

**HOWELL
COUNTY
HEALTH
DEPARTMENT**

Monthly Monitor

VOLUME 267

NOVEMBER 2024

NOVEMBER CALENDAR

WIC: 1, 4, 5, 11, 12, 14, 15, 18, 19, 20, 21, 22, 25, 27

Willow Springs WIC: 13

Mountain View WIC: 26

Family Planning: 7, 14, 20, 21

Immunizations: 5, 12, 19

Food Handlers: 4

Holiday's (closed): 28 & 29
Thanksgiving

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Clinic Hours:

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

Administration Hours

Monday-Friday 8-5

National Diabetes Month 2024 from www.awarenessdays.com

National Diabetes Month 2024 is an annual observance dedicated to raising awareness about diabetes, a chronic health condition that affects millions of people worldwide. This month-long campaign aims to educate the public about the different types of diabetes, risk factors, prevention strategies, and the importance of early detection and management. National Diabetes Month also serves as a platform to support individuals living with diabetes, their families, and healthcare providers in their efforts to control the disease and improve overall health.

What is National Diabetes Month? National Diabetes Month is a month-long campaign focused on increasing awareness about diabetes and its impact on individuals and communities. It provides a crucial opportunity to educate people about the risk factors for diabetes, the importance of a

healthy lifestyle, and the management of the disease.



When is National Diabetes Month 2024? National Diabetes Month is observed throughout the month of November each year. In 2024, it will span from November 1st to November 30th, offering a month of dedicated efforts to raise awareness and support those affected by diabetes.

History of National Diabetes Month: National Diabetes Month was established to address the increasing prevalence of diabetes and its significant impact on public health. It is supported by healthcare organizations, advocacy groups, and individuals committed to diabetes awareness and prevention. Over time, National Diabetes Month has played a vital

role in promoting diabetes education, encouraging healthier lifestyles, and advancing research and treatment options to improve the lives of individuals living with diabetes.

Howell County Health Department is partnering with Missouri Highlands Healthcare to offer free Diabetes Education in small group settings. Each group will have 4 classes, each covering a different aspect of diabetic living. This is a series of 4-classes, once per month for 4 months. These classes will be taught by a ADCES certified lifestyle coach.

You will get your A1C levels and BMI checked at the first and last class and at a 90 day follow up. Snacks will be provided and you will get a \$25 Casey's gas card for your participation at the last class. Classes will start November 13th, 2024 at Howell County Health Department, 180 Kentucky Ave. West Plains, Missouri.

You must register to attend. Please call Howell County Health Department at 417-256-7078 and ask to speak to Dawn Hicks, Health Educator.



Whooping Cough
can be prevented
with a vaccine.

**It's common to gain
1-2 lbs. during the
Holiday Season.**

**Following
guidelines
can
prevent
illnesses.**



Whooping Cough from Bev McDaniel, RN

Whooping cough or pertussis is an infectious disease spread from person to person with respiratory droplets. Sneezing, coughing or touching a surface contaminated with the bacteria spread the disease from a sick person to healthy person. Children are more likely to have severe illness especially babies. Some of the signs of pertussis are similar to other diseases such as cough, runny nose, low grade fever and sneezing. The 'whooping' sound cough is a common symptom. It can take 5-10 days to show symptoms after an exposure, and people complain about the cough lasting for weeks. A doctor will test by using swab to take sample from nose and send to lab looking for the pertussis bacteria that causes the disease. Ways to avoid getting pertussis include good hand hygiene and covering a cough or sneeze, staying up to date on vaccines, and if you are exposed the doctor will sometimes give an antibiotic to lessen symptoms or risks associated with disease. Complications

such as pneumonia and difficulty breathing can lead to hospitalization especially in infants. Early diagnosis and treatment is important for them.

Whooping cough is a vaccine preventable disease that is easily transferred and effects our most vulnerable population. It is important to monitor for symptoms, stay up to date on vaccines and always have good hand hygiene. Contact your health care provider or call Howell County Health Department to inquire about vaccines.

Holiday Weight Gain from April Bridges, WIC Nutritionist

It is common for Americans to gain one to two pounds during the holiday season. While this is not a lot of weight, research shows that it accumulates through the years. There are a few common practices that can be avoided during the holidays however, that can decrease the chance of that extra gain on the scale. First, re-

member to eat breakfast while preparing for the holiday feast. Skipping meals can result in overeating. Second, buffet style meals are common during the holidays and may encourage second and third helpings. Try to start with a salad or fill your plate with vegetable before moving on the entrees and dessert. These foods that are

high in fiber are also high in volume, which will satisfy hunger without the extra calories. Finally, after the big meal- try to avoid crashing on the couch. Large gatherings and cooler weather is the perfect time for a backyard game of bat-mitten or softball. It will burn some of those extra calories and it is fun for more than just the kids.

Food Storage Guidelines in a Power Outage from Justin Frazier, EPHS

In the event of an extended power outage, the safe storage of potentially hazardous food products requiring refrigeration becomes a serious public health concern. If electricity is not quickly restored to your home and you have been unable to make alternate arrangements for the storage of your refrigerated, potentially hazardous food products, the following guidelines are to be followed to prevent serious food-borne illnesses:

All refrigerated, non shelf-stable, potentially hazardous food items must be maintained

at a temperature of 45 degrees Fahrenheit or below and be protected from physical damage including water, chemicals, unauthorized personnel, etc. **Potentially hazardous foods are primarily those containing meat, fish, poultry and dairy products.** If the temperature of any non shelf-stable, potentially hazardous food item exceeds 45 degrees Fahrenheit for a period exceeding two (2) hours, the product must be disposed. If the temperature of any non shelf-stable, potentially haz-

ardous food item exceeds 45 degrees, and you cannot ascertain how long the product has been above 45 degrees, the product must be discarded. Frozen foods that become thawed, but remain below 45 degrees Fahrenheit pose quality concerns, **NOT** public health concerns. Decisions regarding the use/and or re-freezing of these products rest with their owner. If, however, the temperature of the thawed products exceeds 45 degrees Fahrenheit for a period of two (2) hours, they too must be discarded.



Howell County Health Department

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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.

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