

Contact: Lisa Marshall
Taney County Health Department
320 Rinehart Road
Phone: (417) 334-4544
Email: lisa.marshall@lpha.mo.gov



FOR IMMEDIATE RELEASE

Taney County Health Department is Offering **FREE** Suicide Prevention Training
January 26, 2023

The Taney County Health Department (TCHD) is offering **FREE** suicide prevention training. QPR is a one-hour training that teaches 3 simple steps to help save a life from suicide.

According to the Missouri Institute of Mental Health:

- Suicide is the 9th leading cause of death in Missouri.
- Suicide is the 2nd leading cause of death among youth/young adults ages 10-17.
- Suicide rates in Missouri are highest among 25–64-year-olds.

“These Missouri statistics were eye-opening for the health department.” States Kathryn Metzger, Program Manager Community Outreach and Environmental Health Divisions. “Seeing so many preventable deaths happening in our own community made it clear that we needed to bring a suicide prevention program to the area.”

QPR is a **FREE** one-hour training that is open to anyone in the community. The training can be tailored to Veterans, Law Enforcement, Adults, and Youth.

If you or your organization are interested in QPR Training, please contact the Taney County Health Department at 417-334-4544 ext 225.

For more information contact the Taney County Health Department at 417-334-4544, visit our website at www.taneycohealth.org, or like our FaceBook, Instagram and Pinterest pages.

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The Taney County Health Department envisions a community of healthy people. Every day, we work to achieve this vision through leadership, collaboration, education and service. We value integrity, learning, teamwork, positive communication, quality improvement and dedicated service. Please visit our website <http://www.taneycohealth.org> to learn more about our services.

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FOR IMMEDIATE RELEASE
February is Heart Health Month
February 20, 2023

Heart disease is the leading cause of death in the United States. According to the Center for Disease Control and Prevention (CDC) one in five deaths is due to heart disease, even though the disease is largely preventable. February is heart health month, a time when all people can focus on ways to improve their heart health.

Here are some ways to improve your heart health:

- Move your body each day. This can be as simple as parking further from the door when shopping, walking 10 minutes 3 times a day or putting on some of your favorite music and dancing around the house.
- Eat more fruits and vegetables. Fresh, canned, or frozen fruits and vegetables are all good for you. Eating foods such as whole grains, low-fat or fat-free milk products, eggs, and lean meats is a must for a healthy heart.
- Reduce your stress. We can't always limit the amount of stress in our lives, but we can change how we react to it. There are several techniques that can be used to relieve stress including, meditation, deep breathing, and stretching. Taking a yoga or tai chi class or talking to a professional counselor can be a great way to decrease the stress in your life.
- Get enough sleep each night. Good sleep helps the body repair itself and helps you function normally during the day. According to the CDC, high blood pressure, type 2 diabetes, and obesity are some of the health problems that can be linked to poor sleep.

Keeping your heart healthy starts with living a heart-healthy lifestyle. Get smart about your heart, know what causes heart disease, what puts you at risk for it, and how to reduce the risks to protect your heart and keep it strong.

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FOR IMMEDIATE RELEASE

Taney County Health Department Announces 2023 Public Health Champion
April 3, 2023

The Taney County Health Department (TCHD) is proud to present House of Hope with the 2023 Public Health Champion Award. TCHD staff annually nominate an individual or community partner who has made a difference in public health during the previous year. The Public Health Champion Award is presented annually as part of National Public Health Week, celebrated during the first full week of April.

House of Hope received three of five nominations, one of the nominations reads:
“This organization has demonstrated true grit and resilience over the years as they continue to love and serve the Branson community. They are always ready to take action, implement solutions, and face challenges head on with grace and strength. House of Hope truly lives up to their namesake. They selflessly give hope and hope is what inspires and empowers us to move out of difficult situations. This organization is a true leader in promoting the wellbeing of our residents and we are incredibly fortunate to have them serving in our community and fiercely advocating, every day, for every person that comes through their doors.”

Criteria for the award include individuals or organizations that set an example or lead public health efforts, collaborate with other organizations, educate, and promote the wellbeing of residents and use creative solutions to benefit all residents. The team at House of Hope consistently serves our community by coming alongside people in need and helping them figure out the best path forward. This may be through finding stable housing, employment, or community connection.

