



### October Calendar:

- ▶ WIC: 3, 4, 6, 7, 11, 12, 13, 14, 17, 19, 21, 25, 27, 28, 31
- ▶ WILLOW SPRINGS CLINIC: 5
- ▶ MOUNTAIN VIEW CLINIC: 26
- ▶ FAMILY PLANNING: 14, 19, 28
- ▶ IMMUNIZATIONS: 4, 12, 18
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 24
- ▶ BREASTFEEDING SUPPORT GROUP: 4

▶ HOLIDAY'S (CLOSED):  
10<sup>TH</sup>-COLUMBUS DAY

OVOLUME 111 | O YEAR 11



# Monthly Monitor

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## Annual Flu Clinics



It is that time of year again, the leaves are changing colors, the air is getting cooler and it is time to get your annual flu shot to help protect yourself against the influenza virus.

CDC recommends a yearly [flu vaccine](#) for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season.

The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. in January or February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

The [2011-2012 vaccine](#) will protect against an influenza A H3N2 virus, an influenza B virus and the H1N1 virus that emerged in 2009 to cause a pandemic.

**West Plains Flu Clinic:** Friday, October 21<sup>st</sup> from 8 am-4 pm at the health department.

**Willow Springs Clinic:** Monday, October 24<sup>th</sup> from 10 am-2 pm at United Methodist Church

**Mountain View Clinic:** Tuesday, October 25<sup>th</sup> from 10 am-2 pm at the Good Samaritan Clinic

Shots are for Howell County residents, please call 417-256-7078 for more information.

## Health Benefits of Fruit and Vegetables



Apples have cardiovascular protective properties similar to grapes, according to a French study published earlier this year. The study, done on hamsters, showed that the long-term consumption of phenolic compounds found in both apples and grapes effectively decreases the buildup of fats on artery walls. Processing the fruit into juice increases the body's ability to use these antioxidants.

# Breast Feeding is Best

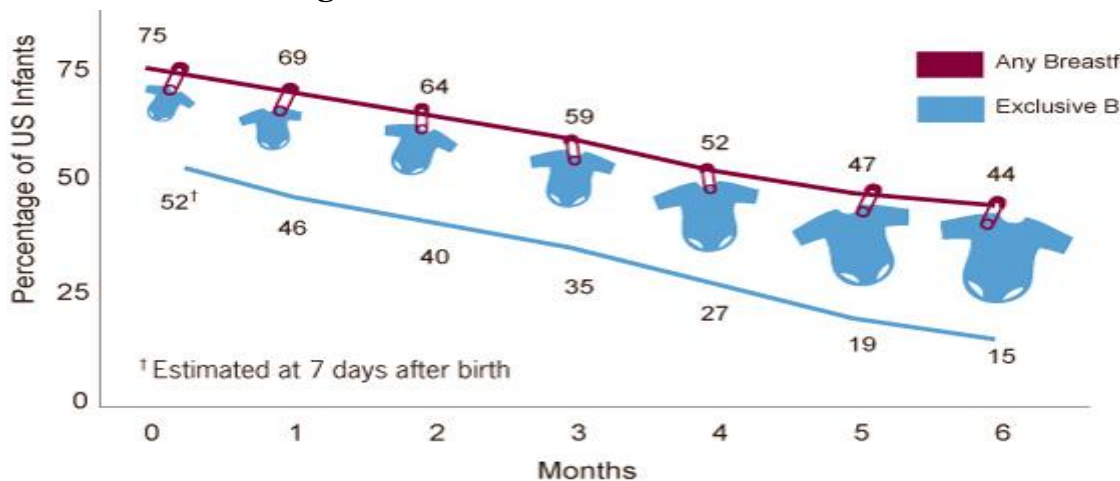


Childhood obesity is an epidemic. In the US, 1 preschooler in 5 is at least overweight, and half of these are obese. Breastfeeding helps protect against childhood obesity. A baby's risk of becoming an overweight child goes down with each month of breastfeeding. In the US, most babies start breastfeeding, but within the first week, half have already been given formula, and by 9 months, only 31% of babies are breastfeeding at all. Hospitals can either help or hinder mothers and babies as they begin to breastfeed.

## Breastfeeding helps protect against childhood obesity and other illnesses, and lowers medical costs.

- The American Academy of Pediatrics recommends babies be fed nothing but breast milk for about the first 6 months and continue breastfeeding for at least 1 year.
- Babies who are fed formula and stop breastfeeding early have higher risks of obesity, diabetes, respiratory and ear infections, and sudden infant death syndrome (SIDS), and tend to require more doctor visits, hospitalizations, and prescriptions.
- Low rates of breastfeeding add \$2.2 billion a year to medical costs.
- Mothers who breastfeed have lower risks of breast and ovarian cancers.

Percentage of any and exclusive breastfeeding by month since birth among US infants born in 2008



Mothers and their families can:

- Talk to doctors and nurses about breastfeeding plans, and ask how to get help with breastfeeding.
- Ask about breastfeeding support practices when choosing a hospital.
- Join with other community members to encourage local hospitals to become Baby-Friendly.

Howell County Health Dept has a Breastfeeding Support Group that meets the first Tuesday of the month at 10:30 am. Call 417-256-7078 for more information.



Who would have thought that carving a jack-o'-lantern (and eating the leftovers) could make you feel great?

Roast the seeds for your heart. Pumpkin seeds are a good source of alpha-linolenic acid (ALA), a healthy fat. It's a precursor to the omega-3 fatty acids -- which modern diets rarely have enough of -- that reduce inflammation, improve blood vessel health, and lower triglyceride. Pumpkin seeds are also bursting with magnesium. Your muscles need it to function properly, and an ounce of these little treats contains about a third of your daily needs. For extra flavor, toss the seeds with a bit of olive oil and a few spices, such as garlic, cayenne pepper, or lemon pepper, before roasting. Spread on a cookie sheet, and bake at 250 degrees Fahrenheit for about 30 minutes, shaking pan occasionally, until golden and crisp.