According to the latest County Health Rankings, released today by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute, Johnson County has moved up in the state rankings as the 17th healthiest county in Missouri.

Johnson County received high marks in several categories considered in determining the rankings, including social factors such as education rates, low teen births, low violent crime, and injury related deaths.

Johnson County did receive negative marks in some categories including sexually transmitted infections and mammography screenings.

“The County Health Rankings are a good tool to help us gauge where we are at as a county and what areas we need to work to improve.” noted Anthony Arton, administrator.

“Johnson County continues to be ranked in the top tier of counties in the state, proving that this is a great place to live and work” Arton continued.

Johnson County Community Health Services is committed to improving the quality of life for our communities. Learn more about the health rankings at www.countyhealthrankings.org
April is STD Awareness Month

Three common STDs have increased sharply across the United States for the fourth year in a row. To help reverse this trend, Johnson County Community Health Services is calling on individuals and healthcare providers to take these three actions to protect themselves, their partners, and their patients from STDs: Talk, Test, and Treat.

In 2018 alone, Johnson County had 388 cases of chlamydia, 80 cases of gonorrhea, and 7 cases of syphilis.

Chlamydia, gonorrhea, and syphilis are curable with the right medicines, yet most cases go undiagnosed and untreated—which can lead to severe health problems.

JCCHS offers confidential testing and treatment. Learn more at JohnsonCountyHealth.org/stdtesting.

Make the trusted choice

When you or a loved one are being discharged from a hospital or care facility, and are needing home health, patients are given a list of providers for care.

For over 40 years families all across Johnson and Lafayette counties have made the choice of Johnson County Community Health Services—Home Healthcare.

As a trusted local provider where our nurses and staff live, work, and contribute to your community; our mission is to help improve your quality of life by providing top tier quality and compassionate care right where you belong...in your own home.

So when that list of providers is presented to you by your physician or discharge team, make the choice that countless families have made and recommend...Johnson County Community Health Services—Home Healthcare.

Learn more at JohnsonCountyHealth.org/homehealth.

JoCo HELPS

Your Community Resources for Needs that Matter

JohnsonCountyHealth.org/JoCoHelps
April Recipe of the Month

**Pasta Primavera**

**INGREDIENTS**

- 1 cup broccoli florets
- 1 cup carrots, sliced
- 1 cup zucchini, sliced
- 1 cup whole-wheat pasta noodles

**For the Sauce:**

- 1 tablespoon flour
- 1 tablespoon butter
- 1 cup skim milk
- ¼ teaspoon dried basil
- ¼ teaspoon black pepper
- 2 tablespoons parmesan cheese

**DIRECTIONS**

1. Cook pasta according to package directions.
2. Rinse broccoli florets with cold water and place with carrots in a steamer basket.
3. Put the steamer basket in a saucepan filled with 1 inch water.
4. Bring to a boil; cover and steam for 2 minutes. Add zucchini and steam for another 2-3 minutes.
5. Take vegetables out of steamer and place in mixing bowl.
6. In a small saucepan melt butter; whisk in flour.
7. Gradually add in milk, basil, and pepper. Cook over medium heat, stirring constantly, until sauce thickens.
8. Remove sauce from the heat and stir in parmesan cheese.
9. Pour sauce over the vegetables, add in cooked pasta and mix gently until combined.

Serves 2 \ WIC food count: 5

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**Event Calendar**

**Classes:**

- 4/11: CPR/First Aid @ 9am
- 4/11: Food Safety Training @ 10am
- 4/18: Mom 2 Mom Breastfeeding class @ 4pm (WMMC)
- 4/23 Food Safety Training @ 2pm
- 4/23: Child Care Provider Training @ 5pm

**Other Events:**

- 4/6: Car Seat Checkup event @ 9am-12pm at Lotspeich Automotive
- 4/25: Board of Trustees meeting @ 10am

**WIC:**

Warrensburg M-F

**NEW** Walk-In Tuesday (Every Tuesday)

Holden 1st, 2nd & 3rd Wednesdays

Knob Noster 1st & 3rd Thursdays

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This institution is an equal opportunity provider and employer.