



CARTER COUNTY

HEALTH CENTER

APRIL

*Keep reading for
a message from
the Administrator*

IMPORTANT DATES

04/01-April Fools Day!

04/08-Election Day

04/08- CPR at VB R-1 3:30 PM

04/20-Easter Sunday

04/28-HOPE Coalition

Meeting 1130 am at CCHC

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

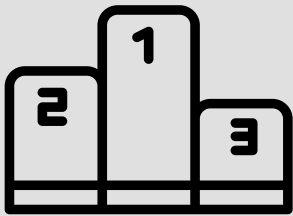
Health Education/Promotion



CARTER COUNTY

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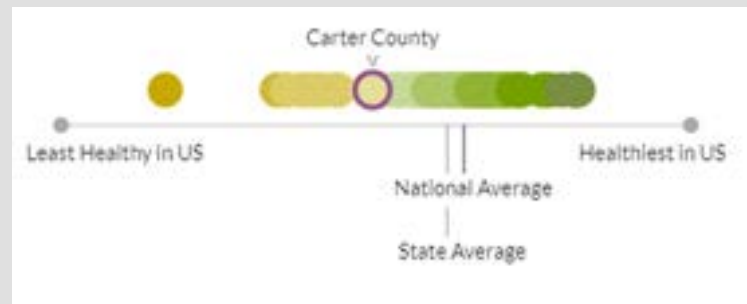
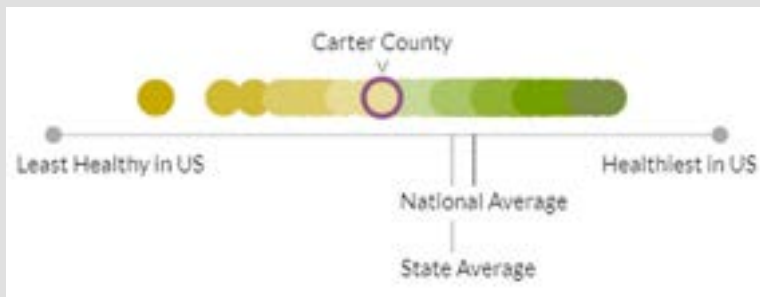
New County Health Rankings Just Released for 2025



Population Health and Wellbeing Ranking

2024

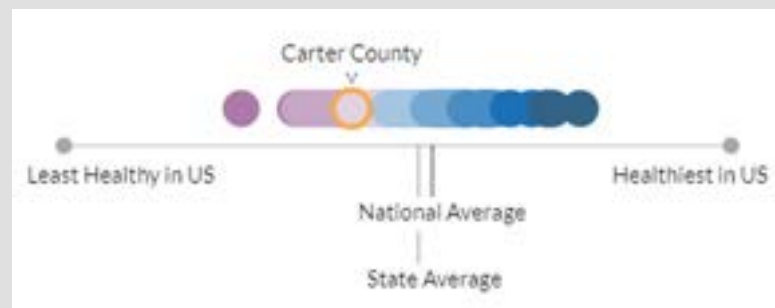
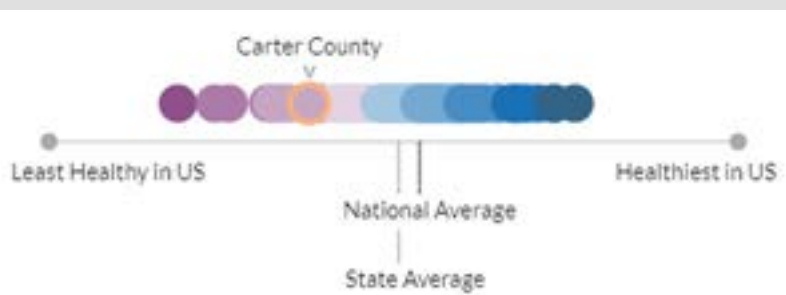
2025



Community Conditions Ranking

2024

2025



To view all the 2025 data click [Here](#)



CARTER COUNTY HEALTH CENTER

Adolescent Immunization Action Week

Adolescent Immunization Action Week (AIAW) - Protecting Our Future

What is Adolescent Immunization Action Week (AIAW)?

Adolescent Immunization Action Week (AIAW) is an annual campaign dedicated to raising awareness about the importance of vaccinations for adolescents. This week-long event encourages parents, healthcare providers, and communities to ensure teens are up to date on their immunizations.

Key Actions to Take During AIAW

1

Check Immunization Records – Parents should review their teen's vaccination records and consult a healthcare provider if any vaccines are missing.

2

Schedule a Wellness Visit – AIAW is a great reminder to book an annual check-up where vaccinations can be discussed and administered.

