

HOWELL  
COUNTY  
HEALTH  
DEPARTMENT

# Monthly Monitor

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FEBRUARY 2025

## FEBRUARY CALENDAR

WIC: 3, 4, 6, 7, 10, 11, 13, 14, 18, 19, 20, 21, 24, 26, 27, 28

Willow Springs WIC: 5

Mountain View WIC: 25

Family Planning: 6, 19, 20

Immunizations: 4, 11, 18

Food Handlers: 3

Holiday's (closed): 12th-Lincoln's Birthday, 17th-Presidents Day

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### Clinic Hours:

Monday-Friday 8-12 & 1-5, closed for lunch 12-1

### Administration Hours

Monday-Friday 8-5

## The #1 Activity to Improve Heart Health According to a Cardiologist from [www.eatingwell.com](http://www.eatingwell.com)

Focusing on heart-healthy foods that are low in saturated fat and sodium is an essential part of improving your cardiovascular health. But physical exercise is just as important. Exercise alone can help better your heart health—even just 5 minutes a day—but if you're unsure what type of exercise to start with, it can be more simple than you may think. We asked cardiologist David Sabgir, M.D. the loaded question: What's the top activity or form of physical exercise that he recommends for heart health? Here's what he has to say.

**The #1 Activity to Support Your Heart Health:** The founder of Walk with a Doc gave an answer that shouldn't surprise you—but we fully endorse it. "I'm always encouraging my patients to introduce more movement into their sedentary lifestyles, and one of the easiest



and best ways is to start with walking," Sabgir tells *EatingWell*. "Walking is low impact, safe and free—meaning more people can walk to see both its physical and mental health benefits." Walking is a very effective way to boost your heart health and one of the simplest forms of exercise. "As a form of cardiovascular exercise, walking ultimately can improve one's heart health by lowering the risk of heart disease and stroke, regulating blood pressure and cholesterol and strengthening muscles and bones," Sabgir explains.

The science also backs this up: A study published in February 2023 by the *British Journal of Sports Medicine* found that walking for just 11 minutes a day can

help reduce your risk of heart disease, several types of cancers and premature death. If you're unsure how to incorporate walks into your lifestyle, we got you covered. There are plenty of walking plans for you to choose from, like this 7-Day Walking Plan to Lower Blood Pressure or this Walking Plan to Help Lower Your Cholesterol Levels. The Health Benefits of Walking Backward, According to Fitness Experts

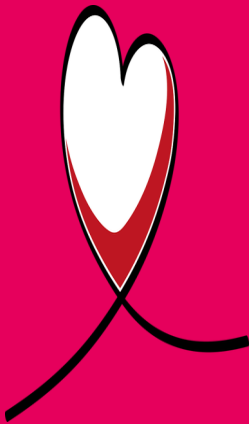
**The Bottom Line:** Both what you eat and how you move your body are important elements for improving your heart health—Sabgir calls it a "wellness puzzle." Alongside a healthy eating pattern, including a walk in your regular routine is an easy way to add exercise into your daily life. "Everything is connected," Sabgir explains, noting that exercise, nutrition, sleep and even social connection are all "interconnected factors" for your overall health. "Making sure you're taking small, manageable steps to create sustainable healthy habits can lead to more positive health outcomes."



*Service Animals are defined by the ADA.*

*Go for fruits and vegetables to get important nutrients.*

*Be aware of heart disease risks.*



## Service Animals and Grocery Stores from Justin Fraizer, EPHS

Live animals are not ordinarily allowed on the premises of a food establishment according to 6-501.115 of the Missouri Food Code. Service animals who are controlled by the disabled employee or person are allowed in non-food preparation areas if a health or safety hazard will not result from the presence or activities of the service animal.

Service animals are defined by the Americans with Disabilities Act (ADA) as a dog that has

been individually trained to do work or perform tasks for an individual with a disability. Animals who provide comfort without a specific task are considered emotional support animals, not service animals. Service animals are not required to wear a vest, ID tag, or specific harness and handlers are not required to show proof. However, service animals must be under the control of the handler at all times, whether unleashed or leashed. To determine if a dog is a service animal, individuals can ask two questions: Is this a service

animal? If so, what tasks is this animal trained to perform?

Placing a dog or other live pet in a cart is considered contamination of surfaces, as these surfaces are not always effectively cleaned or sanitized after animal use and before food or food items are placed in the cart. This could cause a health or safety hazard by contamination of food or food items that is then transferred to the end consumer and would be a violation of Missouri Food Code.

## American Heart Month and Nutrition from April Bridges, WIC Nutritionist

February is recognized as American Heart month. A diet that's rich in fruits, vegetables and fish is recommended for optimal heart health. It is also important to limit saturated and trans fats and added sugars. In-

clude low fat and fat free dairy products and high fiber, whole grains. One of the best reasons to include fruits and vegetables is their antioxidants, but also because they also contribute a number of important nutrients that most people don't

get enough of. These include folate, magnesium, potassium and dietary fiber, as well as vitamins A, C, and K. And, fruits and vegetables are naturally low in saturated fat and calories!

## February is All About Hearts from Cheri Carda, RN

Everyone knows that February is all about love, chocolates, and valentines. But February is also about being aware of heart disease risks and taking care of your heart health.

The Centers for Disease Control report that in 2022 1 in every 5 deaths were from heart disease. It is still the leading cause of death, regardless of gender, race, or ethnicity. They estimate that a person dies every **33**

**seconds** from heart disease.

Early action and detection are key. Through a healthy diet, exercise and health risk modifications, you can lower your risk. Some Health conditions that increase your risk are: Obesity, Diabetes, Excessive alcohol use. It is also important to be aware during the winter that cold temperatures and outdoor work like

shoveling snow can increase the risk of a heart attack or cardiac arrest.

You can follow websites such as Centers for Disease Control ([cdc.gov](http://cdc.gov)), American Heart Association ([heart.org](http://heart.org)), and the American Red Cross ([redcross.org](http://redcross.org)) for more information on lowering your risk and getting the message out to those we love.



## 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.

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