

HOWELL
COUNTY
HEALTH
DEPARTMENT

SEPTEMBER CALENDAR

WIC: 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: 11, 18

Immunizations: 2, 9, 16, 30

Flu Clinic Drive Thru: 26

Food Handlers: 8

Holiday's (closed): 1st-Labor Day

INSIDE THIS
ISSUE:

Baby Safety Month 2

WIC Farmer's Market Vouchers 2

Suicide Prevention Month 2

Mission 3

HCHD Staff and Email 3

Clinic Hours:

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

Administration Hours

Monday-Friday 8-5

Monthly Monitor

VOLUME 277

SEPTEMBER 2025

National Cholesterol Education Month from www.cdc.com

Blood cholesterol is a waxy, fat-like substance made by your liver. Blood cholesterol is essential for good health. Your body needs it to perform important jobs, such as making hormones and digesting fatty foods. Your body makes all the blood cholesterol it needs. Experts recommend that people eat as little dietary cholesterol as possible.

Dietary cholesterol is found in animal foods, including meat, seafood, poultry, eggs, and dairy products. Learn more about [preventing high cholesterol](#) by making healthy eating choices.

What do blood cholesterol numbers mean? Cholesterol is measured in milligrams per deciliter (mg/dL). When you go to a health care professional to [get your cholesterol checked](#), this test will usually check the levels of cholesterol and triglycerides in your body. (A cholesterol check is also called a lipid panel or lipid profile.)

- **Low-density lipoprotein (LDL) or "bad" cholesterol.** Having high levels of LDL cholesterol can lead to plaque buildup in your arteries and result in heart disease or stroke.

- **High-density lipoprotein (HDL) or "good" cholesterol.** HDL is known as

"good" cholesterol because high levels of it can lower your risk of heart disease and stroke.

- **Triglycerides**, a type of fat in your blood that your body uses for energy. The combination of high levels of triglycerides with either low HDL cholesterol or high LDL cholesterol levels can increase your risk for heart attack and stroke.



Total cholesterol, the total amount of cholesterol in your blood based on your HDL, LDL, and triglycerides numbers.

What is high cholesterol? If you are an adult or child, a total cholesterol above 200 mg/dL may be considered high. This condition is also called hyperlipidemia. Millions of people in the United States have high cholesterol, it can cause health problems. Work with your health care team to prevent and manage high cholesterol by working toward optimal cholesterol levels.

Certain health conditions, such as type 2 diabetes and obesity, can

raise your risk for high cholesterol. Lifestyle factors, such as eating a diet high in saturated and trans fats and not getting enough activity, can also raise your risk for high cholesterol. Some people who have a family history of high cholesterol can also be at risk for high cholesterol. All these factors are called "risk factors." You can't control some of these risk factors, such as your age or your family history. But you can take steps to lower your risk for high cholesterol by changing things you can control. What problems does high cholesterol cause? Having high blood cholesterol can lead to a buildup called "plaque" on the walls of your arteries (a type of blood vessel). As plaque builds up over time, the insides of your arteries narrow. High cholesterol also increases your risk for [heart disease](#) and [stroke](#), two leading causes of death in the United States.

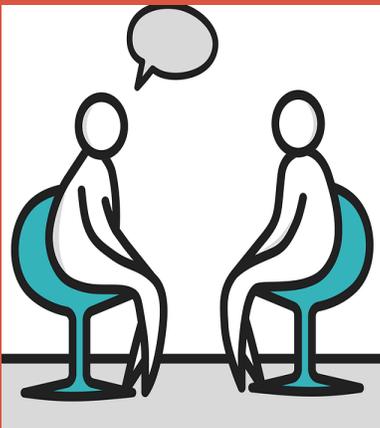
The only way to know whether you have high cholesterol is to get your cholesterol checked by your health care team. Talk with your health care team about how often you should have your cholesterol screened. [Learn about getting your cholesterol checked and why it is important.](#)

Howell County Health Department offers low cost Cholesterol testing at our office. Please call 417-256-7078 to find out more & to schedule an appointment.



We can help you with your carseat installation.

Don't forget to use your WIC Farmer's Market Vouchers before the end of October.



