



Stay healthy this season by getting your flu shot and practice good handwashing. Make healthy choices throughout the day by working in a workout, getting more sleep and eating more fruits and vegetables. Making small changes in your lifestyle can lead to a happier and healthier you!

# Have a Happy and Safe 2013

Resolutions made in a New Year usually coincide with reflections from the past. When making a resolution consider the following:

- Make sure you set a realistic goal. This includes goals that lower stress levels, creating a diet change or involve taking up a new sport.
- Discuss your resolution with others to gain their support.
- Track your progress and find a way to reward yourself without sabotaging your resolution.
- Make your resolution attainable and stick to it.
- Don't beat yourself up if you slip.
- And last but not least, keep trying.

Welcome to 2013, a whole new year of opportunities!!!

## this issue includes:

Year Round Healthy Eating

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# Year Round Healthy Eating

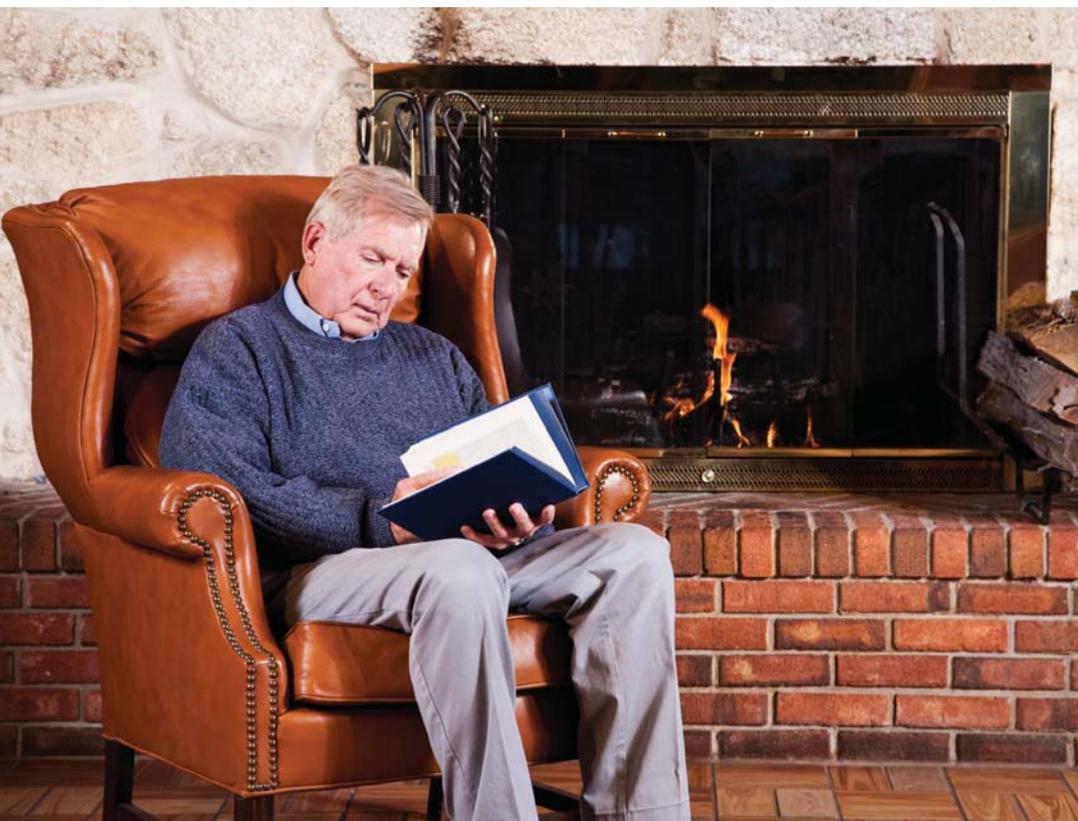
Traditional and favorite foods are frequently a highlight of any holiday season. Whether celebrations included the old standbys such as roasted turkey or something new such as Turkey Tetrazzini, it's easy for healthy eating patterns to take a backseat any time of year where food is the focus. Resolve to improve your health in the New Year to include healthy eating. Enjoy special foods while keeping a balanced and healthy diet by following these simple tips:

- Eat a snack or light meal before going to an event that includes food. Foods high in protein, like chicken or cottage cheese, will help lessen temptations to overeat.
- Don't "save calories" for a big meal or extra trips to the buffet, because this may also lead to overeating.
- Choose a small portion only of your favorite foods.
- Be a role model for children! It is very important they see healthy choices being made year round.

More tips for Healthy Eating can be found at:

[www.health.mo.gov/living/healthcondiseases/chronic/chronicdisease/CalendarDec.pdf](http://www.health.mo.gov/living/healthcondiseases/chronic/chronicdisease/CalendarDec.pdf).

