



CARTER COUNTY

HEALTH CENTER

IMPORTANT DATES

04/01- APRIL FOOLS DAY

04/08-SOLAR ECLIPSE (SEE BELOW) CCHC IS CLOSED

04/09-CPR CLASS AT VAN BUREN R-1 3:30 PM

04/18-04/19-PRE-K AND KINDERGARTEN SCREENING AT VB R-1

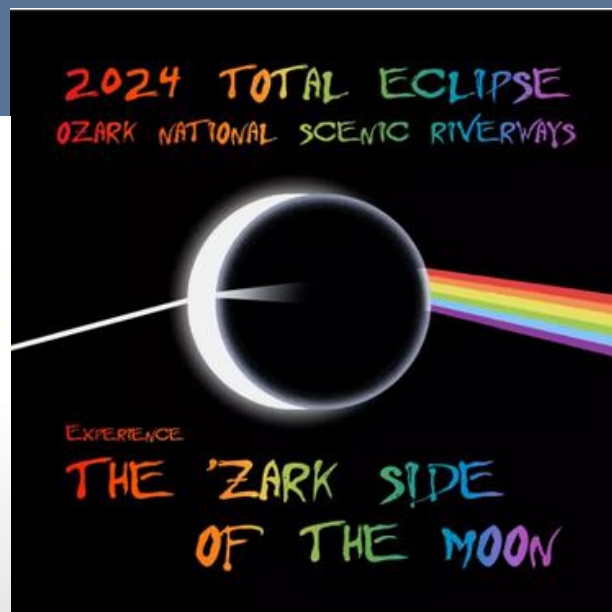
04/23-VACCINATION CLINIC AT VB R-1



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

CCHC WILL BE WORKING AT THE FREE TOTAL ECLIPSE EVENT AT BIG SPRINGS PARK IN VAN BUREN AS THE FIRST AID STATION. CCHC WILL BE CLOSED





CARTER COUNTY

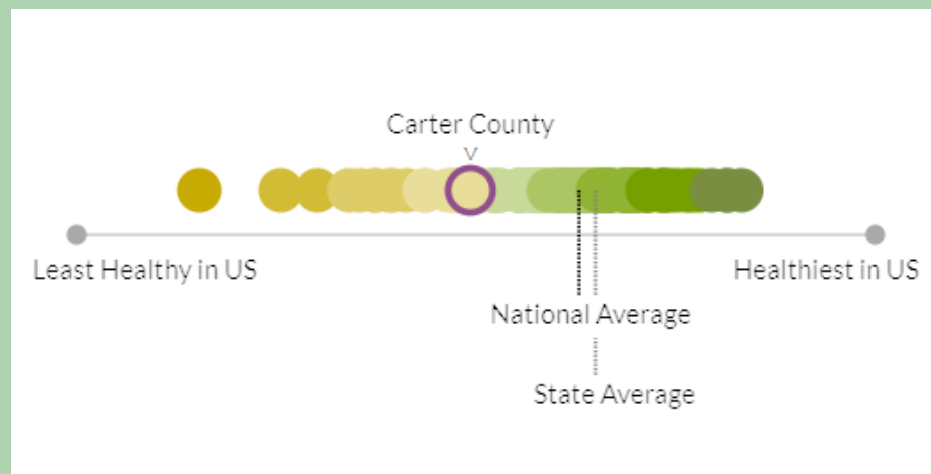
HEALTH CENTER

CARTER COUNTY 2024 HEALTH RANKINGS

HEALTH OUTCOMES TELL US HOW LONG PEOPLE LIVE ON AVERAGE WITHIN A COMMUNITY, AND HOW MUCH PHYSICAL AND MENTAL HEALTH PEOPLE EXPERIENCE IN A COMMUNITY WHILE THEY ARE ALIVE.

CARTER COUNTY IS FARING WORSE THAN THE AVERAGE COUNTY IN MISSOURI FOR HEALTH OUTCOMES, AND WORSE THAN THE AVERAGE COUNTY IN THE NATION.