TCHD thanks House of Hope for all their work throughout the past year in supporting the public health needs of the community. Congratulations on this much deserved award.

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FOR IMMEDIATE RELEASE

Taney County Health Department Maintains National Accreditation Status through the
Public Health Accreditation Board
April 6, 2023

The Taney County Health Department (TCHD) announced it has achieved national reaccreditation status through the Public Health Accreditation Board (PHAB). TCHD has demonstrated that it meets PHAB’s quality standards and measures in maintaining accreditation status. This process shows that TCHD has the capacity to evolve, advance, and continue to improve the health of Taney County residents. TCHD achieved national accreditation in 2015 and is one of only eight health departments in Missouri to be accredited.

“We are so pleased to be recognized again by PHAB for achieving national standards that foster effectiveness and promote continuous quality improvement in public health,” said Lisa Marshall, Director TCHD. “We hope this announcement will reassure our community, partner organizations, funders, and elected officials that the services we provide are as responsive as possible to the needs of our community.”

Health departments provide essential services such as vaccinations, restaurant inspections, health education, and vital records, and are key leaders in improving the health and well-being of communities. To demonstrate accountability, promote transparency, and adopt cultures that promote continuous performance improvement, many health departments strive to achieve and maintain national accreditation.

Often called the “backbone” of the public health system, public health departments are on the front lines of communities’ efforts to protect and promote health and prevent disease and injury. PHAB-accredited health departments demonstrate great leadership by placing their work for peer review with the goal of using the feedback obtained during the process to improve the services they provide to their communities.

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Public Health
Prevent. Promote. Protect.
Taney County Health Department



FOR IMMEDIATE RELEASE

Taney County Health Department Offers “Just Another Day™” Workshop
May 12, 2023

The Taney County Health Department (TCHD) and the Consilience Group are pleased to offer the “Just Another Day™” workshop. This workshop will help organizations improve processes so community members can navigate them more easily. The workshop is virtual and will be held **May 24** from **1-3 pm**.

Over 5,000 people across the United States, including dozens of TCHD employees, have attended this workshop. “Our team benefited greatly from the ‘Just Another Day’ workshop,” states Lisa Marshall, Director of the Taney County Health Department. “It has helped our team better serve our community and helped us remove obstacles to our services.”

Please note participants will need access to a computer or smart device, with an internet connection and voice/video capabilities for the best experience. Attendance is limited to 40 and registration is required. **Please email Jamie.Orlando@lpha.mo.gov to register.**

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FOR IMMEDIATE RELEASE
May is Mental Health Awareness Month
May 24, 2023

May is Mental Health Awareness Month.

Mental health issues are not unique, in fact, 1 in 4 people will experience a mental health illness during their lifetime. Mental health conditions include depression, anxiety, and schizophrenia, and account for more disability than any other illness including cancer and heart disease.

Over 1 in 10 youth in the US are experiencing depression that is severely impairing their ability to function at school or work, at home, with family, or in their social life.

“Mental health is health.” states Kara Miller, Community Health Educator with the Taney County Health Department. “If we don’t feel right physically, we see a doctor. We should see a doctor when we don’t feel right mentally.”

Warning signs of a mental health issue in adults and adolescents can include:

- Excessive worrying or fear
- Feeling extremely sad or low
- Avoiding friends and social activities
- Not able to carry out daily activities or handle daily problems and stress
- Thinking about suicide

Mental health conditions can also begin to develop in young children. The most obvious symptoms are behavioral and can include:

- Changes in school performance
- Fighting to avoid school or going to bed
- Frequent nightmares
- Frequent temper tantrums

Here are some ideas to help improve your mental health

- Spend time with family and friends
- Exercise, even a short walk can improve your mental health
- Eat healthy increase your fruit and vegetable intake
- Get out in nature, sunshine can be good for your mental health

If you or someone you know is experiencing a mental health crisis, call the suicide prevention hotline at 988.

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FOR IMMEDIATE RELEASE

June 16, 2023
Summer Safely

School is out, the temperature is on the rise, and we are spending more time outside. Whether you are spending time at the pool, doing yard work, or hitting the trail for a hike, keep your family safe and healthy this summer by following these summer safety tips.

