



Public Health  
Prevent. Promote. Protect.

# DOUGLAS COUNTY HEALTH DEPARTMENT

*February 2010*      *Volume 10*      *Edition 2*

Mon 01	WIC (by appointment)
Tues 02	Office Closed 8:00 AM — 10:00 AM Immunizations (by appointment)
Wed 03	WIC (by appointment)
Thurs 04	Blood Pressure & Blood Sugar Screening: Red Bud Apartment 8—9 AM Blood Pressure & Blood Sugar Screening: Community Center 9:30 —10:30 AM
Fri 05	WIC (by appointment)
Mon 08	WIC (by appointment)
Tues 09	Office Closed 8:00 AM —10:00 AM Immunizations (by appointment)
Wed 10	WIC (by appointment)
Fri 12	Office Closed: Lincoln's Birthday
Mon 15	Office Closed: President's Day
Tues 16	Office Closed 8:00 AM —8:45 AM Immunizations (by appointment)
Wed 17	WIC (by appointment)
Thurs 18	Blood Pressure & Blood Sugar Screening: Community Center 9:30 —10:30 AM
Fri 19	WIC (by appointment)
Mon 22	WIC (by appointment)
Tues 23	Office Closed 8:00 AM —10:00 AM Immunizations (by appointment)
Wed 24	WIC (by appointment)
Fri 26	WIC (by appointment)

In cooperation with the Missouri Department of Health and Senior Services  
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Ava, MO 65608  
417-683-4174

## *Eat Smart*

You are what you eat. It's an old saying that still holds true today. Eating smart is essential to being a healthy person. Choosing the right variety of foods and following a few simple recommendations is one of the most important ways you can maintain a high quality of life and prevent many chronic diseases such as heart disease, diabetes and some types of cancer.

A healthy diet includes plenty of fruits and vegetables everyday. Fresh, canned or frozen fruits and vegetables are all good choices. When dishing up dinner, fruits and vegetables should fill up half your plate. Enjoy fruit for dessert instead of pie, cake or cookies, which are high in fat and sugar. Snacking on fruits and vegetables can also help you get the servings you need. Add vegetables to your favorite recipes such as pasta dishes or casseroles. Put more flavor in your pizza with a variety of vegetable toppings.

Fiber-rich foods and whole grains are also vital to a healthy diet. Three servings of enriched or whole-grains, pastas and rice every day, along with more fruits and vegetables, will give you the fiber you need. And three cups of fat-free or low-fat milk or dairy products are also important to meet your daily needs.

When it comes to food, quantity is as important as quality. Eating smaller portion sizes can help you maintain a healthy weight. A serving size is a piece of meat the size of a deck of cards or a cup of cereal, milk or pasta. Using smaller plates will help you eat smaller portions. Your plate will still be full, but you will be eating less. And be sure to limit the total amount of fat in your diet. Most of the fats you eat should come from foods that contain polyunsaturated and monounsaturated fats such as fish, nuts and vegetable oils.

Healthy cooking doesn't have to be complicated. Use the microwave to cook vegetables quickly. Wash fruits and vegetables and keep them in the refrigerator where they are easy to grab for a snack. Keep lean meat, such as chicken, in the freezer, ready to go for a quick dinner. And remember to choose and prepare foods with little added sugar and salt.

For good health, choose your food wisely and live like your life depends on it. More information about healthy eating can be found at: [www.cdc.gov/HealthyLiving](http://www.cdc.gov/HealthyLiving)

## *TACO SOUP*

1 pound ground beef

2 cans kidney beans

2 cans pinto beans

2 cans corn

1 large can diced tomatoes

1 can tomatoes and chilis

1 packet taco seasoning

1 packet ranch dressing mix

Shredded cheese and sour cream for topping  
(optional)



In large skillet, brown ground beef until well cooked. Drain grease off. Add taco seasoning mix; cook 1 minute.

In crock pot, add all ingredients including cooked beef. Cook till heated.

To serve, ladle soup into bowls, top with sour cream; top with cheese.