3

Stay Informed – Follow credible health organizations, such as the CDC and the American Academy of Pediatrics, for the latest vaccination recommendations.



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

Doing More with Less: Protecting Public Health in Challenging Times- A Message from CCHC's Administrator

DEAR CARTER COUNTY RESIDENTS AND PARTNERS,

As many of you may already be aware, on the evening of March 25, local public health agencies (LPHAs) across Missouri—including Carter County Health Center (CCHC)—received notification from the Missouri Department of Health and Senior Services (DHSS) that several key funding streams were terminated effective immediately. These include the Adult Immunizations Grant and the Epidemiology and Laboratory Capacity (ELC) Grant.

Although these funds were initially allocated in response to the COVID-19 pandemic, they have been vital to addressing long-standing gaps in Missouri's public health infrastructure. CCHC and health departments across the state used this support to expand outreach, provide free respiratory illness testing, educate the public through multiple channels, and upgrade systems—such as implementing an electronic medical record (EMR) system that gives patients quicker and more reliable access to their health information.

The recent federal decision to withdraw over \$11.4 billion in public health funding has significant implications, especially for rural communities like ours. While these funds were originally connected to the COVID-19 response, they have since supported broader public health functions.





CARTER COUNTY

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A Message from CCHC's Administrator.....cont.

As noted by Your Local Epidemiologist, this decision affects more than just pandemic-era programs—it impacts core services that touch all of our lives:

- Tracking and updating immunization records may become more difficult.
- Surveillance for outbreaks and diseases—including efforts related to opioids—will be scaled back.
- Lab renovations that improve testing speed and reliability are being halted.
- Wastewater testing to detect viruses like measles will be discontinued.
- Infection control training for nursing homes and long-term care facilities is being reduced.

So, what does this mean for CCHC?

We have submitted our final invoice to DHSS and are hopeful to receive full reimbursement for more than \$75,000 in contracted work already completed over the past six months. However, the abrupt termination of these funding sources will result in a projected \$46,000 loss to our 2025 operating budget—roughly 5.27% of our total income for the year. As we evaluate how to absorb this loss, we are considering options that may include reductions in staffing, fewer community outreach events, and limitations on testing availability.

These are tough decisions that no local health department wants to face. But in Carter County, we know how to adapt. We've weathered challenges before, and we will continue to serve our community with the same level of care, dedication, and resilience that has always defined us.

Thank you for your continued trust and support. We are proud to serve you and remain committed to promoting the health and well-being of everyone in Carter County.

In partnership and health,
Michelle Walker, MPH, RN
Administrator
Carter County Health Center

REFERENCES:

U.S. News & World Report article: "Federal Government Pulls Back \$11.4B in COVID Health Funds" (March 26, 2025)
Your Local Epidemiologist post: "The COVID-19 Aftermath is Real" (March 27, 2025)





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

2025 Public Health Week

April 7-13th

Key Topics this year

It Starts Here: Your Health is Our Mission

Public health isn't just for a single person—it's for you, your friends, your family and everyone in your community. Public health affects how we all live, work, and play—it's an invisible force that protects our safety and well-being.



Climate change impacts both physical and mental health through rising temperatures, poor air quality, extreme weather events and disrupted ecosystems. These effects are felt most in communities of color and low-income neighborhoods, which have faced years of underinvestment and systemic inequities, making them more vulnerable to climate risks. However, there is hope and a clear path forward. By taking bold and equitable action, we can reduce the health effects of climate change and build stronger, healthier communities.



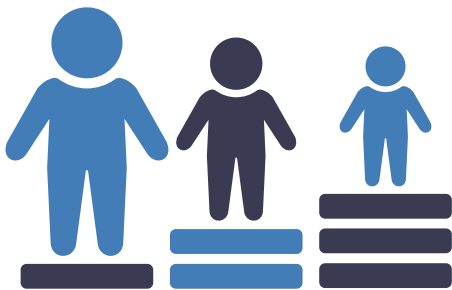
**CARTER COUNTY**
H E A L T H C E N T E R

2025 Public Health Week

April 7-13th

Key Topics this year

Health equity is important because it means that all individuals have access to the resources and opportunities needed to achieve their full health potential, regardless of socioeconomic, racial, geographic, or disability-related disparities. By addressing the root causes of health inequities, such as discrimination, unequal access to care and barriers faced by individuals with disabilities, communities can reduce preventable diseases and improve overall well-being. For example, the expansion of telehealth services has been a significant public health win, improving access to care for people with mobility or transportation challenges and those in rural areas. Promoting health equity fosters healthier populations, reduces health care costs and builds more resilient societies.



