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Central District Health Department Public Health Informer



Boise's Healthy Child Care Initiative Ordinance Passes

On September 29, 2014, five of the six Boise City Council Members and Mayor Dave Bieter unanimously voted to adopt the Healthy Child Care Initiatives Ordinance, the first policy of its kind in Idaho. The ordinance passage comes after almost two years of research, outreach and stakeholder engagement by a team of individuals invested in improving childhood obesity in Boise led by Council Member TJ Thomson. TJ collaborated with CDHD Policy Analyst Rebecca Lemmons and Idaho Association for the Education of Young Children's (IAEYC) Executive Director, Beth Oppenheimer.

To address the growing epidemic of childhood obesity and strengthen child care standards in the City of Boise, Council Member TJ Thomson directed the City Clerk's staff to establish and monitor several "Healthy Initiative" benchmarks for children receiving care from licensed providers in Boise, including: increased opportunities for daily physical activity; limits on sedentary, non-educational screen time; nutrition standards for meals and snacks served by providers; and a private location for nursing mothers to feed their infants. This ordinance also enhances the health, safety, and welfare of children in child care facilities within the City of Boise by strengthening the worker-to-child ratios and training requirements.

All 300 licensed child care providers in Boise will be required to attend a free four-hour Healthy Initiatives Child Care training to develop hands-on skills and receive resources to implement the healthy concepts in the ordinance by October 1, 2015. Parents and providers can see whether each child care program is meeting the guidelines set out in the ordinance through a newly developed website at www.boisechildcare.com. The website includes an interactive map that will be populated over the next year so the public can search for child care providers nearest to them and identify whether the child care provider is meeting the healthy initiatives or not. Additional resources for parents and providers are also available on the website.

TJ Thomson has been quoted in nearly every major media outlet in Boise demonstrating his commitment to making Boise the healthiest city in the country. The Healthy Initiatives Child Care Ordinance is sure to be the first of many new efforts to create a healthier Boise for the children and families that live, work, learn, and play there.



TJ Thomson, Boise City Council member

WE'RE A

To protect the health of **everyone** at CDHD, no use of tobacco or vaping is allowed anywhere on our property.

Thank you for your cooperation.



Public Health Informer

The Public Health Informer is a quarterly publication of the Central District Health Department.

The Central District Health Department provides services in Ada, Elmore, Boise and Valley counties.

All offices are open Monday through Friday from 8:00 a.m. to 5:00 p.m., though clinic hours may vary. Call the numbers below for more information and to make an appointment. Boise County residents should call the main office for information on services.

Main Office

707 N. Armstrong Pl.
Boise, Idaho 83704
208-375-5211

Mountain Home:

520 E. 8th St. N.
Mountain Home, ID 83647
208-587-4407

McCall Office:

703 N. 1st St.
McCall, ID 83638
208-634-7194

The Central District Health Department is an equal opportunity provider and employer.

Back issues of this publication are available on our website: cdhd.idaho.gov

CDHD Cholesterol Clinics Offer No-Appointment Testing

Knock Knock.

Who's There?

Ima.

Ima Who?

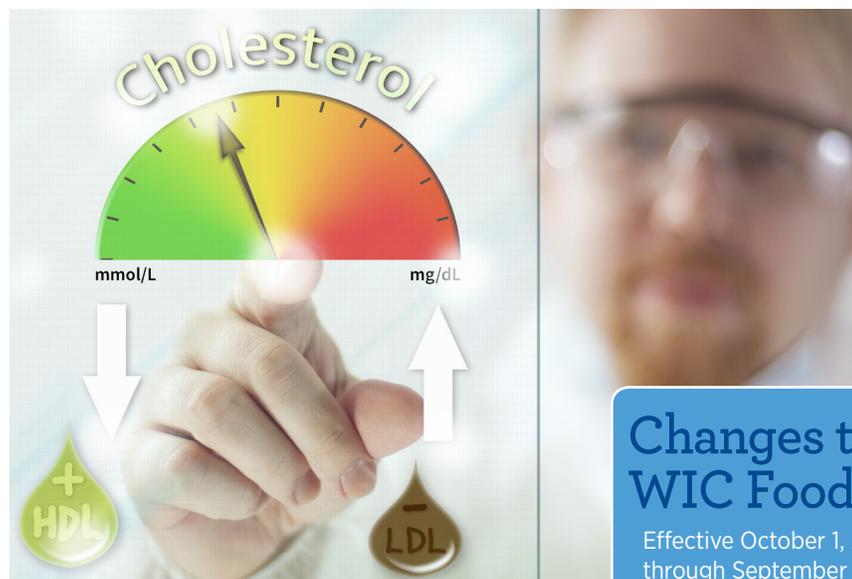
Ima here to tell you about CDHD cholesterol screening!