Check the weather before you head outside. The weather in Missouri is very unpredictable, but using weather apps on our phones makes it easier to adequately prepare for any type of weather. Having an idea of what the temperature may be helps determine how to dress, and what to bring to help keep you safe and protected from the sun.

Sunburn is a common summer injury. An increase in skin cancer, including melanoma, has been seen in people who get frequent sunburns especially at a young age. Applying a shot glass-sized amount of sunscreen 30 minutes before going outside is one of the best summer safety tips to ensure you stay healthy now and in the future. Don't forget to re-apply every two hours or more often if you are swimming or sweating.

Wear a US Coast Guard-approved life jacket that is appropriate for your weight and size when out on a boat. Other water safety tips include swimming in designated areas supervised by lifeguards, and always swimming with a buddy. Remember to designate a responsible adult to watch young children while at the pool.

Warmer weather can mean an increased risk for dehydration. Drinking plenty of water and avoiding sugary or alcoholic drinks is the best way to stay hydrated during the hot summer months. Drink at least eight 8-oz glasses of water a day, more if you are outside.

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FOR IMMEDIATE RELEASE

July 12, 2023
It's Tick Season

Enjoying time outdoors with family and friends is a big part of summertime fun. Don't let tick bites ruin that fun, learn how to protect you and your family from ticks.

According to the Missouri Department of Conservation, the three most common ticks in Missouri are the Deer Tick (Blacklegged Tick), the Lone Star Tick, and the American Dog Tick. Ticks can carry diseases such as Alpha-Gal, Lyme Disease, and Rocky Mountain Spotted Fever. The best way to prevent getting these diseases is to avoid getting bitten.

Here are some tips to help you avoid tick bites:

- Avoid outdoor areas with tall grass, brush, or trees
- Wear long sleeve shirts, pants, and tuck your pant legs into your socks when out hiking
- Use repellents like DEET, and Picaridin on your skin or Permethrin on your clothing
- Check yourself for ticks as soon as possible after being outside

Here are some tips to remove a tick:

- Use fine tipped tweezers or a tick remover to remove the tick as soon as possible
- Grasp the tick as close to the skin's surface as possible
- Pull the tweezers upwards, do not twist or pull
- Wash the area of the bite thoroughly with rubbing alcohol or soap and water
- Watch for signs such as rashes or flu-like symptoms, and see your doctor immediately if you experience any of these

Ticks are active year around, even in the winter months. Be informed about ticks and be tick smart all year round. For more information on ticks, visit <https://www.cdc.gov/ticks>

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FOR IMMEDIATE RELEASE

August is Breastfeeding Awareness Month
August 9, 2023

The Taney County Health Department (TCHD) along with the World Alliance for Breastfeeding Action (WABA) is celebrating World Breastfeeding Week (WBW) this month. WABA organizes and chooses a theme for WBW. This year's theme is, "Enabling Breastfeeding: making a difference for working parents." This theme focuses on breastfeeding and employment/work.

Recognized as a Breastfeeding Friendly WIC Clinic since 2013, the staff at TCHD are passionate about educating the community on the benefits of breastfeeding. "WBW begins on August 1st and ends on August 7th", states Wendy Rogers, Breastfeeding Peer Counselor at TCHD. "We offer breastfeeding support and encouragement to help families develop healthy lifestyles year-round."

Breastfeeding has many health benefits for mom and baby.

The benefits for baby include:

- Lower risk of SIDS
- Lower risk of diabetes
- Lower risk of ear and respiratory infections
- Fewer allergies

The benefits for a breastfeeding mother include:

- Reduced risk of breast and ovarian cancer
- Return to pre-pregnancy weight faster
- Creates an optimal bond between mom and baby

TCHD is happy to announce the addition of Elizabeth Chrouser as a Breastfeeding Peer Counselor. "Elizabeth has been with TCHD since March" states Tammy Drake WIC Program Manager. "She is passionate about breastfeeding and is here to support and provide encouragement to all our breastfeeding mothers and families."

If you are breastfeeding, pregnant, or considering breastfeeding and have questions, we encourage you to call TCHD at (417)334-4544 ext 318 to speak with one of the Breastfeeding Peer Counselors.