**Health
is wealth**



Amplifying Voices for Public Health

We've all been advocates in our own way. Whether it was asking for a raise, standing up for your child's needs, or sharing your opinion, we have all used our voices to influence change. Public health advocacy is no different. It's about using your voice to create a healthier world for everyone.

Strengthening the Public Health Workforce

A strong and resilient public health workforce is key to keeping communities healthy and addressing the nation's most urgent health challenges. Public health professionals work hard to prevent disease, promote wellness and protect communities.



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April is Donate Life Month

National Donate Life Month is celebrated every April. It features local and national activities to educate and encourage Americans to register as donors and consider living donation, as well as to celebrate those who have saved and healed lives through the gift of donation.

Keep reading for statistics and frequently asked questions about organ donation



BLUE & GREEN DAY is April 11!

The public is encouraged to wear blue and green to help share the Donate Life message.

Did You Know?

60% of organ, eye and tissue donors are authorized by donor registration.

National Pediatric Transplant Week



The final week of April focuses on the powerful message of ending the pediatric transplant waiting list.

More than **2,100** children under the age of 18 are on the national transplant waiting list.

More than **1,900** children were saved by the generosity of donors & donor families in 2024.

The Need is Great

More than **100,000** people are waiting for lifesaving organ transplants.



More than **48,000** organ transplants from 24,000 donors brought new life to patients and their families in 2024.

More than **78,000** corneal transplants helped to restore sight in 2023.



More than **2.5 million** tissue transplants heal lives each year.

More than **170 million** people are registered organ, eye and tissue donors.



Register your decision anytime at RegisterMe.org.

Thank you to all donors, donor families, registered donors and champions of the Donate Life cause!





CARTER COUNTY

HEALTH CENTER

Donate Life Month Cont.

Deceased Donation



1 Organ, Eye and Tissue Donor

Saves
up to
8
lives

Restores
sight to
2
people

Heals the lives
of more than
75
people

Living Donation



of patients waiting
are in need
of a kidney.



Living donors can
provide a kidney or a
portion of their liver
to a waiting patient.*

*Living donation is not included in your donor registration.

Did You Know?

The liver is the only
organ that grows back!
The donated part of the
liver regrows in 4 months.

Learn more at DonateLife.net



Top Frequently Asked Questions

Does registering as a donor change my patient care?

No, your life always comes first. Doctors work hard to save every patient's life, but sometimes there is a complete and irreversible loss of brain function. The patient is declared clinically and legally dead. Only then is donation an option.

Does donation affect funeral plans?

Funeral arrangements of your choice are possible, including a viewing. Through the entire donation process the body is treated with care and respect. Following donation, funeral arrangements can continue as planned.

Does my religion support organ, eye and tissue donation?

All major religions support donation as a final act of compassion and generosity.

Does my social and/or financial status play any part in whether or not I will receive an organ if I ever need one?

No. A national system matches available organs from the donor with people on the waiting list based on blood type, body size, how sick they are, donor distance, tissue type and time on the list. Race, gender, income, celebrity and social status, sexual orientation, gender identity or expression does NOT prevent someone from registering as an organ donor.

What can I do to increase organ, eye and tissue donation?

1

Register your
decision to be
a donor at
RegisterMe.org.

2

Tell your family
and community
about your decision
to *Donate Life*.

3

Visit DonateLife.net
to discover ways you
can be a champion
of the cause.

4

Ask others to visit
DonateLife.net
to learn more
and register.



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

You Can Now Schedule Appointments Online

*Click Here to Schedule an
Appointment or go to our website
www.cartercountyhealth.org and
click the “book appointment” tab*





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 clicking [here](#)





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RECIPE OF THE MONTH

Stuffed Peppers

Ingredients

- 2 tbsp extra virgin olive oil
- 1 medium onion
- 2-3 garlic gloves
- 1 lb lean ground beef
- 1 ½ ccup cooked rice
- 14.5 oz dried tomatoes
- 1 tbsp tomato paste
- 1 tsp dried oregano
- 1 tbsp smoked paprika
- 1 cup shredded cheese
- 7 bell peppers(top/core removed)



Directions

1. Preheat your oven to 375 F and place the bell peppers cut side up into a baking dish.
2. Heat 2 tbsp olive oil in a large pan over medium heat, sauté onion until soft then stir in the garlic.
3. Add ground beef and cook until done, stir in cooked rice, tomatoes, tomato paste, oregano, paprika, cook 4-5 min.
4. Stuff each pepper with beef mixture and bake until the peppers are mostly tender(10-12 min).
5. Sprinkle with cheese, bake another 5-7 min, garnish with parsley and enjoy!

Nutrition facts

Calories: 180

Carbs: 11g

Protein: 17g

Fat: 7.5g

Saturated Fat:3.4g

Fiber: 2.5g

Sugar: 4.8g