# Home Heating Safety



More than one-third of Americans use fireplaces, wood stoves and other fuel-fired appliances as primary heat sources in their homes. Unfortunately, many people are unaware of the fire risks when heating with wood and solid fuels.

Heating fires account for 36% of residential home fires in rural areas every year. Often these fires are due to creosote buildup in chimneys and stovepipes. All home heating systems require regular maintenance to function safely and efficiently.

The U.S. Fire Administration (USFA) encourages you to practice the following fire safety steps to keep those home fires safely burning. Remember, fire safety is your personal responsibility...Fire Stops With You!

## Keep Fireplaces and Wood Stoves Clean

- Have your chimney or wood stove inspected and cleaned annually by a certified chimney specialist.
- Clear the area around the hearth of debris, decorations and flammable materials.
- Leave glass doors open while burning a fire. Leaving the doors open ensures that the fire receives enough air to ensure complete combustion and keeps creosote from building up in the chimney.
- Close glass doors when the fire is out to keep air from the chimney opening from getting into the room. Most glass fireplace doors have a metal mesh screen which should be closed when the glass doors are open. This mesh screen helps keep embers from getting out of the fireplace area.
- Always use a metal mesh screen with fireplaces that do not have a glass fireplace door.
- Install stovepipe thermometers to help monitor flue temperatures.
- Keep air inlets on wood stoves open, and never restrict air supply to fireplaces. Otherwise you may cause creosote buildup that could lead to a chimney fire.
- Use fire-resistant materials on walls around wood stoves.

For this and more tips go to: [www.usfa.fema.gov/citizens/home\\_fire\\_prev/heating/fireplace.shtm](http://www.usfa.fema.gov/citizens/home_fire_prev/heating/fireplace.shtm).

**Fire Stops  
With You!**



# Driving and Rural Winter Safety

Even a well maintained major highway can be icy even if no precipitation is falling. Condensation and melting snow from cars combined with cold temperatures will cause icy roads. Rural roads may receive less maintenance so be cautious and keep enough stopping distance between you and the next car even if you are in a four wheel drive vehicle.

## Before the Trip

- Do** winterize your car with fresh antifreeze, a good battery, a properly operating exhaust system and oil that will withstand the rigors of cold weather.
- Do** avoid driving until the roads are safe and passable.
- Do** a thorough pre-trip inspection of your vehicle, paying special attention to your tires, brakes, windshield wipers and windshield wiper fluid.
- Do** carry an emergency kit that contains the following: flashlight with extra batteries, first aid kit, blanket/sleeping bags, necessary medications, mittens/gloves, socks, cap and rain gear, nonperishable food and bottled water.
- Do** keep small bag of sand or cat litter to help with tire traction, small shovel, jumper cables, small toolkit (screwdriver, pliers, wrench) and a bright cloth to use as a flag.

## During the Trip

- Always** wear your seat belt.
- Always** obey speed limits! Don't speed!!!
- Always** keep mirrors, windows and lights clean; keep your lights on.
- Always** use common sense, and adjust your speed and following distance to suit driving conditions.
- Always** give snowplows plenty of room, and don't pass them.
- Always** remember that driving is most dangerous when temperatures are near 32 degrees.
- Always** keep your fuel tank at least half full
- Always** watch for other vehicles having problems with road conditions.
- Don't** pass other vehicles on or near bridges.
- If** you don't feel comfortable driving, pull off of the highway and park at the first safe place.

Additional safety tips and a traveler information map can be found at: [www.modot.org/road\\_conditions/winterdrivingtips.htm](http://www.modot.org/road_conditions/winterdrivingtips.htm).

# National Rural Health Day

*Celebrating the Power of Rural!*



## Missouri Rural Health Champion 2012



Dr. Tom Papreck of Fitzgibbon Hospital in Marshall, MO was chosen as the 2012 Rural Health Champion.

The Department of Health and Senior Services, Office of Primary Care and Rural Health (OPCRH) celebrated the second annual National Rural Health Day the week of November 12-16 and especially on November 15, the official Rural Health Day for 2012. The celebration was a great success with many rural communities participating and highlighting the healthcare needs and positive aspects of rural life. OPCRH was pleased to assist in raising awareness of National Rural Health Day by seeking nominations of those who work tirelessly in their communities through the first Rural Health Champion award. OPCRH sought to recognize those who makes a difference from the rural doctor working to address the health care needs of a small community, to the city laborer pouring concrete for a new walking trail. The Rural Health Champion Award has shown a light on those efforts to improve the health of Missourians.

