



CARTER COUNTY

HEALTH CENTER

IMPORTANT DATES

02/12 CCHC closed-President Lincoln's Birthday

02/13 Diabetes Class at CCHC 5pm

02/14 Valentines Day

02/19 CCHC closed- President's Day



PUNXSUTAWNEY PHIL

*PREDICTS AN EARLY
SPRING!*



OUR SERVICES

Pregnancy testing/counseling
STD/STI testing and treatment
WIC services
Health education
Covid testing
Immunizations (including covid+flu)
Food Service Inspections
Vital Records
Health Education/Promotion



CARTER COUNTY

HEALTH CENTER

CCHC IS A PROUD PARTNER OF DIAPER BANK OF THE OZARKS



*TRACY AND KAYLEE VOLUNTEERED THEIR
TIME AND BROUGHT BACK 1500
DISPOSABLE DIAPERS FOR CARTER COUNTY*

*DIAPER BANK OF THE OZARKS KEEPS BABIES HEALTHY
AND HAPPY BY DISTRIBUTING DIAPERS – DISPOSABLE
AND CLOTH – THROUGH PARTNER AGENCIES AND TO
FAMILIES IN NEED THROUGHOUT THE OZARKS.*



CARTER COUNTY

HEALTH CENTER

FPHS MODEL SPOTLIGHT

EMERGENCY PREPAREDNESS AND RESPONSE

NATURAL DISASTERS, INFECTIOUS DISEASES, AND THE POTENTIAL FOR RAPID SPREAD OF COMMUNICABLE DISEASES REQUIRE THAT LPHA MAINTAIN A HIGH LEVEL OF PREPAREDNESS FOR EMERGENCY RESPONSE.



FOUNDATIONAL CAPACITIES INCLUDE:

- ABILITY TO DEVELOP AND REHEARSE PUBLIC HEALTH EMERGENCY RESPONSE STRATEGIES AND PLANS
- ADDRESS NEEDS OF VULNERABLE POPULATIONS DURING EMERGENCIES
- LEAD THE EMERGENCY SUPPORT FUNCTION 8
- ACTIVATE EMERGENCY RESPONSE PERSONNEL
- MAINTAIN A CONTINUITY OF OPERATIONS PLAN

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.

FOR MORE INFORMATION FROM HEALTHIERMO, [CLICK HERE](#)



CARTER COUNTY

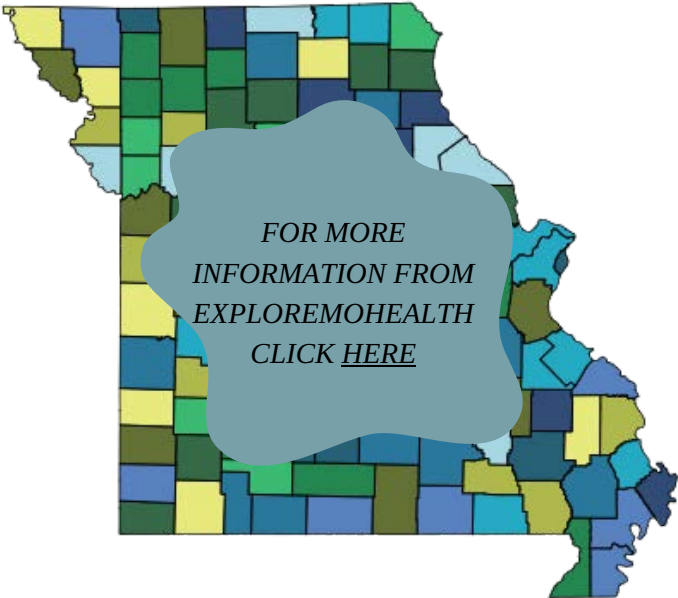
HEALTH CENTER

HAVE YOU CHECKED OUT THE NEWLY UPDATED EXPLOREMOHEALTH WEBSITE?

Highlighted County-Level Issues for **Carter County**

Health Factor	Rank*
Physical Environment Rank	20
Quality of Life Rank	57
Health Behaviors Rank	89
Health Factors Rank	93
Clinical Care Rank	95
Health Outcomes Rank	96
Socioeconomic Factors Rank	96
Length of Life Rank	110

* Statewide Rank of 115 (1=best)



Chronic Condition Explorer

REVIEW A SUMMARY OF LEADING CHRONIC CONDITIONS IN MISSOURI. IDENTIFY WHICH ARE MOST COMMON FOR SPECIFIC COUNTIES AND WHAT DETERMINANTS ARE DRIVING THESE OUTCOMES ACROSS ZIP CODES.



Missouri Health Atlas

DEVELOP A COMPREHENSIVE AND CUSTOMIZED COMMUNITY HEALTH NEEDS ASSESSMENT FOR A SPECIFIED AREA. EVALUATE HEALTH FACTORS AND HEALTH OUTCOMES ACROSS COUNTIES AND ZIP CODES IN MISSOURI.