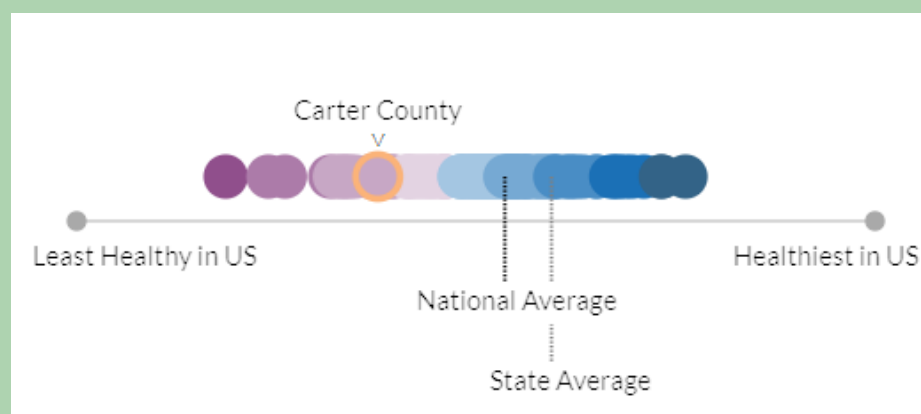
HEALTH OUTCOMES



MANY THINGS INFLUENCE HOW WELL AND HOW LONG WE LIVE. HEALTH FACTORS REPRESENT THOSE THINGS WE CAN IMPROVE TO LIVE LONGER AND HEALTHIER LIVES. THEY ARE INDICATORS OF THE FUTURE HEALTH OF OUR COMMUNITIES.

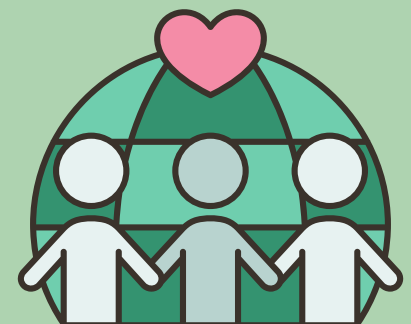
CARTER COUNTY IS FARING WORSE THAN THE AVERAGE COUNTY IN MISSOURI FOR HEALTH FACTORS, AND WORSE THAN THE AVERAGE COUNTY IN THE NATION.

HEALTH FACTORS



Health
is wealth

MORE STATISTICS ON
NEXT PAGE





CARTER COUNTY

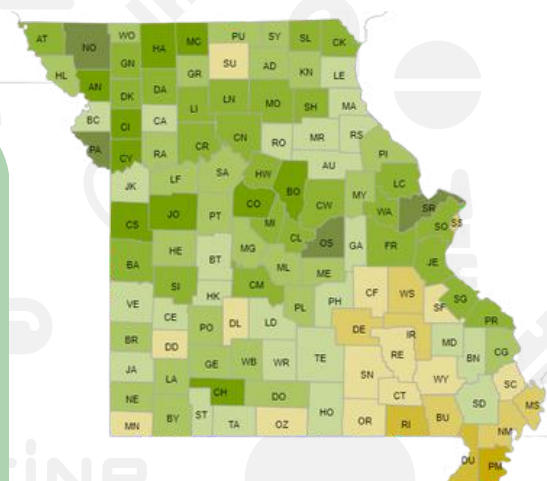
HEALTH CENTER

CARTER COUNTY 2024 HEALTH RANKINGS

COMPARISON TO SURROUNDING COUNTIES

	Carter, MO Remove Location	Reynolds, MO Remove Location	Shannon, MO Remove Location	Wayne, MO Remove Location
Health Outcomes				
Length of Life	Carter, MO	Reynolds, MO	Shannon, MO	Wayne, MO
Premature Death	13,000	11,700	14,200	11,600
Quality of Life	Carter, MO	Reynolds, MO	Shannon, MO	Wayne, MO
Poor or Fair Health	21%	22%	22%	24%
Poor Physical Health Days	4.6	4.9	4.8	5.1
Poor Mental Health Days	5.4	5.7	5.7	5.5
Low Birthweight	8%	9%	8%	9%

