



### December Calendar:

- ▶ WIC: 2, 3, 6, 7, 9, 10, 13, 14, 17, 21, 27, 28, 29, 30,
- ▶ WILLOW SPRINGS CLINIC: 1
- ▶ MOUNTAIN VIEW CLINIC: 20
- ▶ FAMILY PLANNING: 7, 15, 21, 28
- ▶ IMMUNIZATIONS: 10, 24, 28
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 13, 27

○ VOLUME 10 | ○ YEAR 10

▶ **HOLIDAY'S (CLOSED):**  
CLOSED AT NOON ON 22<sup>ND</sup> AND  
ALL DAY ON THE 23, 24, & 31

# Monthly Monitor

180 S. KENTUCKY ST, WEST PLAINS, MO 65775

TELEPHONE: 417-256-7078, FAX: 417-256-1179

Website: <http://www.howellcountyhealthdept.com>

## Whole Grains Help to Reduce Belly Fat

from RealAge.com



Ditching belly fat may be a simple matter of choosing the right rice or bread, and the choice to make? Whole grains.

You probably already love whole grains for their heart-healthy, disease-defying superpowers. So new research on their belly-fat-busting abilities should vault whole grains to the top of your grocery list.

### **A One-Grain Guy**

In fact, the more whole grains you add to your diet in place of refined grains, the better off your waistline will be. In a new study where scientists reviewed the diets of close to 3,000 men and women, they found a strong correlation between belly fat and grain choice. The whole-grain lovers tended to have less belly fat than refined-grain buyers -- and had smaller waists, too. But eating more whole grains had a fat-curbing

effect only when it was combined with a low intake of refined grains. So eating that whole-grain cereal at breakfast doesn't mean you can slack off and have the white-bread sandwich at lunchtime.

### **The Magic Number**

Just how many whole-grain servings do you need to stay slim? Researchers think at least three servings daily is a good goal. That can be achieved with half a cup of steel-cut oatmeal in the morning and a couple of slices of whole-grain bread for your sandwich at lunch. Not just any whole-grain bread. Find a loaf that's high in fiber. Researchers suspect the waist-friendly qualities of whole-grain products come, in part, from the appetite-steadying fiber found inside. Whole grains also have lots of magnesium, which is good for improving insulin sensitivity!

### **RABIES ALERT ENDED**

Since the number of rabid skunks has significantly declined in the past several months (and no other rabid animals-wild or domestic-have been detected), the rabies alert is being lifted, effective as of November 12, 2010 for Howell County. This does not mean rabies is no longer a threat, it just means levels of rabies activity have returned to normal. Please make sure your pets are vaccinated for rabies!





## ***Dangers of Antibiotic Resistance***

Get Smart about Antibiotics Week is over but the cold and flu seasons are just beginning and it is important to know whether you should be taking that antibiotic for your illness.

Colds and many other upper respiratory infections, as well as some ear infections, are caused by viruses, not bacteria. If antibiotics are used too often for things they can't treat—like colds or other viral infections—they can stop working effectively against bacteria when you or your child really needs them. Antibiotic resistance—when antibiotics can no longer cure bacterial infections—has been a concern for years and is considered one of the world's most critical public health threats.

Widespread overuse and inappropriate use of antibiotics is fueling an increase in antibiotic-resistant bacteria. So the next time you or your child really needs an antibiotic for a bacterial infection, it may not work.

## ***Facts about Antibiotic Resistance***

- Antibiotic resistance has been called one of the world's most pressing public health problems.
- The number of bacteria resistant to antibiotics has increased in the last decade. Many bacterial infections are becoming resistant to the most commonly prescribed antibiotic treatments.
- Every time a person takes antibiotics, sensitive bacteria are killed, but resistant germs may be left to grow and multiply. Repeated and improper uses of antibiotics are primary causes of the increase in drug-resistant bacteria.
- Misuse of antibiotics jeopardizes the usefulness of essential drugs. Decreasing inappropriate antibiotic use is the best way to control resistance.
- Children are of particular concern because they have the highest rates of antibiotic use.
- Antibiotic resistance can cause significant danger and suffering for people who have common infections that once were easily treatable with antibiotics. When antibiotics fail to work, the consequences are longer-lasting illnesses, more doctor visits or extended hospital stays, and the need for more expensive and toxic medications. Some resistant infections can even cause death.

**Merry Christmas from HCHD Staff**

## **HEALTHY RECIPE FOR THE HOLIDAYS FROM REALAGE.COM GINGER CRINKLE COOKIES**

2/3 cup canola oil  
1 ½ cups turbinado sugar  
1 large egg  
4 Tbs Molasses  
2 cups sifted **whole wheat**  
pastry flour  
2 tsp baking soda  
1 ¼ tsp ground cinnamon  
1 ¼ tsp ground ginger  
¼ tsp sea salt

### Directions

\*Preheat oven to 350°F.  
\*Mix oil & 1 cup sugar in a large bowl. Beat in egg. Stir in molasses. Sift flour, baking soda, cinnamon, ginger & salt over the wet ingredients & stir until just combined.  
\*Put the remaining 1/2 cup sugar in a small bowl. Roll the dough into 1-inch balls & roll each ball in the sugar before placing 2 inches apart on an ungreased baking sheet. Do not flatten.  
\*Bake the cookies until set, but still soft when gently touched, 10 to 12 minutes. Transfer to a wire rack to cool.