Spotlight on ZIP Health

IDENTIFY THE MOST- AND LEAST-HEALTHY ZIP CODES IN MISSOURI. EXPLORE A SNAPSHOT OF THE STATEWIDE ZIP HEALTH RANKINGS AND THE LEADING HEALTH AND SOCIAL DETERMINANTS INFLUENCING HEALTH OUTCOMES FOR ZIP CODES WITHIN DESIGNATED COUNTIES.



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

CLICK HERE TO VIEW CCHC'S ANNUAL REPORT





CARTER COUNTY

HEALTH CENTER

*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*](#)



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

OUR PATHWAY TO PHAB ACCREDITATION

*THE PUBLIC HEALTH ACCREDITATION BOARD (PHAB) IS A 501(C)
(3) ORGANIZATION THAT ADMINISTERS THE NATIONAL PUBLIC
HEALTH ACCREDITATION PROGRAM AND THE PATHWAYS
RECOGNITION PROGRAM.*

CLICK HERE TO VIEW OUR STORY



*Advancing
public health
performance*



*WE WILL BE PURSUING
PHAB ACCREDITATION
FOR 2025!*

2025
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CARTER COUNTY

HEALTH CENTER

February is Heart Health Month

February is a time when AAMC and our partners in the Heart Health Foundation are teaming up to raise awareness about heart health. Follow the link below for a calendar of events.

Things you should know.

#1 health problem in the U.S. is cardiovascular disease.

2 out of **5** 

Americans die of heart attack, stroke, high blood pressure, and other heart issues.

34  seconds someone has a heart attack.

Things you can do.



Appropriate Aspirin Use

Ask your doctor if aspirin will reduce your risk for heart attacks.



Blood Pressure Control

Monitor your blood pressure and work with your doctor to make lifestyle changes.



Cholesterol Management

Know your numbers and work with your doctor to make lifestyle changes.



Smoking Cessation

It's never too late to quit.





CARTER COUNTY

HEALTH CENTER

RECIPE OF THE MONTH

LIGHT & LEMONY SCAMPI

INGREDIENTS

- 1 POUND UNCOOKED SHRIMP (26-30 PER POUND)
- 8 OUNCES UNCOOKED MULTIGRAIN ANGEL HAIR PASTA
- 1 TABLESPOON BUTTER
- 1 TABLESPOON OLIVE OIL
- 2 GREEN ONIONS, THINLY SLICED
- 4 GARLIC CLOVES, MINCED
- 1/2 CUP REDUCED-SODIUM CHICKEN BROTH
- 2 TEASPOONS GRATED LEMON ZEST
- 3 TABLESPOONS LEMON JUICE
- 1/2 TEASPOON FRESHLY GROUND PEPPER
- 1/4 TEASPOON SALT
- 1/4 TEASPOON CRUSHED RED PEPPER FLAKES
- 1/4 CUP MINCED FRESH PARSLEY
- GRATED PARMESAN CHEESE, OPTIONAL



DIRECTIONS

1. PEEL AND DEVEIN SHRIMP, REMOVING TAILS. CUT EACH SHRIMP LENGTHWISE IN HALF. COOK PASTA ACCORDING TO PACKAGE DIRECTIONS.
2. IN A LARGE NONSTICK SKILLET, HEAT BUTTER AND OIL OVER MEDIUM-HIGH HEAT. ADD SHRIMP, GREEN ONIONS AND GARLIC; COOK AND STIR UNTIL SHRIMP TURN PINK, 2-3 MINUTES. REMOVE FROM PAN WITH A SLOTTED SPOON.
3. ADD BROTH, LEMON ZEST, LEMON JUICE, PEPPER, SALT AND RED PEPPER FLAKES TO SAME PAN. BRING TO A BOIL; COOK UNTIL LIQUID IS SLIGHTLY REDUCED, ABOUT 1 MINUTE. RETURN SHRIMP TO PAN; HEAT THROUGH. REMOVE FROM HEAT.
4. DRAIN PASTA; DIVIDE AMONG 4 BOWLS. TOP WITH SHRIMP MIXTURE; SPRINKLE WITH PARSLEY. IF DESIRED, SERVE WITH CHEESE.

Nutrition Facts

1 SERVING (CALCULATED WITHOUT CHEESE): 378 CALORIES, 10G FAT (3G SATURATED FAT), 146MG CHOLESTEROL, 405MG SODIUM, 42G CARBOHYDRATE (3G SUGARS, 5G FIBER), 29G PROTEIN. DIABETIC EXCHANGES: 3 VERY LEAN MEAT, 2-1/2 STARCH, 1-1/2 FAT.