	Carter, MO Remove Location	Butler, MO Remove Location	Ripley, MO Remove Location	Oregon, MO Remove Location
Health Outcomes				
Length of Life	Carter, MO	Butler, MO	Ripley, MO	Oregon, MO
Premature Death	13,000	14,200	16,500	10,800
Quality of Life	Carter, MO	Butler, MO	Ripley, MO	Oregon, MO
Poor or Fair Health	21%	23%	25%	25%
Poor Physical Health Days	4.6	5.1	5.2	5.2
Poor Mental Health Days	5.4	6.0	6.3	6.2
Low Birthweight	8%	10%	9%	9%



HEALTHIEST IN US NOT GROUPED (NA)

**SOUTHEAST MISSOURI HAS
SIGNIFICANT HEALTH DISPARITIES**

THE FIRST STEP
TOWARD CHANGE IS
AWARENESS. THE
SECOND STEP IS
ACCEPTANCE.



FOR MORE REPORT INFORMATION [CLICK HERE](#)



TO BETTER SUIT THE HEALTHCARE NEEDS OF CARTER COUNTY, CCHC WILL BE CONDUCTING A PUBLIC SURVEY FOR COMMUNITY'S INPUT ON NEEDED SERVICES AND BARRIERS TO RECEIVING CARE



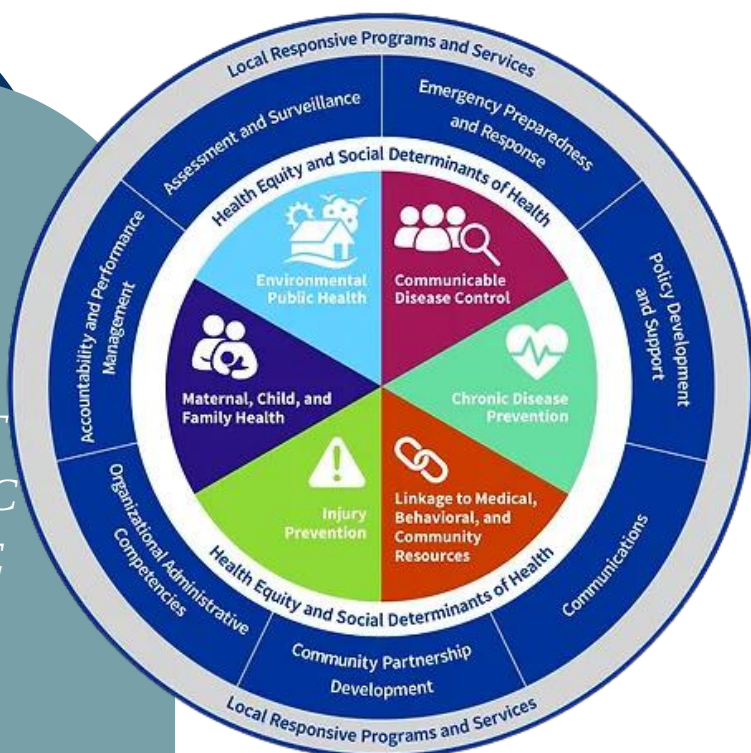
CARTER COUNTY

HEALTH CENTER

FPHS MODEL SPOTLIGHT

COMMUNICATIONS

COMMUNICATIONS INVOLVES THE SHARING, RECEIVING, AND INTERPRETATION OF MESSAGES THROUGH A NUMBER OF DIFFERENT TECHNIQUES AND PATHWAYS. PUBLIC HEALTH AGENCIES SHOULD BE ABLE TO WRITE AND IMPLEMENT AN EFFECTIVE COMMUNICATION PLAN, EXECUTE RISK COMMUNICATION STRATEGIES, AND ENGAGE IN TWO-WAY COMMUNICATION WITH INTERNAL AND EXTERNAL AUDIENCES, INCLUDING THE MEDIA