Nominations for the Rural Health Champion were solicited through an online process on OPCRH's website. The nominations were so impressive it made the selection process very difficult. OPCRH chose the top three nominees and placed them on the web for our partners to view and vote. After 1,405 votes were cast, Dr. Tom Papreck of Fitzgibbon Hospital in Marshall, MO was chosen as the 2012 Rural Health Champion. Congratulations to Dr. Papreck and thank you for making a positive impact on health.

## Rural Spotlight Makes Headlines

The Missouri Department of Health and Senior Services won a bronze award for excellence in public health communication in the newsletter category for the *Rural Spotlight*, a newsletter produced by the Office of Rural Health and the Office of Public Information. The top honor comes from NPHIC, a national organization for public health communication professionals.

The newsletter was judged based on overall presentation and impact, writing, use of images and organization of content. To view the winning entries go to: [www.nphic.org/conferences/2012/awards-for-excellence](http://www.nphic.org/conferences/2012/awards-for-excellence) and click on newsletters.

The Rural Spotlight is targeted to rural Missourians and is sent to approximately 4000 rural day care providers, hospice, home health agencies, long-term care providers, hospitals, rural health clinics, fire departments, ambulance districts and contractors of the Office of Primary Care and Rural Health. The newsletter publication is also available online at: <http://health.mo.gov/living/families/ruralhealth/publications.php>.



# Flu Season is *Still* Here



Reminder

Get flu  
vaccination

The flu season is still very much here; it is not too late to get vaccinated to make sure you and your family are protected from influenza and the serious complications that can accompany it.

Getting a flu vaccine is the best way to protect against the flu. Annual vaccination against flu is recommended for all people six months of age and older, unless they have a condition or medical reason not to get the vaccine. It is especially important for young children, pregnant women, older people and people with chronic health problems.

Take time to get you and your family vaccinated against the flu. This year's flu vaccine protects against the currently circulating strains of influenza B and influenza A. By getting the flu vaccine, individuals are not only protecting themselves from the flu, but are less likely to spread the virus to family members, co-workers and others. Some other ways to protect yourself and family from getting the flu are: wash your hands; stay home when you are sick; avoid touching your eyes, nose, or mouth; avoid close contact with people who are sick and cover your mouth and nose when coughing or sneezing.

The flu vaccine is readily available this season in all communities. Contact your doctor or visit [mo.gov](http://mo.gov) to find a clinic near you.

## Q&A

Centers for Disease Control and Prevention has updated information on the 2012-2013 influenza season.

[www.cdc.gov/flu/about/season/flu-season-2012-2013.htm](http://www.cdc.gov/flu/about/season/flu-season-2012-2013.htm)

Get vaccinated

Wash your hands

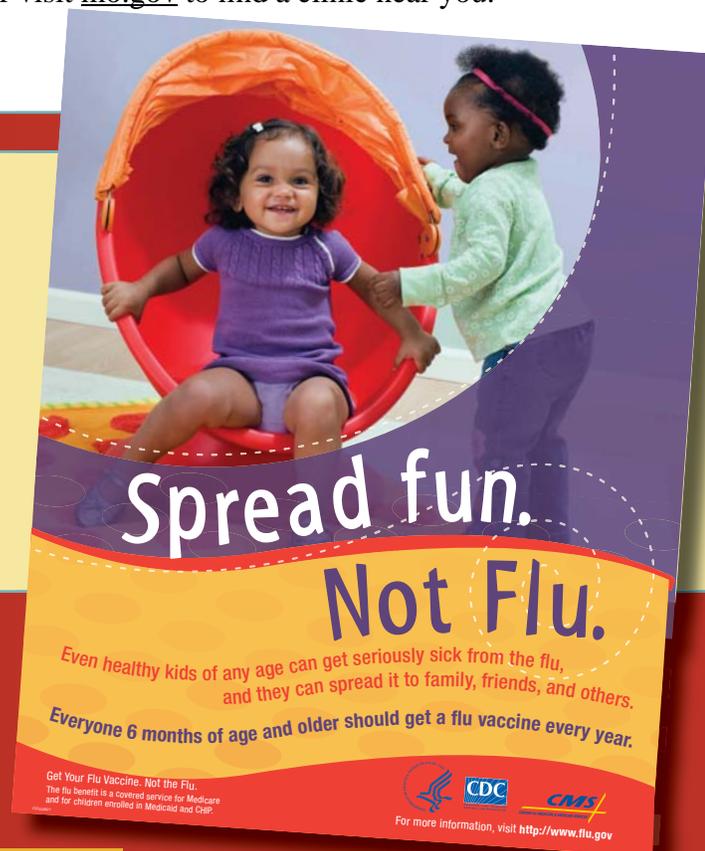
Stay home when ill

Eat healthy

Cover coughs and sneezes

Get enough sleep

Avoid close contact



## What do you know about mHealth?

There has been a lot of talk in recent months surrounding mHealth. According to National Institute of Health or NIH, "mHealth is the use of mobile and wireless devices to improve health outcomes, healthcare services and health research." The Text4Health task force was developed in 2010 as part of the U.S. Department of Health and Senior Services innovations in health care. mHealth is being used in other countries for women, newborns and children's health needs. With an estimated 6.2 billion mobile subscribers worldwide with 5.1 billion of those subscribers being in developing countries, mHealth is being seen as a great cost-effective tool for use in healthcare. For more information on related apps that may help improve the health of you and your family go to the following website: [www.hrsa.gov/healthit/mhealth.html](http://www.hrsa.gov/healthit/mhealth.html).

