

H A P P Y  
*Valentine's Day*



**Public Health**  
 Prevent. Promote. Protect.  
 Barton County Health Department

Laboratory  
 Services

Services We  
 Provide



# February

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01  <b>Teen Support Group</b> 5:30pm to 7:30pm	02	03
04	05	06  <b>Becoming a Mom classes</b> 1:30pm to 3:30pm	07	08	09	10
11	12	13  <b>Becoming a Mom classes</b> 1:30pm to 3:30pm	14  <b>Breastfeeding Support Group</b> 3:30-4:30pm	15	16	17
18	19  <b>HAPPY Presidents DAY</b>	20  <b>Becoming a Mom classes</b> 1:30pm to 3:30pm	21  <b>Breastfeeding Support Group</b> 1:30-2:30pm	22	23	24
25	26	27	28  <b>Pre-Natal Breastfeeding Class</b> 2:00pm			

# MONTHLY PUBLIC HEALTH UPDATE

From Health Department Director Karen Winkelman



February is the shortest month of the year that is full of sweet surprises. With March right around the corner, we can look forward to the spring that brings new opportunities. We look forward to our many events to come this year to help keep our community healthy and informed.

1. **National American Heart Month-** During American Heart Month, we recommit to supporting the more than 120 million Americans living with a cardiovascular condition; advancing groundbreaking and lifesaving research; and expanding access to affordable health care, prescription drugs, and healthy lifestyles.

**#Wearreday is February 2<sup>nd</sup>, 2024**

2. **WIC-** One of our many services provided includes our WIC and MCH programs. Woman Infant and Children is a supplemental program designed to help better the health of pregnant, breastfeeding, and postpartum women, and infants and children up to 5 years of age by providing nutritious food and education to families. Within our WIC program we have our Maternal Child Health program which is designed to provide support and education to our pregnant, postpartum, and breastfeeding mothers. This year we are celebrating 50 years of WIC. Five decades of WIC providing services to our clients.

3. **National Cancer Prevention Month-** Cancer has touched nearly every American family, and it remains the second leading cause of death in the United States. During National Cancer Control Month, we call on all Americans to join our movement to end cancer as we know it. By raising awareness of the risk factors, promoting life-saving regular screenings, investing in research, and expanding access to affordable treatment, we can give patients, survivors, and their families the hope and new beginnings they deserve.

4. **Black History Month-** During National Black History Month, we celebrate the legacy of Black Americans whose power to lead, to overcome, and to expand the meaning and practice of American democracy has helped our Nation become a more fair and just society. This country was established upon the profound but simple idea that all people are created equal and should be treated equally throughout their lives.

5. **President's Day-** President's Day federal holiday is celebrated on the third Monday in February. The holiday commemorates all the former US presidents' achievements and sacrifices. Interestingly, the day is celebrated on the same day as George Washington's birthday.

**Explore Job opportunities here at your local Health Department!**

Explore additional information regarding these highlights and more in the featured articles in this newsletter!

Please feel free to visit the department in person or call

620-793-1902 if you have any questions.  
As always, thank you for your support of Public Health!!

## National Heart Month

+ FEBRUARY IS +  
AMERICAN HEART MONTH

# **WearRedDay**



The first Friday in February (February 2) is National Wear Red Day. On this day, which is

considered American Heart Month, everyone across the country dons the color red in order to raise and spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation. So put on your reddest red — whether it be a lipstick, a pair of pants, or your favorite hat — and paint the city red.



# HEART HEALTH MONTH

INFORMATION FROM AMERICAN HEART ASSOCIATION

**REDUCE  
EXCESS  
LEVELS OF  
SODIUM**

**REDUCE  
YOUR  
STRESS BY  
TAKING  
SLOW DEEP  
BREATHS OR  
LISTENING  
TO  
RELAXING  
MUSIC**

**MOVE MORE**  
**TRY TO GET 150 MINUTES OF  
MODERATE INTENSITY  
EXERCISE EACH WEEK**



**MUSCLE?  
YES PLEASE**

**ADD  
STRENGTH  
TRAINING 2  
DAYS A  
WEEK**

**SLEEP**  
**MOST ADULTS NEED 7-9 HRS  
EACH NIGHT**

**EXERCISE  
HELPS TO  
REDUCE  
STRESS  
LEVELS**

cardiovascular health. Here are some tips on how to do some self-care to help maintain a healthy heart. Heart Month is an annual observance dedicated to raising awareness about heart health and cardiovascular diseases. It serves as a reminder to prioritize heart-healthy lifestyles, learn about heart disease prevention, and support those affected by cardiovascular conditions. Throughout the month, various activities, events, and educational campaigns take place to promote heart health and reduce the risk of heart disease.

