

# *DOUGLAS COUNTY*

## *HEALTH DEPARTMENT*

### **Newsletter**

*Volume 23*

*October—December 2024*

*Edition 4*

## **Health Observances**

### **October**

Health Literacy Month

National Breast Cancer Awareness Month

Mental Illness Awareness Week, 6-12

### **November**

Lung Cancer Awareness Month

National Family Caregivers Month

American Diabetes Month

### **December**

Handwashing Awareness Month

World Aids Awareness Month

Safe Toys & Gifts Month

Douglas County Health Department  
603 Springfield Road  
P O Box 940  
Ava, Missouri 65608  
417-683-4174  
[www.dchd.org](http://www.dchd.org)

## Douglas County WIC Announces Updated Income Guidelines

The Douglas County Health Department WIC announces the release of the updated income guidelines. The income guidelines are based on 185% of the federal poverty income guidelines issued by the Department of Health and Human Services (DHHS). DHHS releases annual adjustments to the poverty income guidelines before June each year.

Women, Infants and Children (WIC) is a special supplemental nutrition program providing services to pregnant women, new mothers, infants and children up to their 5th birthday based on nutritional risk and income eligibility. The primary services provided are healthy, supplemental food, risk assessment, nutrition education and counseling, breastfeeding promotion and support, health screening and referrals to health care. To be eligible for WIC, applicants must have an income of less than or equal to 185% of the poverty level and be at nutritional risk. Migrant families are also eligible.

Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF) participants and MO HealthNet participants of income-qualifying MO HealthNet programs are automatically eligible for WIC benefits. The income guidelines below reflect gross (pre-tax) income, and a pregnant woman may count as two family members. To view the complete list broken out by family size, visit WIC.Mo.Gov. WIC is administered in Douglas County by the Douglas County Health Department. Persons interested in applying or who need more information should contact the Douglas County Health Department at (417)683-4174. WIC clinics are offered at the following location(s):

Douglas County Health Department, 603 Springfield Rd, Ava, MO 65608,  
Monday-Thursday, 7:30 a.m.-5:30 p.m.

Family size	Annual	Monthly	Twice-monthly	Bi-weekly	Weekly
1	\$27,861	\$2,322	\$1,161	\$1,072	\$536
2	\$37,814	\$3,152	\$1,576	\$1,455	\$728
3	\$47,767	\$3,981	\$1,991	\$1,838	\$919
4	\$57,720	\$4,810	\$2,405	\$2,220	\$1,110

*An EO/AA employer: Services provided on a nondiscriminatory basis. Individuals who are deaf, hard-of-hearing, or have a speech disability can dial 711 or 1-800-735-2966. This institution is an equal opportunity provider.*

# BAKED SPAGHETTI

### Ingredients:

- 1 pkg. 16 oz. spaghetti
- 1 ½ lbs. ground beef
- 1 medium onion, chopped
- ½ cup chopped green pepper
- 1 can (10 ¾ oz.) condensed tomato soup
- 2 or 3 cans tomato sauce (can also use part tomato paste)
- 1 cup water
- 2 tbsp. brown sugar or Splenda
- 1 tsp. salt & pepper or to taste
- 1 tsp. basil
- 1 tsp. oregano
- ½ tsp. dried rosemary (crushed)
- ½ tsp. garlic salt
- 1 cup shredded part-skim mozzarella cheese



**Break spaghetti. Cook according to package directions. Meanwhile, in a Dutch oven, cook the beef, onion, and green pepper over medium heat until no longer pink. Drain. Stir in soup, tomato sauce, water, brown sugar, and seasonings. Drain spaghetti. Stir into meat sauce. Add ½ cup of cheese. Transfer to greased 13x9x2 inch pan. Cover and bake at 350° for 30 minutes. Uncover. Sprinkle with remaining ½ cup of cheese. Bake 10-15 minutes longer or until cheese is melted.**

# HEALTH FAIR



OCTOBER 22, 2024



TIME  
8-10 AM

**DOUGLAS  
COUNTY  
HEALTH  
DEPARTMENT**



417-683-4174

603 Springfield Rd  
Ava, MO 65608

**APPOINTMENT  
REQUIRED**

**LIMITED SPOTS  
AVAILABLE**

## THE BEST START FOR A HEALTHY LIFE.

### *Breastfeeding*

Breastfeeding is a priority in the WIC program. We know just how challenging breastfeeding can be, and we are dedicated to supporting your breastfeeding journey. To help WIC moms breastfeed successfully, we offer nutritious foods, nutrition education and breastfeeding counseling, as well as referrals to other health and social services. This help may include peer counselor support, breast pumps, and other supplies. To learn more about how we can help, contact your [local WIC clinic](#).

For more information visit: <https://wicbreastfeeding.fns.usda.gov/start>  
Or Call: Douglas County Health Department 417-683-4174



This institution is an equal opportunity provider and employer.

### Get a Flu Shot Today

GIVE US A CALL:  
417-683-4174  
603 SPRINGFIELD RD  
AVA, MO 65608

GET YOUR FLU SHOT HERE:  
**Douglas County Health  
Department**

### National Lead Poisoning Prevention Week

October 20-26, 2024



Get the facts



Get your  
child tested



Get your  
home tested

**Bright futures  
begin lead-free**



## BREAST CANCER AWARENESS

### FACTS

- Each year in the United States, about 270,000 women get breast cancer and 42,000 women die from the disease.



### RISK FACTORS

- Being a woman.
- Being older. Most breast cancers are found in women who are 50 or older.



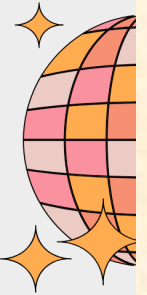
### LOWER RISK

- Keep a healthy weight and be physically active.
- Choose not to drink alcohol, or drink alcohol in moderation.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible

Source: CDC

## Lead Poisoning Prevention Awareness

# HALLOWEEN



# TRICK OR TREAT



Come Get Groovy With Us  
For a Drive-Thru  
Trick or Treat Event  
on Thursday, October 31st, 2024  
12:30- 2:30 p.m.

at Douglas County Health Department  
603 Springfield Rd Ava, MO

### Free Goodie Bags & Costume Contest

Enter the Costume Contest!

First Place: \$30.00 Subway Gift Card  
Second Place: \$20.00 Subway Gift Card  
Third Place: \$10.00 Subway Gift Card



Sponsored by Home State Health