 2 grams per kilogram (0.63 to 0.9 grams per pound) of body weight is sufficient for building and maintaining muscle mass for most exercising individuals.¹ For the same 150-pound person, that's about 94 to 135

grams of protein per day. Protein intake should be spread throughout the day at breakfast, lunch, dinner and snacks. Ideally, eating protein every three to four hours can help maximize muscle protein synthesis. What's more, research suggests that having 15 to 25 grams of protein in the two hours after a workout can aid in muscle growth.² But muscle accumulation also occurs in the 24 hours after a workout, so it's important to continue balanced dietary practices throughout the day.

How Does This Habit Help You Build Muscle?

Protein is made up of building blocks called amino acids. The body uses these amino acids for muscle growth and repair. During exercise, the muscles experience microtears. The amino acids from protein repair those tears, and any leftover amino acids go toward building new muscle. This is the foundation of muscle growth. Specifically, branched-chain amino acids—valine, leucine and isoleucine—have been shown to be very effective in this muscle-growing stage.³ Luckily, these amino acids are abundant in foods like chicken, tofu, eggs, milk, tuna and lentils.

Ways to Add More Protein to Your Diet

The most effective strategy for adding more protein to the diet is to incorporate it at every meal and snack. Here are some simple ways to add protein into each meal of the day.

Breakfast: Eggs are a protein-rich breakfast staple, but there are plenty of other ways to get this macronutrient first thing in the morning. Add a cup of milk or soy milk to your [smoothie](#) or oatmeal

for a protein punch. Top your morning [muesli](#) with nuts and seeds. Or opt for a [chia pudding](#) or [yogurt parfait](#), both of which are packed with protein.

Lunch: Make protein the star of the show with a [turkey roll-up](#) or a [chicken wrap](#). If you're plant-based, a [chickpea salad sandwich](#) is a high-protein filling meal. Or, choose a hearty [bean](#) or [lentil soup](#) that's perfect for making ahead.

Snacks: [Protein energy balls](#) are a yummy snack that you can prep ahead and eat whenever hunger strikes. [Frozen Greek yogurt bark](#) is another simple and satisfying snack that packs a protein punch.

Dinner: Plan your dinner around a protein, like lean [turkey breast](#), [sheet-pan fish](#) or [marinated tofu](#). Then add veggies and a starch like rice or noodles for a simple and complete meal.

Dessert: Believe it or not, it can be easy and delicious to add protein to your dessert. Try our [Banana Pudding Parfait](#) for a protein-packed riff on a classic, or whip up our simple [2-Ingredient Peanut Butter Banana Ice Cream](#). Or lean into silken tofu's velvety texture with impressive recipes like this tasty [Chocolate Raspberry Tofu Pie](#).

The Bottom Line

Protein is a crucial component to muscle growth, and suggested intakes vary based on body size and activity level. Spread your protein intake throughout the day, but prioritize getting it at each meal and snack to help you meet your goals. To help make it easier, think about how to ensure a source of protein is on your plate and then build a dish around it.



Protect Your
Pets and Family!

Join us Friday, May
3rd for the Mommy
and Me event.

Ladies, we
can help
with your
healthcare
needs!



Rabies Clinics from Justin Frazier, EHS

The Howell County Health Department will again be sponsoring a rabies vaccination clinic on May 4th, where residents may receive reduced cost vaccinations for their pets. “This year’s clinic will offer residents two locations and times to have their pets vaccinated, with no appointment necessary. Cost for a rabies only vaccine is

\$12 and a Rabies/ Distemper/Parvo combo will be \$23” according to Howell County Health Department Environmental Services Supervisor Justin Frazier. “We would like to extend a sincere thank you to Dr. Lewis and the Mountain View Animal Clinic for volunteering their time and service to this clinic,” stated Frazier.

The times and locations are as follows: **Mountain View-May 4, 2024**, Mountain View Animal Clinic Parking Lot, 1615 CR 2990, Mountain View, Time- 1-3, Dr. Joe Lewis, 417-934-2323. **Willow Springs-May 4, 2024**, Willow Springs Booster Field, Time- 9-11, Dr. Joe Lewis, 417-934-2323

WIC Mommy & Me Event from April Bridges, WIC Nutritionist

WIC will be hosting our 3rd annual Mommy and Me event on **Friday, May 3rd, 10:30-12:30**. Participants will be eligible to win lots of door prizes. Parents as Teachers will be doing a short activity with the kids. Local agencies

will be there with information about their services. And, there will be a speaker with information about mental health services available. Meet other moms, learn about connected play with your child, coping skills for your mental health and

get updated on basic safety education. Bring the kids out to Ozark Action Building 2 at 710 East Main Street in West Plains for a fun filled morning! Follow us on Facebook at facebook.com/WICandSupport.

Women’s Health Week from Debbie Anderson, LPN

In May we celebrate National Women’s Health week from 5/12-5/18. At the Howell County Health Department, we offer a wide variety of Women’s services including pregnancy testing, Gynecological exams, STD testing, birth control op-

tions and even pre-natal case management services to those who qualify. Whether you are just beginning your journey into womanhood, or a more seasoned adult, we have services that can help keep you healthy! All services are

performed by our skilled team of nurses and Healthcare Providers, with special attention to confidentiality for your privacy. For more information, or to schedule an appointment, please call us at 417-256-7078. We have immediate openings.



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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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