The annual "Steps for Success" Breastfeeding walk will take place on September 21, 2023. More information will follow soon.

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FOR IMMEDIATE RELEASE

The Taney County Health Department Celebrates Baby Safety Awareness Month
September 8, 2023

September has been designated as “Baby Safety Awareness Month” by the Juvenile Products Manufacturers Association (JPMA) since 1991. This month the Taney County Health Department (TCHD) is dedicated to educating parents on the importance of choosing and using the best baby products.

“Preventing injuries and illness is what we do at TCHD.” states Kara Miller, Community Health Educator at TCHD, “We educate parents and caregivers every day on safe sleep and car seat safety. Helping caregivers understand what a safe sleep environment looks like or how to install a car seat correctly goes a long way in preventing injuries.”

Here are 5 tips for parents during baby safety month.

- A firm mattress and fitted sheet are all that is needed to give baby a safe place to sleep.
- Place baby’s crib and other furniture away from windows. This will help to prevent falls and strangulation that could happen if window coverings have strings or cords.
- To avoid scalding burns, set your water heater to 120°. This will guarantee that the water never gets to a point where it could injure a baby.
- Install working smoke and carbon monoxide alarms on every level of your home and in all sleeping areas. Testing these alarms regularly to be sure they are working will keep you and your family safe.
- Make sure your child’s car seat is installed correctly. TCHD has Certified Child Passenger Safety Technicians in Forsyth and Branson to assist you with this.

To make an appointment to have your car seat inspected, please call 417-334-4544 ext 590 for the Branson location or ext 690 for the Forsyth location.

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Taney County Health Department Hosts 2023 Steps for Success Breastfeeding Awareness Walk September 12, 2023

In celebration of World Breastfeeding Week, the Taney County Health Department joins with the World Alliance for Breastfeeding Action (WABA) to host the Steps for Success, Breastfeeding Awareness Walk. This year's walk, sponsored by Home State Health, will take place at the Branson Rec Plex at 1500 Branson Hills Parkway, Pavilion D, Branson, MO. on September 21 from 1:00 pm to 3:00 pm.

The WABA organizes World Breastfeeding Week (WBW) every year from August 1st through August 7th. An annual theme is selected for the week reflecting this vibrant, global movement to promote, protect, and support breastfeeding by anyone, anywhere at any time. The theme this year is "Enabling Breastfeeding"- making a difference for working parents, which focuses on breastfeeding and employment, highlighting how employers can support breastfeeding mothers.

Bring the family! We will have activities for the kids, giveaways, and refreshments. For more information about our WIC program and/or breastfeeding support please visit our website at www.taneycohealth.org or call the WIC front desk at (417)-334-4544 ext 592. For more information and/or to register for the Steps for Success walk call (417)-334-4544 ext 318.

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FOR IMMEDIATE RELEASE

Be Prepared for Flu Season
October 13, 2023

Fall is here, the weather is getting cooler, and we are spending more time inside. This is also the time of year when the community can expect to see an increase in respiratory viruses including colds, flu, and Respiratory Syncytial Virus (RSV).

The Taney County Health Department (TCHD) encourages everyone 6 months of age or older to get a flu shot, especially those who have a chronic disease (high blood pressure, diabetes, COPD) and are at higher risk of developing serious complications from having the flu.

This year there is a vaccine available for RSV. RSV is a common respiratory virus that causes mild, cold-like symptoms but it can be serious in babies and older adults. Check with your doctor to determine if the RSV vaccine is right for you.

Other ways to help prevent the spread of these respiratory viruses include:

- Hand washing for 20 seconds with soap and warm water
- Stay home if you are sick
- Cover your nose and mouth while coughing or sneezing
- Use an alcohol-based hand sanitizer if soap and water are not available
- Avoid touching your eyes, nose, and mouth

Those at highest risk- the elderly, pregnant women, infants, or those with chronic diseases- who show flu symptoms should contact their medical provider to receive the most effective treatment. Symptoms may include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headache, and fatigue.

The TCHD now has the capability to test for COVID and the flu.

To make an appointment for a flu shot or to be tested for COVID or the flu, call 417-334-4544 ext 590.

