



Public Health News

Cooper County Public Health Center

Volume 1, Issue 1

Missouri Public Health Week—April 7th -11th

Underscoring the belief that just one person making just one key decision can have a positive impact on that person's health and on the environment, **Just One** will be the theme for this year's Missouri Public Health Week. This year's public health emphasis is set for

April 7 to 11 and will be observed by public health agencies across the state, and will coincide with National Public Health Week set for the same dates.

This year's *Just One* theme is great because it emphasizes that each person can make a difference simply by starting with one thing that will improve their health and benefit the environment. We also want people to see this year's *Just One* theme as a call to action and use it as a starting point that will lead to a life-long dedication to a healthier life and environment. We encourage people to choose one healthy activity to start, then next

year they can continue the first activity and start just one more.

There are many ways people can get started with *Just One* and a variety of activities that are easy to do and that are good for their health and the environment. To get started, choose *Just One* of five key actions and then select from a wide variety of activities—the one that best fits them.

Below are the five actions and just a few of the activity ideas for each. A person can choose one of these, or they can create their own *Just One* activity.



Start Just One thing that will improve your health or the environment!

Choose *Just One*

- **Just One: Step**—Walk or ride your bike to work or on errands. If you live too far away, park farther from the entrance to increase your daily walking steps.
- **Just One: Choice**—Choose to shop at a local farmers market to get more fresh fruits and vegetables.
- **Just One: Change**—Turn off the TV, go outside and spend 30 minutes walking.
- **Just One: Touch** - Reach out to help a neighbor clean up his yard.
- **Just One: Word**—Teach

a child how important her health is and how she can help protect the world we live in.

Individuals, families, and communities can work together to improve the health and wellbeing of people and the environment.

Inside this issue:

<i>Making Just One Change</i>	2
<i>Just One Touch</i>	2
<i>Economic Benefits of Recycling</i>	3
<i>Recycling Services in Cooper County</i>	3
<i>WIC Income Guidelines</i>	4
<i>Deleted Food Items—WIC Program</i>	4

Special points of interest:

- *Gardening increases your physical activity and gives you healthier food choices.*
- *In 2005, the US would have needed 92 more landfills - large enough to serve the combined city populations of Dallas and Detroit—without recycling!*

Making Just One Change

It takes **Just One** person, making **Just One** change to ensure a healthier life. Moving from old habits to new healthy ones improves our lives every day.

Here are some ways you can change your life today to impact your health and help the environment. Start by choosing Just One!:

- **Change your plate size at home:** Studies have shown that using a smaller plate will decrease the amount of food eaten at meal times. Eating smaller portions decreases our calorie intake reducing the likelihood of obesity and chronic diseases. It also saves money and resources for us all.
- **Move more:** Take the steps instead of the elevator; and on short trips, walk or bike to where you are going instead of driving. Increasing your physical activity decreases your chance to develop heart disease and saves fuel and energy, which benefits the environment.

Another avenue is to consider asking your employer to start a work-site health promotion program that might sponsor physical activity during the workday.

- **Check out www.fitness.mo.gov/WebResources.html for more information on worksite programs**
- **Start a Garden:** Starting a garden gets you outside, doing physical activity and improving your health. Planting fresh fruits and vegetables in your yard is a healthier choice than processed foods that have to be transported to your community from the outside. A garden can provide a good source of vegetables and fruits to nourish your body. In addition gardening is good for the environment, especially if you avoid using synthetic pesticides and fertilizers; try organic gardening.

For more information about the health

risks for obesity and chronic diseases and the importance of a healthy diet and physical activity, check out the Missouri Department of Health and Senior Services' programs on nutrition, physical activity, and chronic diseases at www.fitness.mo.gov/Programs.html and www.dhss.mo.gov/Nutrition_Everyone/RelatedLinks.html.

“Eating smaller portions decreases our calorie intake reducing the likelihood of obesity and chronic diseases”

Just One Touch

It takes **Just One** person, reaching out to make **Just One touch** as good neighbor helping other neighbors to assure community health and safety.

Reaching out to those who depend on us enriches our community, environment, and our lives. We can have a positive influence on choices others make by modeling sound environmental stewardship and by being good neighbors. So, if each of us will reach out with **Just One touch**, we will make a healthier world in which to live.

Here are some ways you can touch someone today to help impact the environment. Start by choosing **Just One!**:

- **Protect your family from environmental hazards:** Keep poisons out of reach of small children. Make sure you have fire detectors

and extinguishers. Dispose of hazardous materials (paint, antifreeze, etc.) in a safe manner. Determining which products in your house are hazardous is easy—just read the label. For additional information check out a list of common household hazardous wastes at www.epa.gov/epaoswer/non-hw/muncpl/hhw-list.htm.

- **Check on your elderly neighbor:** During difficult times, such as emergencies, extreme weather, ill health or loss of loved ones, there are neighbors who will need your help. Assist with tasks such as yard cleanup, debris removal, and making sure that they have an emergency plan in advance. Contact your local public health agency or Missouri Department

of Health and Senior Services for “Ready In 3” information at www.dhss.mo.gov/Ready_in_3/index.html.

- **Model recycling:** get a young person involved in a recycling program. You can check out this website at <http://earth911.org/recycling> for more information on recycling and educational activities. The following page describes the benefits of recycling along with recycling programs available in Cooper County.



Cooper County Recycles!