FOR MORE
INFORMATION FROM
HEALTHIERMO, CLICK
[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
H E A L T H C E N T E R

FPHS MODEL SPOTLIGHT

CCHC'S COMMUNICATION PLAN

CCHC HAS WORKED DILIGENTLY TO UPDATE OUR COMMUNICATIONS PLAN TO DELIVER FUNDAMENTAL SERVICES TO OUR COMMUNITY

CLICK [HERE](#) TO VIEW OUR UPDATED PLAN



*GOOD COMMUNICATION IS THE
BRIDGE BETWEEN CONFUSION AND
CLARITY*

NAT TURNER



CARTER COUNTY

HEALTH CENTER

MEASLES UPDATE AND VACCINATION STATUS IN OUR COUNTY

MEASLES SYMPTOMS



Fever
(103-105°F)



Red Blotchy
Rash



Red Inflamed
Eyes



Runny
Nose



Cough and
Sore Throat



White Spots

IT ISN'T JUST A LITTLE RASH

MEASLES COMPLICATIONS



Pneumonia



Severe Diarrhea



Brain Infection



Blindness



Ear Infection

Two doses lasts a lifetime, providing 97% protection



Vaccination offers the best protection against measles.
Children should be vaccinated against measles at 12 – 15 months
old and again at 4 – 6 years old.



Scan for more

RECENT UPDATE FROM MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES

“...NATIONALLY, THE TOTAL NUMBER OF MEASLES CASES HAS ALREADY REACHED THE LEVEL THAT OCCURRED DURING THE ENTIRE YEAR OF 2023. WITH CASES REPORTED ACROSS THE COUNTRY, THE MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES (DHSS) RECOMMENDS PARENTS AND GUARDIANS CHECK THEIR CHILD'S VACCINATION RECORDS TO MAKE SURE THEY HAVE RECEIVED THE MEASLES, MUMPS AND RUBELLA (MMR) VACCINE. THIS VACCINE HAS BEEN USED IN THE UNITED STATES SINCE THE 1970S AND IS A SAFE AND EFFECTIVE WAY TO PROTECT CHILDREN FROM MEASLES. TO BE FULLY IMMUNIZED, CHILDREN ARE RECOMMENDED TO RECEIVE TWO DOSES OF THE MMR VACCINE, WITH THE FIRST DOSE BETWEEN AGES 12-15 MONTHS AND THE SECOND DOSE BETWEEN AGES 4-6 YEARS OLD. INFANTS AS YOUNG AS 6 MONTHS CAN RECEIVE THE FIRST DOSE IF TRAVELING TO AREAS WHERE THE MEASLES INFECTION RATE IS HIGH. FAMILIES SHOULD CONSULT THEIR HEALTH CARE PROVIDER TO DISCUSS APPROPRIATE VACCINE OPTIONS FOR THEIR CHILDREN...”

[FOR THE FULL PRESS RELEASE, CLICK HERE](#)

BELOW IS VACCINATION DATA OF MISSOURI KINDERGARTENERS FOR 2023

CARTER COUNTY

KINDERGARTEN VACCINATION RATE STATE OF MISSOURI (2023)

90.50%

PRELIMINARY, SELF-REPORTED DATA FOR
FULLY VACCINATED STUDENTS

KINDERGARTEN VACCINATION RATE CARTER COUNTY (2023)

89.01%

PRELIMINARY, SELF-REPORTED DATA FOR
FULLY VACCINATED STUDENTS

KINDERGARTEN EXEMPTION RATE CARTER COUNTY (2023)

6.59%

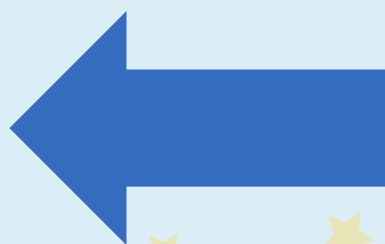
PRELIMINARY, SELF-REPORTED DATA FOR
FULLY VACCINATED STUDENTS





CARTER COUNTY

HEALTH CENTER



NOW
AVAILABLE IN
OUR AREA!



