



CARTER COUNTY

HEALTH CENTER

IMPORTANT DATES

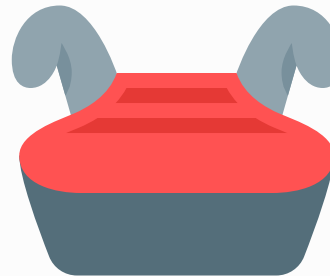
9/12-Diabetes education at CCHC 5pm
9/13-CPR and first aid at CCHC 430 pm
9/23-First Day of FALL
9/26- Drive-Thru Flu Clinic at CCHC 9-12
and 2-5pm

FLU SEASON IS FAST
APPROACHING:
CALL FOR YOUR
VACCINE
APPOINTMENT
NOW!

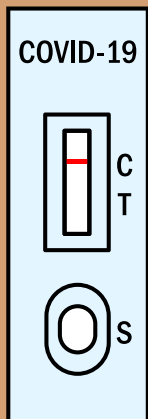


CAR SEAT
SAFETY
MATTERS

WATCH FOR UPDATES FOR APPOINTMENT
AVAILABILITY FOR FREE INSPECTIONS AS WELL
AS CLASSES FOR THE COMMUNITY TO BEGIN IN
OCTOBER!



POSITIVE HOME COVID TEST?
REPORT IT [HERE](#) OR CALL
573-323-4413



[VIEW TRENDS HERE](#)



[CCHC COMMUNICABLE
DISEASE DASHBOARD](#)

OUR SERVICES

Women's wellness exams
Pregnancy testing/counseling
STD/STI testing and treatment
WIC services
Health education
Covid testing
Immunizations (including covid+flu)
Food Service Inspections
Vital Records



CARTER COUNTY
H E A L T H C E N T E R

SEPTEMBER IS BABY SAFETY MONTH



This course provides in-depth instructions in the business basics of babysitting, marketing, First Aid and choking child rescue practice, and in-depth behavior management.

*SAMANTHA BUFFINGTON AND HEAVEN
GORDON WILL BE LEADING A BRAND
NEW BABYSITTING SAFETY
CERTIFICATION COURSE AS WELL AS
SAFETY AT HOME CLASSES*



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FPHS MODEL SPOTLIGHT

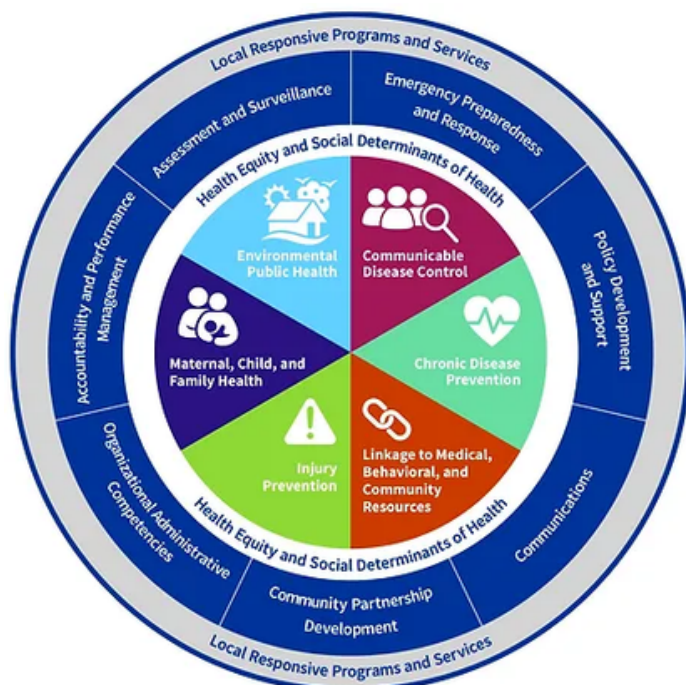
CHRONIC DISEASE PREVENTION

CHRONIC DISEASE PREVENTION IS JUST ONE SERVICE
AT CCHC.

HERE AT CCHC WE OFFER MANY SERVICES RELATED
TO CHRONIC DISEASE PREVENTION, MANAGEMENT
AND EDUCATION INCLUDING DIABETES AND
HYPERTENSION, LAB SERVICES, AND HEALTHY
LIFESTYLE EDUCATION AND PROMOTION

CARTER COUNTY HEALTH OUTLOOK

CARTER COUNTY IS
ABOVE THE NATIONAL
AVERAGE ON SEVERAL
HEALTH FACTORS
THAT CAN BE VIEWED
[HERE](#)



MISSOURI'S FOUNDATIONAL PUBLIC
HEALTH SERVICES (FPHS) MODEL
DESCRIBES A MINIMUM SET OF
FUNDAMENTAL SERVICES AND
CAPABILITIES THAT MUST BE
AVAILABLE IN EVERY COMMUNITY IN
ORDER TO ENSURE MISSOURI'S
PUBLIC HEALTH SYSTEM DELIVERS
EQUITABLE OPPORTUNITIES FOR
GOOD HEALTH TO ALL MISSOURIANS.



CARTER COUNTY HEALTH CENTER

NEW REPORT DISCUSSING THE RELATIONSHIP BETWEEN CIVIC ENGAGEMENT & HEALTH:

CLICK [HERE](#) FOR REPORT

THIS REPORT DISCUSSES THE INTRICATE RELATIONSHIP BETWEEN CIVIC PARTICIPATION AND HEALTH. WHILE FACTORS LIKE INCOME, OCCUPATION, AND EDUCATION ARE WELL-KNOWN DETERMINANTS OF HEALTH, THE ROLE OF CIVIC PARTICIPATION, PARTICULARLY VOTING, HAS BEEN LESS EXPLORED. KEY FINDINGS INCLUDE:

INDIVIDUALS REPORTING BETTER HEALTH ARE SIGNIFICANTLY MORE LIKELY TO VOTE.

