



# CARTER COUNTY

## HEALTH CENTER

### IMPORTANT DATES

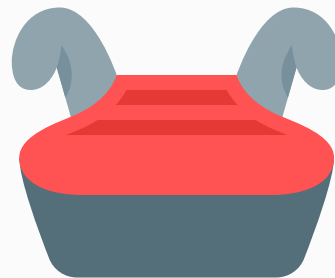
11/06-Community Conversations-Vaping  
Poplar Bluff Chamber of Commerce 6pm.  
11/09-CCHC Closed for Veterans Day  
11/16 Car Seat Education Class CCHC  
430pm  
11/22 CCHC CLOSED  
11/23 HAPPY THANKSGIVING-CCHC

*DON'T FORGET TO  
SCHEDULE YOUR  
FLU SHOT!  
CALL NOW: 573-323-  
4413*



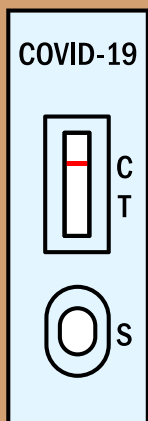
**CAR SEAT  
SAFETY  
MATTERS**

**AVAILABLE BY APPOINTMENT AND  
WALK IN: CAR SEAT SAFETY  
EDUCATION AND INSTALLATION**



**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

# *NOVEMBER IS NATIONAL DIABETES MONTH*

*MORE THAN 1 IN 3 ADULTS  
IN THE UNITED STATES  
HAVE PREDIABETES — AND  
MANY OF THEM DON'T  
KNOW IT.*

*DIABETES EDUCATION  
BEGINS AGAIN IN  
JANUARY 2024!*

*TALK TO YOUR PROVIDER  
ABOUT YOUR RISK*

*CCHC OFFERS  
HEMOGLOBIN A1C TESTING  
THAT GIVES PROVIDERS A  
REFERENCE FOR YOUR  
BLOOD SUGAR LEVELS OVER  
A THREE MONTH PERIOD*





# CARTER COUNTY

## HEALTH CENTER

### FPHS MODEL SPOTLIGHT

#### INJURY PREVENTION

MOST INJURIES ARE PREVENTABLE. PUBLIC HEALTH AGENCIES WORK WITH PARTNERS THROUGH FOUR STEPS TO IDENTIFY THE CAUSES AND PREVENT INJURIES. AGENCIES START BY USING DATA TO DEFINE WHICH INJURIES ARE OCCURRING AND TO WHOM, LOOKING AT TRENDS AND WHAT IMPACT INJURY PREVENTION PROGRAMS ARE HAVING

#### INJURY PREVENTION SCORES ACROSS MISSOURI

2020 CAPACITY  
ASSESSMENT  
FINDINGS CLICK  
[HERE](#) FOR  
REPORT



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

### *PLEASE WELCOME OUR NEW ENVIRONMENTAL PUBLIC HEALTH SPECIALIST / HEALTH INSPECTORS*



*MICHAEL OSBORN*

*I HAVE WORKED IN WHOLESALE FOODS FOR 10 YEARS PRIOR TO SINGING ON WITH THE BUTLER COUNTY HEALTH DEPARTMENT. I'VE BEEN ENVIRONMENTAL PUBLIC HEALTH SPECIALIST FOR 20 YEARS NOW. I GRADUATED FROM SOUTHEAST MISSOURI STATE UNIVERSITY WITH A MASTERS OF NATURAL SCIENCE IN BIOLOGY WITH EMPHASIS AREA IN ENVIRONMENTAL SCIENCE, AND A DEGREE IN BIOLOGY AND ONE IN CHEMISTRY.*



*GRANT HARGROVE*

*I WORKED IN RETAIL FOOD FOR 18 YEARS PRIOR TO SIGNING ON WITH THE BUTLER COUNTY HEALTH DEPARTMENT. I'VE BEEN AND ENVIRONMENTAL PUBLIC HEALTH SPECIALIST FOR 8 YEARS NOW. I GRADUATED FROM SOUTHEAST MISSOURI STATE UNIVERSITY WITH A DEGREE IN BIOLOGY.*



**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

## Old-Fashioned Sweet Potato Casserole

#### INGREDIENTS

- 2 ½ POUNDS SWEET POTATOES, PEELED AND CUT INTO 1-INCH CUBES
- ¼ CUP PACKED BROWN SUGAR
- ¼ CUP UNSALTED BUTTER, SOFTENED
- 1 ½ TEASPOONS SALT
- ½ TEASPOON VANILLA EXTRACT
- ½ CUP FINELY CHOPPED PECANS, DIVIDED
- 2 CUPS MINIATURE MARSHMALLOWS

PREP TIME: 15 MINS

TOTAL TIME: 55 MINS

SERVES: 16



**Recipe Continues on  
Next Page**



### NUTRITION FACTS

#### PER SERVING

**CALORIES: 126**

**FAT: 5G**

**CARBS: 19G**

**PROTEIN: 1G**



# CARTER COUNTY

## HEALTH CENTER

### Recipe of the Month

## OLD-FASHIONED SWEET POTATO CASSEROLE

1. Preheat oven to 375°F.
2. Place the sweet potatoes in a Dutch oven, and cover with cold water. Bring to a boil. Reduce heat, and simmer for 15 minutes or until very tender. Drain; cool slightly.
3. Place potatoes in a large bowl. Add sugar, butter, salt and vanilla. Mash sweet potato mixture with a potato masher. Fold in 1/4 cup pecans. Scrape potato mixture into an even layer in an 11 x 7-inch baking dish coated with cooking spray. Sprinkle with remaining 1/4 cup pecans; top with marshmallows. Bake at 375°F for 25 minutes or until golden.

HAPPY  
Thanksgiving