LITERACY DEVELOPMENT STATISTICS

BY AGE 2, A CHILD'S BRAIN IS AS ACTIVE AS AN ADULT'S AND BY AGE 3 THE BRAIN IS MORE THAN TWICE AS ACTIVE AS AN ADULT'S – AND STAYS THAT WAY FOR THE FIRST 10 YEARS OF LIFE.

COGNITIVE PROCESSES DEVELOP RAPIDLY IN THE FIRST FEW YEARS OF LIFE. IN FACT, BY AGE 3, ROUGHLY 85% OF THE BRAIN IS DEVELOPED. HOWEVER, TRADITIONAL EDUCATION TAKES PLACES IN GRADES K-12, WHICH BEGIN AT AGE FIVE.

DOLLY PARTON'S IMAGINATION LIBRARY IS A BOOK GIFTING PROGRAM THAT MAILES FREE BOOKS TO CHILDREN FROM BIRTH UNTIL THEY TURN 5 YEARS OLD, NO MATTER THEIR FAMILY'S INCOME.

TO SIGN UP: [CLICK HERE](#)





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

NEW EMPLOYEE SPOTLIGHT

**PLEASE WELCOME OUR NEWEST
EMPLOYEE, BREANNA TO OUR TEAM**

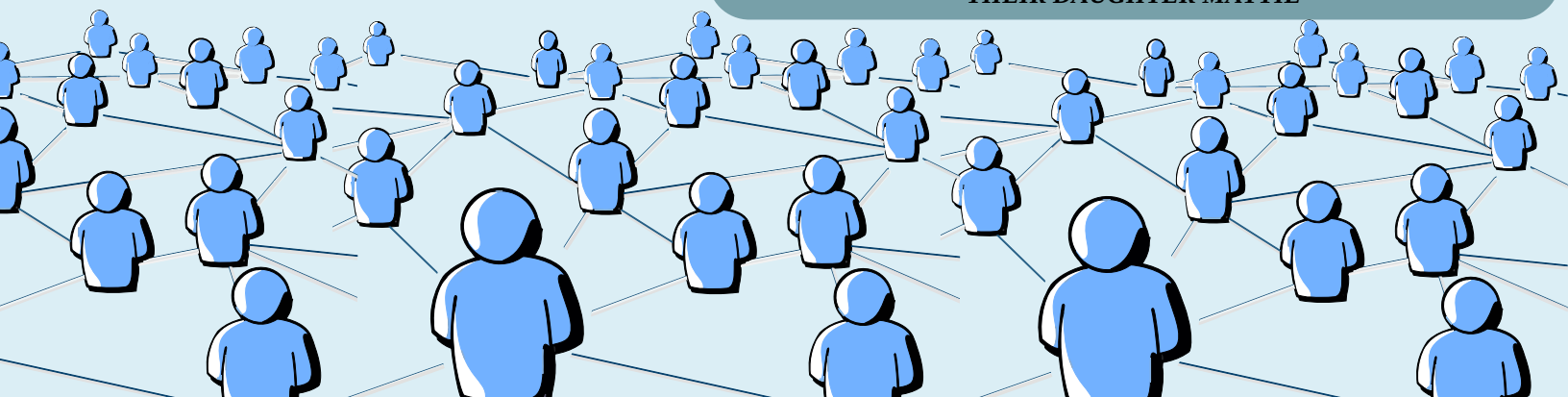
**BREANNA IS THE NEWEST FACE AT CCHC,
STEPPING INTO THE BREASTFEEDING
PEER COUNSELOR ROLE AND
COMMUNITY OUTREACH COORDINATOR
POSITION**

**BREANNA WILL
BE AVAILABLE
BY
APPOINTMENT
FOR PEER
COUNSELOR
SERVICES**

**PLEASE CALL
573-323-4413**



**PICTURED WITH BREANNA IS HER HUSBAND PARKER AND
THEIR DAUGHTER MATTIE**





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

DID YOU KNOW?