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FOR IMMEDIATE RELEASE

Taney County Health Department Seeing an Uptick in Tuberculosis Cases
October 19, 2023

The Taney County Health Department (TCHD) has recently seen an uptick in Tuberculosis (TB) cases. “Investigating this type of disease is part of what the health department does on a day-to-day basis.” states Lisa Marshall Director of the TCHD, “Our Communicable Disease (CD) Team’s goal is to follow-up with all cases and make sure that all members of the public who need treatment, receive it.”

Here are some commonly asked questions about TB.

What is TB?

Tuberculosis (TB) is a bacterial infection that has been around for over 9,000 years. The good news is that TB is not as dangerous as it once was and can be cured with modern medicine.

How easy is it to catch TB?

It is not easy to catch TB, and it is unlikely that you will catch it from a stranger in public. Instead, TB is more likely to be spread from someone that you spend a lot of time with every day. Higher risk settings and occupations include people who are unhoused, those in jail, and living or working in a hospital or nursing home. Keep in mind that a person infected with TB is not always contagious.

Should everyone be tested for TB?

Not everyone needs to be tested for TB. People who have compromised immune systems and those in high risk settings, should be tested for TB regularly. This includes people with HIV or AIDS, diabetes, and serious kidney disease. Talk with your healthcare provider to determine if you should be tested.

How do you test for TB?

The most common way to test for Tuberculosis is through a TB skin test. This test is done by having a nurse use a small needle to inject testing fluid under the skin on the lower inner arm. After 2 to 3 days, a healthcare worker will check the area to determine if you have had a reaction. Depending on the results, more testing may be needed.

What is the Difference Between Latent TB Infection and Active TB Disease?

People with Latent TB Infection have TB bacteria in their bodies, but they are not sick because the bacteria are not active. These people do not have symptoms of TB disease and **cannot spread** the TB bacteria to others.

People with active TB disease are sick from TB bacteria. This means that the bacteria are multiplying and attacking tissue in their body. These people will usually have symptoms and **can spread** the bacteria to others.

Early detection of TB is the key to successful treatment. Ways to stop the spread of TB and other diseases include washing your hands, staying home if you are sick, and covering your cough or sneeze.

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FOR IMMEDIATE RELEASE

Holiday Food Safety
November 27, 2023

It's the most wonderful time of the year! The holidays bring tidings of good cheer which may include visiting with family and friends, gift giving, and of course eating. Keep the holidays foodborne illness free by following these four steps for safe food preparation.

- **Clean.** Wash hands, utensils, and counter tops to avoid spreading bacteria when preparing food.
- **Separate.** Bacteria can be spread through cross-contamination. Use different cutting boards for meat, poultry, seafood, and vegetables.
- **Cook.** Food is safely cooked when it reaches a high enough internal temperature to kill harmful bacteria that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked meat, poultry, and egg dishes. Follow these internal temperature guidelines when cooking meats.
 - Roasts and steaks cooked to 145° F.
 - Chicken and Turkey cooked to 165° F.
 - Ground meat (hamburgers) cooked to 155° F.
 - Seafood cooked to 145° F.
 - Cook eggs until they are white and firm, not runny. Don't use recipes requiring eggs to be left raw or partially cooked.
 - When microwaving, be sure to rotate the dish once or twice while cooking if there is no turntable. Bacteria can survive in cold spots in food.
 - Heat leftovers to 165° F and make sure leftover sauces, soups, and gravies are brought to a boil when reheating.
- **Chill.** Keeping your refrigerator at a constant temperature of 40° F or less is one of the most effective ways to reduce foodborne illness. Refrigerate foods quickly as cold temperatures slow the growth of harmful bacteria. Cold air must circulate in your refrigerator to help keep food safe, so do not overstuff the refrigerator.

Keeping your family safe is easy if you follow the four steps of food preparation.

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FOR IMMEDIATE RELEASE

Taney County Health Department Renews Annual WIC Contract for 2024
December 6, 2023

The Taney County Health Department (TCHD) is pleased to announce the annual contract for the WIC (Women, Infants and Children) Supplemental Nutrition Food Program has been renewed for 2024. WIC provides services to eligible women who are pregnant, breastfeeding and/or postpartum mothers, infants, and children up to five years of age. Foster parents, single fathers, and grandparents are also encouraged to utilize WIC services.