## *CHOCOLATE TOFU PIE*

1 graham cracker crust

2 (10 oz.) pkgs. Tofu, softened

1 (12 oz.) package semi-sweet chocolate chips,  
melted

3 tbsp. honey

Whip tofu and honey together until smooth; add melted chocolate chips. Pour into crust.

## **COTTAGE CHEESE SALAD**

- 1 small cottage cheese
- 1 small cool whip
- 1 small can crushed pineapple, drained
- 1 pkg. lemon or orange Jell-O, dry
- 1/2 cup chopped pecans

Mix together cottage cheese, cool whip and pineapple. Sprinkle Jell-O on top and fold in. Add nuts on top.

## **CAKE MIX COOKIES**

- 1 cake mix
- 1/2 cup oil
- 2 eggs

Preheat oven to 350°. Mix all ingredients well. Drop by teaspoons 2 inches apart on ungreased cookie sheet. Bake 8 to 10 minutes and cool. Another option is to roll teaspoon of dough in powdered sugar, then bake. Also may add raisins, nuts or chocolate chips depending on cake mix.

## **American Heart Month February 5, 2010 National Wear Red Day**



Heart disease is the leading cause of death in the United States and is a major cause of disability. Since 1963, Congress has required the president to proclaim February "American Heart Month" to urge Americans to join the battle against these diseases. Missouri has made progress in reducing heart disease and stroke, but these diseases continue to take a toll on our state being the first and third leading causes of death.

As well, Friday, February 5, 2010 is Wear Red Day. *Everyone* can show their support to fight heart disease in women by wearing red, in some form or another. Although heart disease is the number one killer of woman, the great news is that heart disease largely can be prevented.



So, join in with your support on these days in order to help increase awareness of heart disease.



## LET'S NOT WAIT FOR THE THIRD WAVE

### Together, we can fight the flu

National Influenza Vaccination Week (NIVW) has come and gone but it is not too late to get your vaccine and protect our community. This flu season has presented our community with a unique challenge to fight a new type of influenza -- the 2009 H1N1 influenza virus.

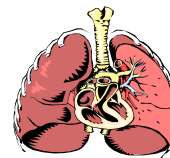
The H1N1 flu is a serious disease. The Centers for Disease Control and Prevention estimates that between mid-April and November 14, 2009, 47 million people in the United States were infected with the 2009 H1N1 flu, more than 200,000 people were hospitalized, and over 9,800 people died.

Influenza is unpredictable and we do not know the likelihood of a future wave of H1N1 flu, but we do know that vaccination is the most important step in protecting against influenza. Protect yourself, your family and your community by getting vaccinated. Visit [www.flu.gov](http://www.flu.gov) to find the closest vaccination clinic and learn more facts about the H1N1 flu. Show your love to your family and our community by keeping yourself and those close to you healthy; get yourself and your family vaccinated.

*H1N1 vaccinations are available for adults on a walk-in basis at the Douglas County Health Department every Thursday from 8:30 to 11:30 am and from 1 to 4 pm. H1N1 vaccinations are also available for children from 6 months of age by appointment. Call the Health Department for more information at 417-683-4174.*



## Quit Tobacco Counseling Classes



5:30 to 6:30 pm  
at the  
Douglas County Health  
Department

- Wednesday, Feb. 17, 2010
- Wednesday, Feb. 24, 2010
- Wednesday, March 3, 2010

(Must Quit by March 10)

- Wednesday, March 10, 2010
- Wednesday March 17, 2010

To get on the waiting  
list for the tobacco  
cessation classes,  
call 417-683-4174  
or email  
[shirleye@dchd.org](mailto:shirleye@dchd.org)

You will be able to quit for good with this plan made with the latest medical research for people who have tried to before.

1. Re-learn habit. You learn what makes you want to smoke & how to deal with those things without smoking.
2. Re-learn addiction. Learn the true power of nicotine and practice fighting triggers.
3. Re-learn support. Learn how to ask for help from friends and family.