



CARTER COUNTY

HEALTH CENTER

IMPORTANT DATES

07/04-Independence Day CCHC Closed

07/06-4th of July Festival Ellsinore All day

Brodie Gargac Memorial Field

07/06-Van Buren Fireworks

07/22-Community Baby Shower 11am in

Poplar Bluff at the Holiday Inn



*Have opinions
about the need for
Internet in our
area? Keep
Reading!*

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

BACK TO SCHOOL!



**SAVE THE DATE: AUGUST
2ND 9AM-12PM FOR OUR
BACK TO SCHOOL FAIR**



**SCHOOL SUPPLIES,
HAIR CUTS,
SPORTS
PHYSICALS, SNOW
CONES AND MORE!**





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

DIGITALLY CONNECTED COMMUNITY SURVEY



University of Missouri

*Project: increasing broadband
internet services in Carter county
How you can help: fill out the
survey so the project team knows
your concerns and needs*

FOR MORE INFORMATION CLICK [HERE](#)



Click [Here](#) or scan the QR
code for your voice to be
heard



CARTER COUNTY

HEALTH CENTER

CHIP STATUS REPORT



CARTER COUNTY
HEALTH CENTER

Project Name

CCHC (Region G) Community
Health Improvement Plan

Reporting Period

Prepared by

K Michelle Walker, MPH RN

January 2024- June 2024

PRIORITY ISSUES

- Healthy Living
 - Overarching Goal: Promote and foster a culture of healthy living to reduce the prevalence of chronic disease in Region G.
- Opioid Misuse
 - Overarching goal: Reduce opioid misuse and its associated harms in our region.
- Maternal Child Health
 - Overarching Goal: To improve maternal and child health outcomes by ensuring access to comprehensive and equitable healthcare services, promoting healthy pregnancies, and supporting early childhood development.

Click [here](#) to view
the full Chip Status
Report



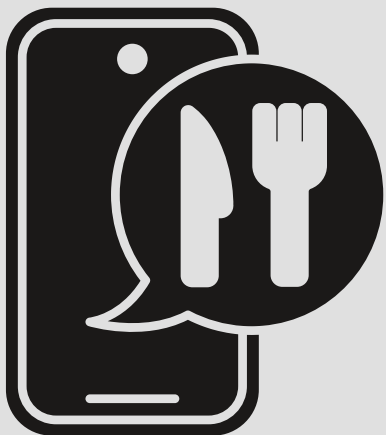
CARTER COUNTY

HEALTH CENTER

NEW EMPLOYEE SPOTLIGHT

Please welcome our new Environmental Health Specialist, Olivia Price. She will be serving the Carter and Reynolds County areas completing food Service, lodging, and childcare inspections

Olivia has previous experience with Environmental Public Health and has a bachelor degree in Animal Science from MSU. She is excited to return to the public health field and give back to the community



If you have a food service or lodging complaint, please [click here](#)





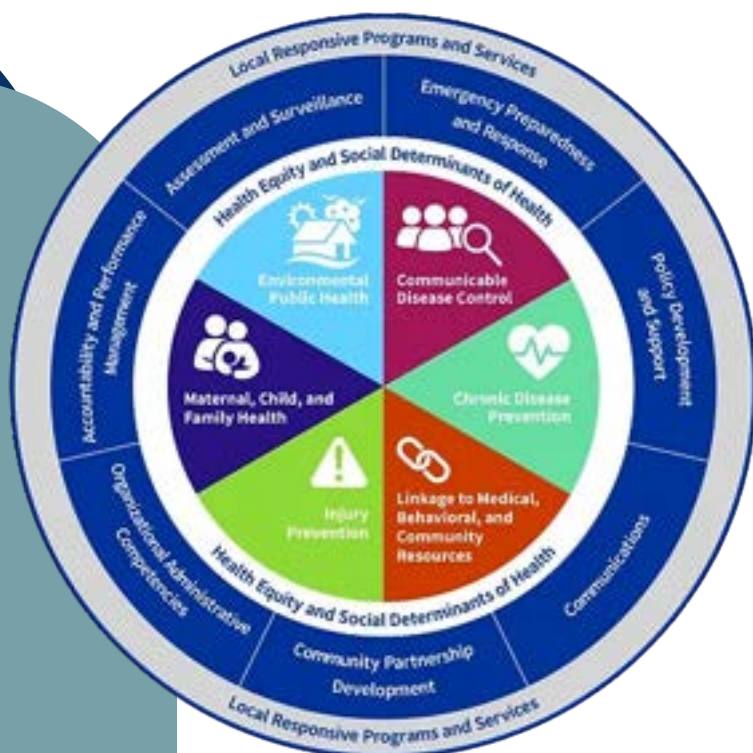
CARTER COUNTY

HEALTH CENTER

FPHS MODEL SPOTLIGHT

Accountability and Performance Management

This part of the model focuses on continuous quality improvement in the public health system. Agencies should be able to perform according to accepted business standards and in compliance with local, state, and federal policies, laws and regulations. Agencies use evidence-based practices while maintaining a culture of quality improvement and use nationally recognized resources to monitor progress



