

DOUGLAS COUNTY

HEALTH DEPARTMENT

Newsletter

Volume 23

April—June 2024

Edition 2

Health Observances

April

Public Health Week, April 1-7

Child Abuse Awareness Month

Parkinson's Awareness Month

May

Women's Health Month

Physical Fitness & Sports Month

Mental Health Month

June

National Safety Month

Men's Health Month

Alzheimer's & Brain Awareness Month

Douglas County Health Department
603 Springfield Road
P O Box 940
Ava, Missouri 65608
417-683-4174
www.dchd.org

DOUGLAS COUNTY HEALTH DEPARTMENT

Let Us Help With Your Laboratory Needs

Benefits To You

- + Local in Ava, MO
- + Fast and easy appointment process
- + Reduction in drive time & gas cost to nonlocal providers
- + Lab orders and results can be electronically communicated between **any** healthcare provider
- + Insured or Uninsured welcome, can bill insurance
- + Affordable lab fees for uninsured
- + FREE office visit
- + \$10 flat fee to cover supply cost

Have questions? Give us a call.
417-683-4174

Scalloped Cauliflower

- 1 bag frozen cauliflower
- 1/4 cup onion, finely chopped
- 8 oz cheddar cheese, shredded
- 4 oz heavy cream
- 1/4 cup butter
- Crumbled cooked bacon
- Salt and pepper



Run cool water over frozen cauliflower in colander to separate pieces.

Lightly grease a 9x13 pan and layer 1/2 cauliflower on the bottom.

Season with salt and pepper, then layer with 1/2 of the onions and thinly-sliced pats of butter.

Add 1/2 of the shredded cheese.

Repeat layers. Pour cream over mixture and bake 45 minutes in a 350° oven. Once done, sprinkle with crumbled bacon and serve!

Offering **FREE** Hepatitis B & Hepatitis C Testing

Results can be obtained as fast as 2 business days after the State Public Health Lab receives the sample.

If needing testing done, call us and we can help with any questions you may have.

Douglas County Health Department
417.683.4174

Give us a call, we can check their records if you are not sure!
417-683-4174

DID YOU GET YOUR KIDDOS VACCINES?

BACK TO SCHOOL



Have you heard of Deterra bags? They are a safe way to dispose of old prescription medications.

If interested in these, please come by the Douglas County Health Department or call 417-683-4174 for more information.

Go Blue

April is National Child Abuse Prevention Month. This month and throughout the year, Go Blue: Child Abuse Awareness Community, together with the Douglas County Health Department, Douglas County Children's Division, CHART and community members encourages all individuals and organizations to play a role in making Douglas County a better place for children and families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help promote children's social and emotional well-being and prevent child maltreatment within families and communities.

Research shows that when parents possess six protective factors, the risk for neglect and abuse diminish and optimal outcomes for children, youth, and families are promoted. The six protective factors are:

- Nurturing and attachment
- Knowledge of parenting and of child and youth development
- Parental resilience
- Social connections
- Concrete supports for parents
- Social and emotional developmental well-being

GO BLUE SUNDAY

APRIL 28, 2024

Please wear blue on Sunday, April 28th

in recognition of those

who are affected by child abuse.

Move More



Think back to when you were a kid. What did you do for fun – ride a bicycle, swim, play softball, or just walk around the neighborhood talking to your friends? If you enjoyed those activities as a kid, make time for them as an adult.

And, there's an added benefit. Physical activity can help improve your health and prevent or control chronic diseases that could affect the quality of your life. It can lower your blood pressure and cholesterol levels and reduce your risk for heart attack and stroke. It can also help manage diabetes, prevent osteoporosis and ease the aches and pains associated with arthritis.

Health experts recommend at least 30 minutes of physical activity most days of the week. But you don't have to do all 30 minutes at the same time. You can be physically active 10 minutes at a time and still improve your health. And you don't have to go to a gym or use special equipment to increase your physical activity. Activities that provide a healthy dose of exercise include:

- **Dancing** – Do the dances you did as a teenager or learn some new steps. The only thing you need is music.
- **Gardening** – Not only will you improve your health, you could have flowers, fruits and vegetables to show for your efforts.
- **Exercising in water** – Swimming and water aerobics result in increased muscle and heart strength and can be easier on your muscles than some other forms of physical activity.
- **Playing with kids** – Throw a baseball back and forth, join in a game of tag or push them on the swing.
- **Pedaling in the park** – Take a bicycle ride through the park or your local neighborhood. Be sure to wear a helmet and follow traffic signals.

Physical activity can be fun at any age. Choose an activity and start today. Make time to move more and live like your life depends on it.

NUTRITION WHILE

Breastfeeding

A nutritious, balanced diet helps you stay energetic and make plenty of milk for your baby.



Just like when you are pregnant, it's best to eat a nutritious, balanced diet while breastfeeding. Include foods from all food groups: fruits, vegetables, grains, dairy, and protein foods. Talk to your WIC breastfeeding staff to find out more about how to make healthy food choices.

For more information visit:
<https://wicbreastfeeding.fns.usda.gov/nutrition-while-breastfeeding>
For WIC breastfeeding support call:
Douglas County Health Department @ 417-683-4174

This institute is an equal opportunity provider and employer.