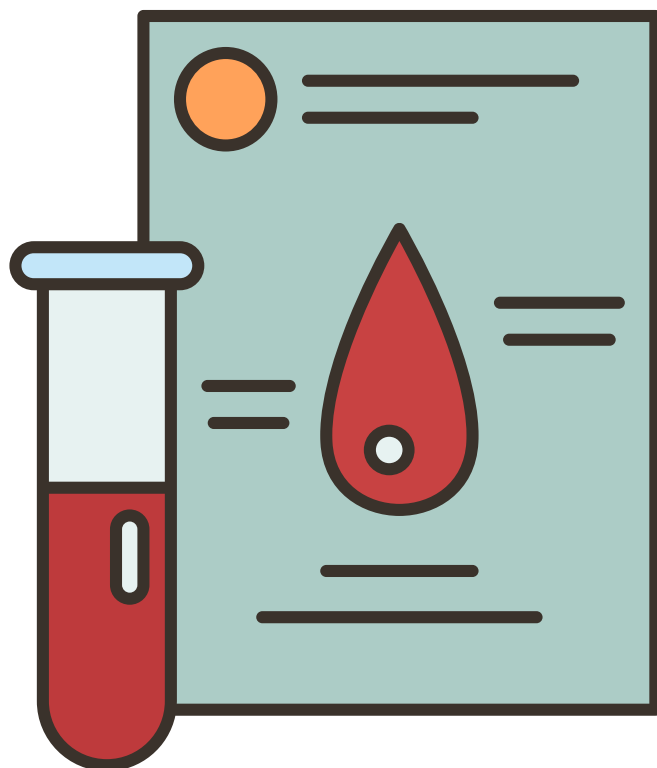
CCHC IS NOW OFFERING LABORATORY SERVICES THROUGH A NEW PROVIDER!



Quest Diagnostics®

*PLEASE CALL FOR AN
APPOINTMENT AND HAVE A
COPY OF THE LABS ORDERED BY
YOUR PROVIDER*

*CLICK [HERE](#) TO CREATE
YOUR MYQUEST
ACCOUNT FOR FAST
ACCESS TO YOUR TEST
RESULTS!*





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

CRUSTLESS QUICHE

EQUIPMENT

PIE DISH OR QUICHE DISH

INGREDIENTS

COOKING SPRAY

1 3/4 CUPS DICED HAM, 9 OZ TOTAL

1 CUP CHOPPED STEAMED BROCCOLI, FRESH OR
FROZEN

1 CUP FRESH GRATED CHEESE, I USED SWISS, BUT YOU
CAN USE CHEDDAR, GOUDA, FETA, ETC

2/3 CUP 2% MILK

1/4 CUP HALF AND HALF CREAM

5 LARGE EGGS

1/2 TEASPOON KOSHER SALT

1/8 TEASPOON GROUND BLACK PEPPER

PINCH OF NUTMEG



INSTRUCTIONS

- **PREHEAT THE TO 350F DEGREES. SPRAY A PIE DISH OR QUICHE WITH OIL.**
- **EVENLY SPREAD THE BROCCOLI IN THE DISH AND TOP IT EVENLY WITH THE HAM.**
- **MAKE THE CUSTARD MIXTURE BY WHISKING TOGETHER THE MILK, HALF AND HALF, EGGS, SALT, BLACK PEPPER, AND THE NUTMEG.**
- **POUR THE CUSTARD INTO THE DISH AND TOP WITH SWISS CHEESE.**
- **BAKE 35 TO 40 MINUTES, UNTIL THE CENTER IS SET.**
- **CUT THE QUICHE INTO 6 PIECES AND SERVE.**

NUTRITION

SERVING: 1 WEDGE, CALORIES: 215 KCAL, CARBOHYDRATES: 5 G, PROTEIN: 20 G, FAT:
12.5 G, SATURATED FAT: 6.5 G, CHOLESTEROL: 193 MG, SODIUM: 620 MG, FIBER: 1 G,
SUGAR: 2.5 G