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

HEALTH CENTER

BREASTFEEDING PEER COUNSELOR



Breanna Ross

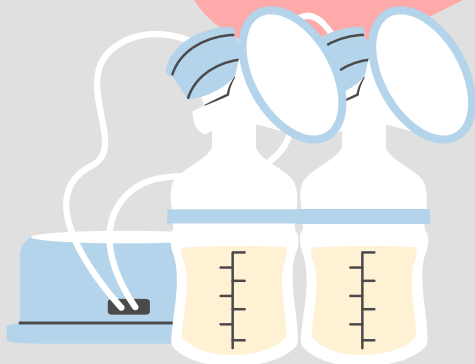
Breanna is now
available Monday and
Wednesdays. Call
573.323.4413 to make
an appointment.



*NO MATTER YOUR BREASTFEEDING
JOURNEY, WE CAN HELP!*

DID YOU KNOW?

*MOTHERS WHO ACCEPTED BFPC
REFERRALS AND HAD AT LEAST ONE
PHONE CONVERSATION OR IN-PERSON
CONTACT HAD A 35–164% INCREASED
ODDS OF POSITIVE BF OUTCOMES AT 30
DAYS (UNIVERSITY OF MINNESOTA,
2021).*

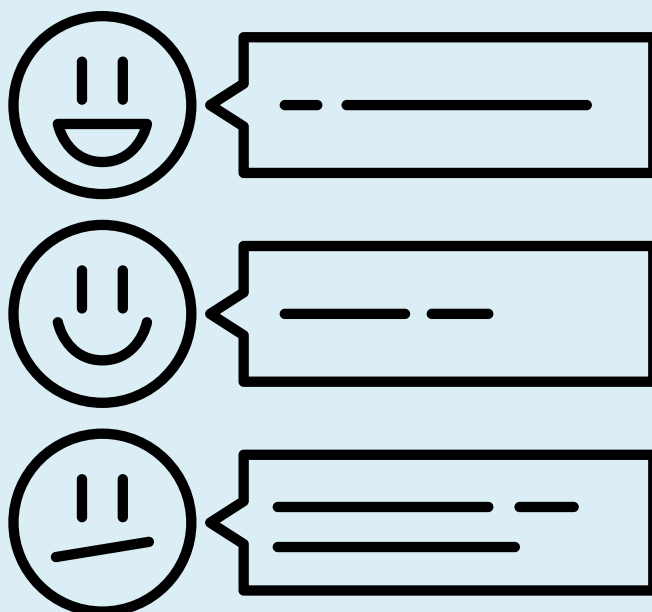




CARTER COUNTY
H E A L T H C E N T E R

Have You Visited Us Recently?

We value your feedback so we can improve our community's experience when utilizing our services: Please fill out our customer satisfaction survey by copy and pasting the website below into your browser or click [here](#)





CARTER COUNTY

HEALTH CENTER

RECIPE OF THE MONTH

Hot-Honey Chicken & Pineapple Kebab

Ingredients

- 2 cups fresh pineapple chunks (1-inch), divided
- 1 1/2 tablespoons hot honey, plus more for garnish
- 1 1/2 tablespoons lower-sodium soy sauce
- 1 medium clove garlic, minced
- 1/2 teaspoon grated fresh ginger
- 1/2 teaspoon toasted sesame oil
- 1/4 teaspoon salt, divided
- 1 pound boneless, skinless chicken thighs, cut into 1-inch pieces
- 2 medium sweet onions, cut into 8 wedges each
- 2 small multicolored bell peppers, cut into 1-inch pieces
- Chopped fresh cilantro for garnish (optional)
- Sesame seeds for garnish (optional)



Serving Size: 2 kebabs

Calories 277, Fat 6g, Saturated Fat 1g, Cholesterol 107mg, Carbohydrates 33g, Total Sugars 24g, Added Sugars 6g, Protein 25g, Fiber 3g, Sodium 483mg, Potassium 647mg

1. Place 2 tablespoons (about 2 chunks) pineapple on a cutting board and finely chop. Drag the flat side of a large knife back and forth over the chopped pineapple to form a paste. Transfer to a medium bowl; add hot honey, soy sauce, garlic, ginger, sesame oil and 1/8 teaspoon salt; whisk to combine. Transfer 1 tablespoon of the mixture to a small bowl and set aside.
2. Preheat grill to medium-high heat (400°F to 450°F). Thread chicken, onion wedges, bell pepper pieces and the remaining pineapple chunks onto 8 (12-inch) metal skewers.
3. Place the kebabs on oiled grates; grill, uncovered, turning occasionally and repositioning as needed to avoid hot spots and brushing with remaining hot honey mixture during final 2 minutes of cook time, until slightly charred and an instant-read thermometer inserted into the thickest portion of chicken registers 165°F, about 12 minutes.
4. Transfer the kebabs to a platter; brush with the reserved 1 tablespoon hot honey mixture and sprinkle with the remaining 1/8 teaspoon salt. Garnish with cilantro, sesame seeds and/or additional hot honey, if desired.