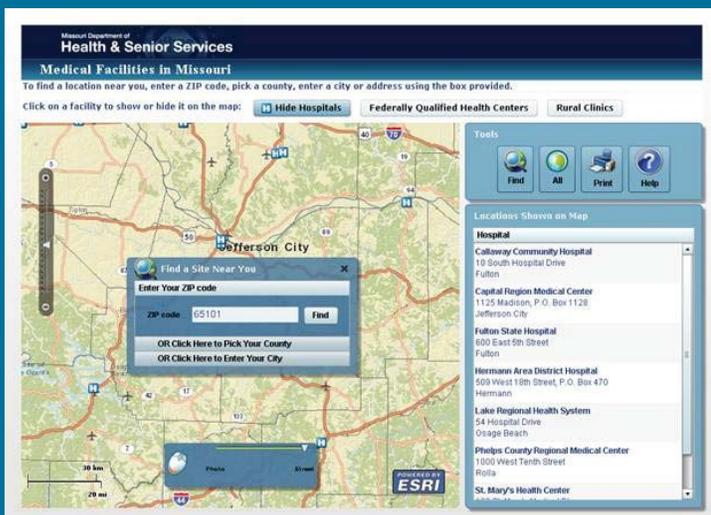


## Kids Corner

# America's Move to Raise a Healthier Generation of Kids

## Need Help Finding Health Care?

The Missouri Office of Primary Care and Rural Health maintain an interactive map online at: [http://gis.dhss.mo.gov/Website/AGS\\_healthFacility/healthFacility.html](http://gis.dhss.mo.gov/Website/AGS_healthFacility/healthFacility.html) to allow users to search for health care services by facility type, city, county or zip code. The site provides the address and contact information for each facility. If you need assistance or have any questions or comments regarding this map, please contact Information Technology Services at: [GISsupport@health.mo.gov](mailto:GISsupport@health.mo.gov).



Let's Move! First Lady Michelle Obama's campaign to improve the health and well-being of our country is underway. The campaign focuses on both good nutrition as well as the importance of physical activity in promoting healthy weight and health in general. There are several informative areas on the [letsmove.gov](http://letsmove.gov) website including:

- 4000 schools meet First Lady's challenge
- Dribble, Shoot, Score with USA Basketball
- School Fitness Test gets a Makeover
- Behind the Scenes: Team USA at the White House

Go to: [www.letsmove.gov](http://www.letsmove.gov) to learn more.

For questions or comments about this publication, contact the Missouri Department of Health and Senior Services, Office of Primary Care and Rural Health at 800-891-7415 or [info@health.mo.gov](mailto:info@health.mo.gov). Visit our website at: [www.health.mo.gov](http://www.health.mo.gov).

## Vegetarian Chili

### Ingredients

- 2 large onions cut into ¼-inch pieces
- 1 green bell pepper cut into ¼-inch pieces
- 3 garlic cloves, minced
- 2 fresh, diced jalapeno chilies
- 1 tablespoon vegetable oil
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- ½ teaspoon pepper
- 1 cup chopped, fresh cilantro (or coriander)
- 1 can (28-ounce) whole tomatoes, low sodium, chopped (or 8 medium fresh)
- 2 medium zucchini, chopped
- 2 medium summer squash, chopped
- 2 cups canned kidney beans, drained and rinsed

1. In a large pot, sauté onions, bell pepper, garlic, and jalapenos in oil over medium high heat for about 5 minutes. Stir often.
2. Add chili powder, cumin, pepper and half of the chopped cilantro. Continue cooking for another 3 minutes, stirring occasionally.
3. Add the tomatoes, zucchini and squash. Bring mixture to a simmer.
4. Simmer for 15 minutes, stirring occasionally.
5. Add beans and continue to simmer for another 5 minutes.
6. Serve the mixture hot with remaining cilantro on top.

Source: [www.choosemyplate.gov/downloads/celebrate/Recipes.pdf](http://www.choosemyplate.gov/downloads/celebrate/Recipes.pdf)

**W**inter healthy recipe

Makes 4 servings  
1-1/2 cups each

