

## HOWELL COUNTY HEALTH DEPARTMENT

### AUGUST CALENDAR

**WIC:** 1, 4, 5, 7, 8, 11, 12, 13, 14, 15, 18, 19, 20, 21, 22, 25, 27, 28, 29

**Willow Springs WIC:** 6

**Mountain View WIC:** 26

**Family Planning:** 7, 21

**Immunizations:** 5, 12, 14, 19, 28

**Food Handlers:** 4

**Holiday's (closed):** None

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### Clinic Hours:

Monday-Friday 8-12 & 1-5,  
closed for lunch 12-1

### Administration Hours

Monday-Friday 8-5

# Monthly Monitor

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## #1 Habit to Break for Better Metabolic Health from [www.eatingwell.com](http://www.eatingwell.com)

You've probably heard that your metabolism is the culprit of weight fluctuations and that following a specific diet or taking certain supplements can significantly rev it up. Your metabolism fuels your body's essential processes, from breathing and digesting food to pumping blood, meaning you cannot control it completely.<sup>1</sup> However, there are certain things you can do to support it.

One of the best things you can break from today to support your metabolic health is not eating enough.

Metabolism consists of a cascade of reactions that happen in your body to utilize the nutrients from the food you eat, explains [Elizabeth Shaw, M.S., RDN, CPT](#), a nutrition expert. "Every cell of the body is involved in metabolism in order to provide energy to fuel your daily activities," she says. So when you don't consume enough calories, your body doesn't have enough energy to support all that it needs to do. You may find yourself not eating enough if you want to lose weight by following a low-calorie diet, eating a restrictive diet, over-exercising or skipping meals. Whether intentionally or unintentionally, not eating enough can lead to poor metabolic health. Shaw further explains, "Think of your body

like a car. When you don't put enough gas in your car, your car will stop running. Just like your car can't move on an empty tank, neither can your body." And not putting enough into your tank can lead to numerous health consequences.



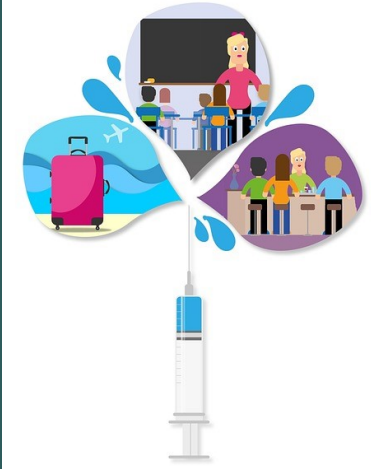
### Why Is Under-Eating Bad for Your Metabolic Health?

If you've ever tried a fad diet, you might have been coaxed into it by all the shiny promises and results it offers. After a few weeks of giving it a go, you may have started seeing the results, but maybe you also noticed your energy levels fully tanked. "Under-eating, or eating fewer calories than your metabolism burns every day, can be harmful to your metabolism, as your body will adapt over time to use fewer calories," says [Caroline Thomason, RD, CDCES](#), a dietitian based in Washington, D.C. Over time, an inadequate intake can lead to nutritional deficiencies, a weakened immune system, increased risk for chronic conditions, higher stress levels and low energy. More specifically, data has shown that irregular eating patterns, such as eating breakfast one day but skip-

ping it the next, are associated with increased risk of chronic conditions such as type 2 diabetes, cardiovascular disease and obesity.<sup>2,3,4</sup> Furthermore, calorie restrictions can increase levels of cortisol (aka the stress hormone), which slows your body's normal functions, including your metabolism.<sup>5</sup> Not to mention all the other negative consequences of increased stress, such as feelings of anxiety, restless nights of sleep and an increased likelihood of choosing less nourishing foods.

Luckily, research has found that consuming enough macronutrients and micronutrients is essential for a well-functioning metabolism.<sup>2</sup> So, to help keep your metabolism in tiptop shape, here are a few tips on what you can start doing to make sure you are eating enough.

**Build a Balanced Plate:** Build a balanced plate for each meal by including a source of carbohydrates, protein and fat—for example, a salmon fillet with brown rice, roasted broccoli and some avocado. This will help ensure you get all the necessary macro- and micronutrients in your diet. Cutting out major food groups (as with some fad diets) can lead to vitamin or mineral deficiencies that can disrupt your metabolism's functioning. Plus, including a source of protein at each meal and snack supports healthy metabolism and consistent energy levels, as it takes longer for your body to break down and digest it.<sup>7</sup>



*Protect yourself & family by getting immunized.*

*Walk-In Vaccination Clinics in August for Back to School.*



## Immunization Awareness Month from Kathy Stone, LPN

August is a popular month to revisit immunization records since it is almost back to school time. The nursing staff at Howell County Health Department encourages you to call with any questions you may have about immunizations and to make appointments. If you have insurance through your work or private insurance, bring your card with you or call to find

out if your carrier covers immunizations.

HCHD participates in the VFC program-Vaccines for Children, this allows us to provide vaccines to children (ages 19 and under) at no cost to parents or guardians who may not be able to afford them. Free flu vaccine is provided to the community for those 6 months of age and up. From pneumonia, to rotavirus, vaccines enable the prevention of life-threatening

illnesses for all ages.

Please check out our website at

[www.howellcountyhealth.com](http://www.howellcountyhealth.com) for a full list of immunizations we offer.

You can check out the following vaccine schedules online to see the recommended vaccines for adult and children:

<https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adoesent.html>  
<https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>

## Walk-In Back to School Immunizations

Back to school immunizations will be offered 2 ways. Regular vaccination clinics that require an appointment and walk-in clinics every Friday in August

from 8-11am & 1-4pm, no appointment needed. Please bring immunization records and a parent or legal guardian must accompany the child.

Get a jump start on back to school immunizations. Call our office for more information at 417-256-7078.

## WIC Pool Party from April Bridges, WIC Nutritionist

August is recognized as Breastfeeding Month. At WIC, we always celebrate by having an event in the first week of August. We will host our second annual "pool party" this year. All pregnant and

breastfeeding women and their supporters are welcome to attend. Food, door prizes and a speaker will begin at 5:00, with swimming to follow. You must attend the event at 5:00 to re-

ceive the pool entry. Come help us celebrate at People's Park Pavilion in West Plains, August 5 at 5:00!



## Howell County Health Department

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**Public Health: Prevent. Promote. Protect.**

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



**Public Health**  
Prevent. Promote. Protect.

## Howell County Health Department Staff & Email

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