The WIC Program is a public health nutrition program that helps to improve the health and nutrition of infants, children, and women throughout Taney County by offering healthy foods and encouraging healthy eating habits. Women who participate in WIC during pregnancy have healthier pregnancies and improved birth outcomes. WIC provides nutrition education, breastfeeding education and support, referrals for other health and social services, and supplemental foods, at no cost to the participant. WIC supplemental foods may include milk, cheese, yogurt, eggs, cereal, whole grains (pasta, rice, tortillas) beans, peanut butter, and fruits and vegetables. The increased fruit and vegetable dollar amount has been approved for 2024. This benefit increase provides \$26 for children, \$47 for pregnant and non-breastfeeding women, and \$52 for exclusively breastfeeding mothers each month to purchase fresh and/or frozen fruits and vegetables.

Taney County Health Department WIC program provides services to an average of 1,400 participants each month. Participants must meet certain guidelines and nutritional criteria to be eligible for WIC services. A family of four, with a gross weekly income of \$1,068 or annual income of \$55,500 or less, would qualify. Taney County WIC provides services at both the Branson and Forsyth location, as well as mobile locations. New in 2023, WIC was able to begin offering services from TCHD's mobile unit. "This mobile option has given WIC the opportunity to take WIC services to families in the community", states Tammy Drake, WIC Program Manager.

For more information about WIC services, breastfeeding support programs, or to schedule an appointment, please call the Taney County Health Department – Branson 417-334-4544 ext. 592 or Forsyth 417-546-4725 ext. 592, visit our website www.taneycohealth.org, or like us on Facebook, Instagram and Pinterest.

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In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** program.intake@usda.gov

This institution is an equal opportunity provider.

Contact: Lisa Marshall
Taney County Health Department
320 Rinehart Road
Phone: (417) 334-4544
Email: lisa.marshall@lpha.mo.gov



FOR IMMEDIATE RELEASE

Taney County Health Department Announces 2024 Public Health Champion
April 4, 2024

The Taney County Health Department (TCHD) Public Health Champion Award is presented annually as part of National Public Health Week, celebrated the first full week of April. This year's Public Health Champion award is proudly presented to Christian Action Ministries (CAM).

A portion of the nomination CAM received reads: “ CAM has fought against food insecurity in Taney County for 40 years. Their Neighbor 2 Neighbor (N2N) program gets local community groups involved to provide mobile food distribution sites throughout Taney County. Last July, fierce winds knocked out power to the Ridgcrest Apartment complex for over a day. This community is served by the N2N program and the groceries they had recently received spoiled in the summer heat. CAM was contacted by the N2N program, and another grocery distribution was provided. Christian Action Ministries is not just a food pantry, it fosters a sense of community. CAM helps fill stomachs and hearts.”

The Public Health Champion award recognizes organizations, agencies, and individuals who contribute to the health of the community. Nominated by TCHD staff, managers, and board members, the nominees must meet at least one of the following criteria:

- Provides leadership in efforts to reduce health inequalities
- Fosters collaboration to improve the health of the population
- Builds community capacity through innovative health promotion strategies
- Achieves impact by acting as a catalyst for positive change

The staff of the TCHD would like to thank CAM for all their dedication throughout the past year in supporting the public health needs of the community. Congratulations on this much deserved award.

For more information contact the Taney County Health Department at 417-334-4544, visit our website at www.taneycohealth.org, or like our FaceBook, Instagram and Pinterest pages.

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Taney County Health Department
320 Rinehart Road
Phone: (417) 334-4544
Email: lisa.marshall@lpha.mo.gov



FOR IMMEDIATE RELEASE

**Taney County Health Department Renews Annual WIC Contract for 2025
October 28, 2024**

The Taney County Health Department (TCHD) is pleased to announce the annual contract for the WIC (Women, Infants and Children) Supplemental Nutrition Food Program has been renewed for 2025. WIC provides services to eligible women who are pregnant, breastfeeding and/or postpartum mothers, infants, and children up to five years of age. Foster parents, single fathers, and grandparents are also encouraged to utilize WIC services.

