



September Calendar:

- ▶ WIC: 1, 6, 8, 9, 12, 13, 14, 16, 20, 21, 22, 23, 27, 29, 30
- ▶ WILLOW SPRINGS CLINIC: 7
- ▶ MOUNTAIN VIEW CLINIC: 28
- ▶ FAMILY PLANNING: 9, 21, 23, 30
- ▶ IMMUNIZATIONS: 1, 15, 26
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 12, 26

▶ HOLIDAY'S (CLOSED):
5TH-LABOR DAY

OVOLUME 110 | O YEAR 11



Monthly Monitor

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Getting a Birth or Death Certificate



Vital Records - Birth & Death Certificates

The Howell Co Health Department can print birth and death certificates for anyone who was born or died in the state of Missouri. Vital Records is located in Administration.

- ▶ We can only print birth certificates from 1920 to present for a charge of \$15.00.
- ▶ We can only print death certificates from 1980 to present for a charge of \$13.00 for the first copy and \$10.00 for any additional copies ordered at the same time.
- ▶ If a birth or death certificate cannot be found, the applicant will have to mail an application to Jefferson City for a search. An application will be provided.

If there is a mistake on the birth or death certificate, an "Affidavit for Corrections" form can be submitted with supporting documentation requesting the change. The charge to make the correction and to send you a corrected birth or death certificate is the same charge as listed above. A list of supporting documents will be given to you at the time you bring in the incorrect birth or death certificate. It takes

approximately 6-8 weeks for a correction to be made.

If parents want to add a father's name to the child's birth certificate, we have an "Affidavit Acknowledging Paternity" forms available. Both parents are required to fill out separate forms which need to be notarized or witnessed by two people unrelated to the child. If the child does not have the father's last name and the parents want to change it on the birth certificate, this is the time to do so. If it is not changed at this time, it will take a court order to change it in the future. The cost for sending in an "Affidavit Acknowledging Paternity" is \$15.00. Once the change is made, a corrected birth certificate will be mailed to you.

We cannot print birth or death certificates from other states. For anyone needing out of state birth certificates, we have applications available that can be picked up at the health department.

If anyone has any questions, they can contact the Health Dept and ask for Vital Records or you can e-mail questions to parkek@lpha.mopublic.org.

Health Benefits of Fruit and Vegetables



The natural antioxidants in fruits and vegetables will help keep your body working at its best, so consuming a diet that meets your [daily recommended amount of fruits and vegetables](#) is one of the best ways to give your body a strong defense against disease. Fruits and vegetables are protective to health as they're helpful at **reducing the risk of coronary heart disease, stroke and some cancers. They're also low in calories, which helps prevent obesity ... a significant risk factor for type 2 diabetes, cancer and cardiovascular disease.**

Child Passenger Safety Week



The goal for Child Passenger Safety Week (September 18-24) is to make sure all children are secured properly in appropriate car seats and that the car seats are installed properly-every trip, every time.

❖ Car seats and booster seats save lives-offering the best protection for children in the event of a crash.

- Motor vehicle crashes are the leading cause of death for children 1 through 12 years old (based on 2007 figures from the National Center for Health Statistics).
- According to the NHTSA (National Highway Traffic Safety Administration), approximately 9,310 lives have been saved from 1975 to 2009 by the proper use of car seats.
- Car seats reduce the likelihood of an infant (under 1 year old) being killed in a vehicle crash by 71 percent, and reduce the likelihood to toddlers (1 to 4 years old) by 54 percent in passenger cars.
- All 50 states, the District of Columbia and Puerto Rico have laws requiring children to be restrained while riding in cars.

❖ Car seats work best when used correctly.

- Roughly 3 out of 4 child safety seats are not used correctly
- In 2009, among children under 5 in passenger vehicles, an estimated 309 lives were saved by restraint use.

Failure to read and carefully follow the installation instructions included with the car seat as well as those in the vehicle owner's manual can lead to incorrect installation, exposing child passengers to grave risk of serious injury or death in a crash.

❖ For maximum child passenger safety, parents and caregivers should visit their local inspection station and refer to the following guidelines for determining which restraint system is best suited to protect children based on their age and size:

- **Birth-12 months:** For the best possible protection, your child under age 1 should always ride in a rear-facing car seat. There are different kinds of rear-facing seats: infant only, convertibles and 3-in-1 car seats.
- **1-3 years:** Your child should remain in a rear-facing seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. This may result in many children riding rear-facing to age 2 or older. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.
- **4-7 years:** Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.
- **8-12 years:** Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snugly across the shoulder and chest and not cross the neck or face.
- **Howell Co Health Dept is an inspection station and can help you with all your child seat questions and installation. Call to make an appointment!**



Eating a good breakfast doesn't just get your body ready to face the day. It may boost your mental well-being, too, especially if you choose yogurt.

Newly published research suggests that when you feed your gut fermented foods that contain *Lactobacillus* and *Bifidobacterium* -- two strains of healthy bacteria found in some yogurts -- your brain ends up with an extra dose of happy-making neurochemicals, too.

From Belly to Brain

Apparently good bacteria can actually *produce* neurochemicals in the gut, we're talking feel-good chemicals like serotonin and dopamine. And these chemicals, in turn, get taken up into the bloodstream and circulated throughout the body, including the brain. The likely end result: improved psychological well-being.