Baby Safety Month from Debbie Anderson, LPN

September 2025 is Baby Safety Month, sponsored by the Baby Safety Alliance, and this year their spotlight is on helping educate parents and caregivers on the safe selection and use of baby products. The items I would like to highlight today are car seats. From that first car ride home with your baby from the hospital, until your child graduates to only a seat-belt, choosing the right car seat for your precious cargo is so important! In today's market there are literally hundreds of car seats to choose from in various brands, styles, and price points. The key to the perfect seat is really quite simple- The right seat is the one that you can and will use correctly every time. This simply means that you are able to install it, secure the child in it, and that it fits your child and vehicle appropriately. The Howell

County Health Department has 5 Certified Passenger Safety Technicians (CPST) on hand to help support your car seat needs! If you have questions or concerns about whether or not your child is properly secured, about the most appropriate timing for turning forward facing or need assistance with obtaining a car seat, please call our office at 417-256-7078 and ask to talk to one of our CPSTs.

WIC Farmer's Market Vouchers from April Bridges, WIC Nutritionist

As the season begins to wind down, WIC wants to remind those who received Farmer's Market benefits to spend them before October 31. There are still plenty of options to choose from. Some late season crops include apples, green beans, squash, tomatoes and peppers. West Plains Farmer's Market is open on Wednesdays and Saturdays until noon.

September is Suicide Prevention Month from www.nami.org

Start a Conversation. Be the Difference. Each September, NAMI recognizes Suicide Prevention Month as a time to raise awareness, spread hope, and spark meaningful action around one of the most urgent mental health issues of our time. Suicidal thoughts, like mental health conditions, can affect anyone, regardless of age, gender, or background. While they may be common, they should never be seen as normal. More often than not, they signal deep emotional

pain or an underlying mental health concern that deserves understanding, care, and professional support. Yet, suicide is still too often met with silence, stigma, or shame. At NAMI, we believe that silence should never be the response to someone's pain. That's why we're working tirelessly to change that. Our goal is to ensure that individuals, friends, and families have access to the tools, resources, and support they

need to talk openly about suicide, recognize warning signs, and seek help without fear or shame. This September: Start a Conversation. Be the Difference. With one conversation, asking someone how they're really doing — and being ready to truly listen — can save lives. Because here's what we know: No one has to face this alone. Help exists. Healing is possible. And all it can take is for one person to start a conversation.



Howell County Health Department

180 S. Kentucky Ave
West Plains, MO 65775

Phone: 417-256-7078

Fax: 417-256-1179

website: www.howellcountyhealth.com

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

Administrator-Chris Gilliam, email: chris.gilliam@lpha.mo.gov

Admin Assistant, Vital Records Clerk-Sheila Roberts, email: sheila.roberts@lpha.mo.gov

Financial Officer-Shelly Uphaus, email: shelly.uphaus@lpha.mo.gov

Health Educator-Dawn Hicks, email: dawn.hicks@lpha.mo.gov

Environmental Specialist-Justin Frazier, email: justin.frazier@lpha.mo.gov

Environmental Specialist-Curtis Beaulieu, email: curtis.beaulieu@lpha.mo.gov

Administration Receptionist-Kara McGinnis, email: kara.mcginis@lpha.mo.gov

WIC Supervisor-Phyllis Crider, email: phyllis.crider@lpha.mo.gov

WIC Clerk-Sharon Owen, email: sharon.owen@lpha.mo.gov

WIC Certifier, HPA & Clerk-Linda Lewis, email: linda.lewis@lpha.mo.gov

WIC HPA-Candace Stockton, email: candace.Stockton@lpha.mo.gov

WIC Nutritionist-April Bridges, email: april.bridges@lpha.mo.gov

WIC Nurse Educator, Cailynne Henry, email: cailynne.henry@lpha.mo.gov

WIC Breast Feeding Peer Counselor-Alicia Tetrick: alicia.tetrick@lpha.mo.gov

Director of Nurses, Katey Seiber, email: katey.seiber@lpha.mo.gov

Nurse-Cheri Carda, email: cheri.carda@lpha.mo.gov

Nurse-Bev McDaniel, email: beverly.mcdaniel@lpha.mo.gov

Nurse-Debbie Anderson, email: debbie.anderson@lpha.mo.gov

Front Desk Receptionist-Abby Stankovich, email:

abby.stankovich@lpha.mo.gov

Front Desk Receptionist-Luz Cope, email: luz.cope@lpha.mo.gov