## CELEBRATING 50 Years of WIC



**Bev Frizell, RD**



**WIC/ MCH Supervisor  
Dietitian**

To be eligible for the WIC program, you must be a resident of Kansas and one of the following:

- Pregnant, or
- Breastfeeding, or
- Postpartum, or
- A child 5 years old or younger

A person who participates or has family members participate in certain other benefit programs, such as SNAP, Medicaid, or TANF, automatically meets the income eligibility requirement.

For more information or to schedule an appointment call the Barton County WIC office at

## Recipe below uses WIC eligible foods



### **Turkey and Bean Tostadas with Avocado-Tomato Salsa**

#### **Salsa Ingredients**

- 2 cups chopped tomatoes (about 2 medium tomatoes)
- 1 medium avocado, halved, pitted, and diced (optional)
- 1 large ear of corn, husks and silk discarded, and kernels removed from the cob **OR** 1 cup frozen whole-kernel corn, thawed and drained (optional)
- 1 to 2 medium fresh jalapeños, seeds and ribs discarded, finely chopped
- 2 tablespoons finely chopped red onion
- 2 tablespoons fresh lime juice

#### **Tostada Ingredients**

- Cooking spray
- 5 6-inch corn tortillas
- 8 ounces ground skinless turkey breast
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 15.5-ounce can no-salt-added black beans, rinsed and drained
- 2 tablespoons water

#### **Directions**

1. In a small bowl, stir together all the salsa ingredients. Set aside.
2. Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
3. Place the tortillas on the baking sheet. Lightly spray the tortillas with cooking spray. Using a fork, pierce the tortillas a few times to prevent them from filling with air. Bake for 5 to 6 minutes on each side, or until golden brown.
4. Meanwhile, in a medium nonstick saucepan, cook the turkey, chili powder, cumin, and coriander over medium-high heat for 5 to 6 minutes, or until the turkey is no longer pink, stirring occasionally to turn and break up the turkey.
5. Add the beans and water. Cook for 5 minutes, or until the beans are heated through. Using a potato masher, coarsely mash the beans. Remove from the heat.
6. To assemble the tostadas, spread the turkey mixture over each tortilla. Spoon the salsa over all.

#### **Nutrition Facts**

Calories 260

Total Fat 7.5 g; Saturated Fat 1.0 g; Polyunsaturated Fat 1.0 g; Monounsaturated Fat 4.5 g

Cholesterol 18 mg

Sodium 60 mg

Dietary Fiber 8 g

Protein 19 g

## National Cancer Prevention Month



Did you know that many choices you make every day can lower your risk for several types of cancer?

Research shows that up to 50% of cancer cases and about 50% of cancer deaths are preventable with the knowledge we have today.

Here are eight ways to reduce your cancer risk or detect cancer early when successful treatment is more likely.

- Know your family medical history and get recommended cancer screenings
- Don't use tobacco



- Protect your skin from the sun
  - Eat a plant-based diet
  - Limit Alcohol
  - Maintain a healthy weight and be physically active
  - Practice safer sex and avoid risky behaviors
  - Get vaccinated against HPV and Hepatitis B
- 



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

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HAPPY  
**Presidents  
Day**



**February 19th, 2024**



Washington's Birthday is a U.S. federal holiday celebrated on the third Monday of February in honor of George Washington, the first president of the United States. Increasingly, the holiday has become an occasion to celebrate the birthdays of both President George Washington who was born February 22nd, 1732 and President Abraham Lincoln who was born February 12th, 1809. Many Americans call the holiday Presidents' Day. As much as both Washington and Lincoln are revered, the federal holiday officially remains Washington's Birthday.

# Barton County Health Department Closed on Presidents Day



**Your reason to quit gets bigger every day.**

**Did you know the Kansas Tobacco Quitline has a special, free program for pregnant moms?**

**Pregnancy & Post-Partum Quit Program**

- \$30 Mastercard gift card mailed to your house after each coaching call completed- *Limited time only!*
- Up to 5 coaching calls during pregnancy and 4 coaching calls post-partum.
- Resources designed specifically to help pregnant moms quit.

**For free help to quit smoking and vaping, call 1-800-QUIT-NOW (784-8669).**

**KanQuit**  
1-800-QUIT-NOW (784-8669)  
KSQuit.org

**GET YOUR LIFE BACK**



**QUIT VAPING NOW**



# BARTON COUNTY HEALTH DEPARTMENT

**Now Hiring!**

**PUBLIC HEALTH  
NURSE  
(WIC/MCH)**

**Registered  
Nurse**

**This full-time nursing position requires a thorough knowledge in a broad array of basic scope of practice and provides services on a walk-in basis.**

**Lab Testing  
Immunizations  
STI Testing and Treatment  
Family Planning  
Blood Pressure Monitoring  
Hemoglobin/Blood Sugar Checks  
Medical Referrals  
Outreach Clinics  
Electronic Medical Records  
Investigates Reportable Diseases**



**Scan QR Code for more  
information about  
positions**

## **Barton County Health Department**

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**Contact Us**



**Public Health**  
Prevent. Promote. Protect.  
Barton County Health Department

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