HEALTH AND VOTING ARE INTERCONNECTED, WITH THOSE IN POORER HEALTH OR LOWER INCOMES LESS LIKELY TO VOTE.

STATES WITH MORE INCLUSIVE VOTING POLICIES REPORT BETTER HEALTH OUTCOMES.

MISSOURI RANKED 48TH ON THE COST OF VOTING INDEX IN 2020, INDICATING BARRIERS TO VOTING.

THE CYCLE OF POOR HEALTH LEADING TO LOW VOTER TURNOUT AND VICE VERSA CAN BE DISRUPTED BY HIGHER VOTER TURNOUT, ESPECIALLY AMONG POPULATIONS LESS LIKELY TO VOTE.

THE STUDY ALSO EXAMINED PUBLIC HEALTH AND DEMOGRAPHIC INDICATORS IN RELATION TO VOTER TURNOUT IN THE NOVEMBER 2020 ELECTION ACROSS MISSOURI'S 115 COUNTIES. INDICATORS SUCH AS HEALTH STATUS, POVERTY, MENTAL DISTRESS, INSURANCE COVERAGE, AND MORE WERE CONSIDERED.



CARTER COUNTY
H E A L T H C E N T E R

*HAVE YOU VISITED US
RECENTLY?*

*FILL OUT OUR
CUSTOMER
SATISFACTION
SURVEY BY COPY AND
PASTING THE
WEBSITE BELOW
INTO YOUR BROWSER*



[*https://forms.gle/8AAeAFs*](https://forms.gle/8AAeAFs)
[*oeoGMJ49N9*](https://forms.gle/8AAeAFs)



CARTER COUNTY

HEALTH CENTER

Recipe of the Month

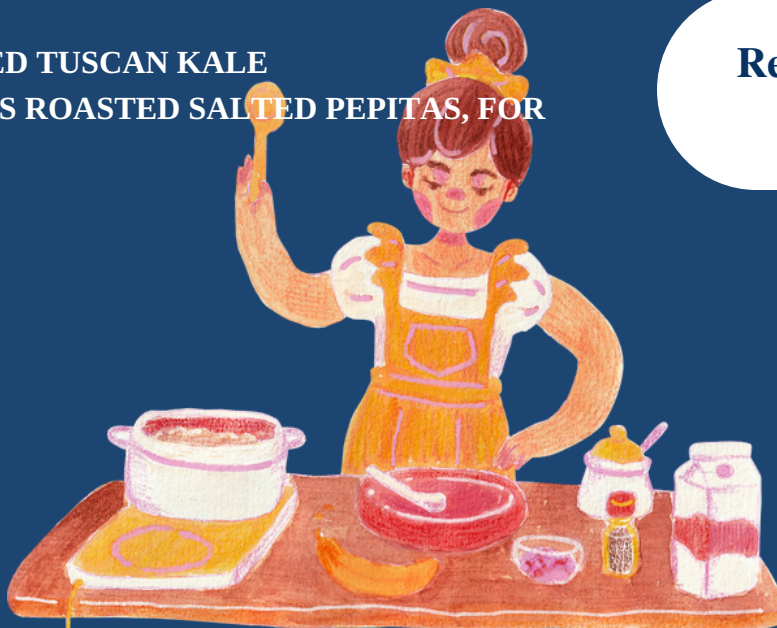
SWEET POTATO CHOWDER

INGREDIENTS

- 4 OUNCES PANCETTA, DICED
- 1 TABLESPOON UNSALTED BUTTER
- 1 SWEET ONION, DICED
- 3 GARLIC CLOVES, MINCED
- ½ TEASPOON SALT
- ½ TEASPOON PEPPER
- ¼ TEASPOON GROUND SAGE
- ¼ TEASPOON FRESHLY GROUND NUTMEG
- ½ CUP CHOPPED CARROTS
- 3 CUPS CHOPPED SWEET POTATO, ABOUT 1 INCH IN SIZE
- 5 CUPS REDUCED-SODIUM CHICKEN STOCK
- ½ CUP CREAM, HALF AND HALF OR COCONUT CREAM/MILK
- 2 CUPS CHOPPED TUSCAN KALE
- 3 TABLESPOONS ROASTED SALTED PEPITAS, FOR TOPPING



Recipe Continues on
Next Page



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Recipe of the Month

SWEET POTATO CHOWDER

Instructions

- Heat a large pot over medium-low heat and add the pancetta. Cook, stirring occasionally, until the fat is rendered and the pancetta is crisp, about 6 to 8 minutes. Remove the pancetta with a slotted spoon and place it on a paper towel lined plate to remove any excess grease.
- Keep the pot on medium low heat and add the butter. Stir in the onion, garlic, salt, pepper and sage. Stir in the fresh nutmeg. Cook, stirring occasionally, until the onions softened, about 5 minutes. Stir in the carrots and sweet potato, tossing everything to combine.
- Pour in the chicken stock and bring the mixture to a boil. Reduce it to a simmer and cook for 10 minutes. Cover and cook for an additional 10 to 15 minutes, or until the sweet potatoes cubes soften. Stir in the cream/halfhalf/etc. Taste the soup and season with additional salt or pepper if needed, but remember we will add the salty pancetta back on top too!
- A few minutes before serving, stir in the kale. I like to serve it almost immediately, but you can simmer the soup for another 10 minutes or so to soften it.
- Serve with the pancetta and pepitas for topping.