The WIC Program is a public health nutrition program that helps to improve the health and nutrition of infants, children, and women throughout Taney County by offering healthy foods and encouraging healthy eating habits. Women who participate in WIC during pregnancy have healthier pregnancies and improved birth outcomes. WIC provides nutrition education, breastfeeding education and support, referrals for other health and social services, and supplemental foods, at no cost to the participant. WIC supplemental foods may include milk, cheese, yogurt, eggs, cereal, whole grains (pasta, rice, tortillas) beans, peanut butter, and fruits and vegetables, as well as infant formula, infant cereal and some infant foods.

Taney County Health Department WIC program provides services to an average of 1,414 participants each month. Participants must meet certain guidelines and nutritional criteria to be eligible for WIC services. A family of four, with a gross weekly income of \$1,110 or annual income of \$57,720 or less, would qualify. Taney County WIC provides services at both the Branson and Forsyth locations, as well as four mobile locations throughout Taney County.

For more information about WIC services, breastfeeding support programs, or to schedule an appointment, please call the Taney County Health Department – Branson 417-334-4544 ext. 592 or Forsyth 417-546-4725 ext. 592, visit our website www.taneycohealth.org, or like us on Facebook, Instagram and Pinterest.

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Taney County Health Department
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Email: lisa.marshall@lpha.mo.gov



FOR IMMEDIATE RELEASE

November is Diabetes Awareness Month
November 20, 2024

November is Diabetes Awareness Month, a time for learning about diabetes and how it affects millions of people. The Taney County Health Department (TCHD) wants to help you understand more about diabetes and share tips on how to prevent and manage it better.

What Is Diabetes

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Over 37 million people in the U.S. have diabetes, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart. The good news is that taking control of your health may prevent diabetes.

How You Can Prevent Diabetes

Many people don't realize they are at risk for diabetes because there aren't always clear symptoms. It's important to know if you have risk factors like being overweight, not exercising enough, or having family members with diabetes. Small changes such as eating more fruits and vegetables, walking or exercising regularly, and getting check-ups with your healthcare provider can help prevent diabetes.

How You Can Manage Your Diabetes

For people who already have diabetes, managing it can be hard. Here are some simple ways to manage your diabetes:

- Make and eat healthy food
- Be active most days
- Test your blood sugar often
- Take medicines as prescribed
- Learn ways to manage stress
- See your health care provider regularly

This Diabetes Awareness Month, TCHD invites everyone to learn more about diabetes, get tested, and share information with friends and family. Together, we can help prevent diabetes and support those who are living with it.

For more information contact the Taney County Health Department at 417-334-4544, visit our website at www.taneycohealth.org, or like our FaceBook, Instagram and Pinterest pages.

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FOR IMMEDIATE RELEASE

November 13, 2024

Taney County Health Department Trains Over 1000 People to Help Prevent Suicide

The Taney County Health Department (TCHD) is excited to announce that over 1000 people in Taney County have completed the Question, Persuade, Refer (QPR) gatekeeper training to help prevent suicide.

QPR is a special training that teaches people how to spot warning signs, offer hope, and help connect someone with professional help if they are thinking about suicide.

With help from local schools, community groups, and businesses, TCHD has been able to offer QPR training to people all over Taney County. Each one-hour session teaches people how to Question someone who may need help, Persuade them to get help, and Refer them to the right mental health resources. This milestone shows how people in Taney County are coming together to make Taney County safer, and more supportive for everyone.

“This was an eye-opening training,” states Ian Hildebrand, a College of the Ozarks student, and recently trained QPR gatekeeper. “I learned steps to take to properly communicate with people who may be struggling with suicidal thoughts.”

QPR training is free, through funding from the Missouri Department of Health and Senior Services Maternal Child Health Services contract which helps to provide all the supplies. The training can be tailored to youth, adults, first responders, and veterans. Please contact the Taney County Health Department at 417-334-4544 ext 594 for more information or to schedule a training.

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This project is funded in part by the Missouri Department of Health and Senior Services MCH Services Contract # DH250056868, and is supported by the Health Resources Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant #B04MC47428, Maternal and Child Health Services for \$12,834,718, of which \$0 is from non-governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.