Economic and Environmental Benefits of Recycling

According to the Environmental Protection Agency's (EPA) article [Recycling For the Future –Consider the Benefits](#), “recycling is one of the best environmental success stories of the late 20th century....In fact, more people recycle household waste than vote in elections”!

Benefits of Recycling solid wastes include:

- **Reducing the need for new landfills:** In 2005, the US would have needed 92 more landfills large enough to serve the combined city populations of Dallas and Detroit without recycling!
- **Prevents emissions of many air and water pollutants:** Many pollutants are released by the extraction and processing of raw materials. Some of these pollutants

are known to be carcinogenic or toxic to humans, and some have effects, such as creating acid rain, that are damaging to natural habitats. In addition, for many new and high-volume usage chemicals, the long-term effects are unknown. Extensive life-cycle analyses find overall emissions to all environmental media to be lower when we use recovered rather than virgin materials. Recycling is a highly effective strategy for reducing all categories of health risks and pollution resulting from virgin material extraction and processing.

- **Saves energy**
- **Supplies valuable raw materials to industry**

- **Creates jobs**
- **Reduces greenhouse gas emissions:** Emissions of carbon dioxide, methane, and other greenhouse gases pose a serious long-term threat to global climate change. Reducing these emissions is a national and international environmental priority to which recycling contributes.
- **Stimulates the development of greener technologies**
- **Conserves resources for our children's future:** The earth's resources are not limitless. Ultimately, coal, oil, iron ore, bauxite, and other nonrenewable resources are available only up to a limited capacity.

Recycling Services in Cooper County: Boonslick Industries, Inc. and the City of Boonville

In 2005, Boonslick Industries, Inc. received funding for their recycling program through a grant with the Mid-Missouri Solid Waste District, Region H and the Department of Natural Resources.

During their first year, Dave Saunders, program manager reports that they recycled 1/2 million pounds of solid waste; 1 million pounds in 2006; and in 2007 they were up to 1,125,000 pounds. Dave states that they “are more than on track to reach their 2008 goal of 1.5 million pounds of solid waste.”

When the program began in 2005, they employed 20 adults (over age 16). They currently employ 33 full / part-time individuals with developmental disabilities in their recycling program.

As part of their service, they will place recycling containers at your place of business for pick-up. They require that you:

- Keep trash out of the containers
- Break down cardboard boxes for more load capacity

- Place loose materials in boxes or bags (like shredded paper)

Items for pick-up that may be recycled include:

Cardboard, Newspapers, Magazines, Catalogs, Telephone Books, Office Paper, Envelopes, Cardstock, Hardcover and Paperback Books, Brown Grocery Bags; Box board (cereal boxes), Clothing and Shoes.

The general public may drop off their items at Boonslick Industries or Savvy Seconds as well as the following locations:

- Boonslick Heartland YMCA
- Eagles Lodge
- United Church of Christ
- David Barton School
- Boonslick Area Vo-Tech School

In addition to the items listed above, the following items may be brought to drop off locations: **Ink Jet Cartridges, Toner Cartridges, and Cell phones.**

The City of Boonville also has recycling services available at their Transfer Station. Items accepted for recycling include: **Newspaper, Tin and Aluminum cans.**

Transfer station hours are Monday through Friday from 7:30 a.m. to 4:00 p.m. and Saturday from 7:30 a.m. to 11:30 a.m.

The Cooper County Public Health Center encourages all citizens of Cooper County to take advantage of the recycling services that we have available in Cooper County. What little time and effort it takes to sort your trash and drop it off can make a huge difference to our environment.

Our office has been recycling with Boonslick industries since 2005 and we encourage all local business and community members to take advantage of this service. For more information or to start your office recycling, call Dave Saunders at 660-882-5576 extension 134 or visit their website at: www.uoi.org/recycling.htm

Cooper County Public Health Center

Cooper County Public Health Center
606 East Spring St.
Boonville, MO 65233

Phone: 660-882-2626
Fax: 660-882-2586
Web: www.coopercountypublichealth.com

We're on the web!

Public Health Makes Life Better



Public Health
Prevent. Promote. Protect.

“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to the USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC, 20250-9410, or call (800)795-3272 (voice) or (202) 82-6382 (TTY). USDA is an equal opportunity provider and employer.”

WIC Income Guidelines

The following Missouri WIC Income Guidelines will be in effect from April 1, 2008 through March 31, 2009.

Family Size	Monthly Income
1	\$1,604
2	\$2,159
3	\$2,714
4	\$3,269
5	\$3,824
6	\$4,379
7	\$4,934
8	\$5,489
9	\$6,294
10	\$6,599
11	\$7,154
12	\$7,709

Family Size	Monthly Income
13	\$8,264
14	\$8,819
15	\$9,374
16	\$9,929

Pregnant women are counted as two family members. Income guidelines are based on 185% of poverty level. This institution is an equal opportunity provider.

Notice—Items Deleted from the WIC approved food list, effective May 1, 2008: Due to the need to take additional cost containment measures to ensure current levels of service, the following items are no longer available. WIC participants who receive WIC checks may no longer

receive the following brands and sizes:

- All sizes of General Mills Cheerios and Corn Flakes and Kellogg's Corn Flakes
- Quaker Oats—12 oz. Instant Oatmeal
- All Store Brand 46 ounce plastic bottles of 100% juice
- All Dole, Minute Maid, Tropicana and Welch's brands of frozen juice
- All 11.5 ounce Libby's and Welch's brands of shelf stable concentrate juice

If anyone has any questions, please contact us at 660-882-2626 or contact the State WIC Office at 800-392-8209/