On the first Tuesday of each month in the Boise office, a cholesterol clinic is held from 6:30 to 9 a.m. Screening for lipid abnormalities, and cholesterol is included in the test and is widely recommended, especially if you or your loved ones are 35 and older. Lipid testing is important because abnormal levels do not have symptoms. Knowing what the blood levels are can help to determine overall risk for heart disease and stroke, and can help to identify who might benefit from several different treatments that can help lower heart disease risk.

Our Mountain Home office holds their cholesterol clinic on the 2nd Wednesday in February, May, August, and November from 7 to 9 a.m. Both clinics are walk-in — no appointments are required, and only cost \$20!

So take charge of your health and join our early bird work crew of smiling staff and volunteers at our next cholesterol clinic. We'll take your blood pressure, offer nutrition and exercise guidelines, and have our expert lab crew from Interpath Laboratory draw your blood. For more information, go to www.cdhd.idaho.gov/communityhealth.



Changes to WIC Food List

Effective October 1, 2014 through September 30th, 2015

Cereal Additional Cream of Wheat Choice

String Cheese
(16 oz mozzarella)



Vaccination



Seasonal Flu FAQ

What is this year's flu season expected to be like and when will it peak?

The flu season comes every year, but changes in severity, duration, and onset from year-to-year. Often times it peaks from December to February, but activity can be reported as early as October.

What should I do to protect myself and my loved ones from the flu this year?

The most important step to take is to get a flu vaccine and encourage your loved ones to also be vaccinated. Along with the flu vaccine, it is important to take everyday precautions like washing hands often, avoiding sick people and staying home if you become ill.

Who should get the flu vaccine?

The CDC recommends that everyone 6 months and older get a flu vaccine every year. Certain people are at high risk for developing flu-related complications, so it is important for them to get vaccinated. This includes children under 5, pregnant women, people with certain medical conditions and adults 65 years of age and older.

What types of flu vaccine are available this year?

The flu vaccine that protects against three different flu viruses is called trivalent. There is a quadrivalent vaccine this year which protects against four different flu viruses. The flu vaccine can be administered by an injection into the muscle or by a nasal spray. This year, the preferred method for children 2 through 8 years of age is the nasal spray.

How long will the flu vaccine protect me?

The flu vaccine will last all season long. There is no need to worry about it "wearing off" if you get the vaccine early in the season. As soon as the vaccine is available, it is important to get it so you will be protected when the flu season arrives.

Can I get the flu from the flu vaccine?

No, you cannot get the flu from the vaccine. Some people feel mild side effects, like a sore arm. Rarely do people have fever, muscle pain or weakness when they have the flu shot. If someone does experience these, it usually only lasts 1-2 days and it is much less severe than the actual flu.

Pertussis: WHAT DOES IT MEAN?

Pertussis may not be easily recognized by its given name. It's usually better known by its common name, "whooping cough." What should stand out in your mind is that the disease has made a comeback since its peak in 1955 of over 60,000 cases in the US. With the development of a vaccine, cases declined until approximately the mid 1980's. Since then, numbers have been climbing. So far this year, there have been about 300 cases reported in Idaho. This is much higher than average.

It is important for both children and adults to be up-to-date on all immunizations, including DTaP/Tdap. Being vaccinated against pertussis is the best way to prevent becoming ill. Unfortunately, the vaccine does not last forever and people lose protection over time. This is one of the main reasons people are getting sick from pertussis. To learn more about pertussis, including signs and symptoms, visit www.cdc.gov/pertussis. The more we make pertussis a common household name, the better prepared we will be to prevent it.



Be a Quitter

By quitting, tobacco users can reclaim their health. The benefits begin the day a tobacco user quits and continue for the rest of his or her life.

Anyone who has ever stopped or tried to stop tobacco use can share how challenging that goal can be. To encourage potential 'quitters,' the American Cancer Society declares the third Thursday in November (November 20, 2014) as the Great American Smokeout. Tobacco users are encouraged to quit for one day in hopes that they may decide to quit for a lifetime.

Now more than ever, there are numerous effective treatment options to help support any tobacco user in his or her attempt to quit using tobacco for good. These treatment options include healthcare provider counseling, nicotine replacement therapy or other smoking cessation medications, smoking cessation classes, free telephone counseling quit lines, and online services. *Studies show that smokers are most successful in kicking the habit when they use some means of the above and have the encouragement of friends and family members.*

FREE Tobacco Cessation classes, supported by Idaho Tobacco Millennium Funds, are being offered in Boise, Meridian, McCall, and Mountain Home. For more information on current classes go to cdhd.idaho.gov or call (208) 375-5211.

Project Filter offers 8 weeks of FREE nicotine patches, gum, or lozenges. Register for this amazing offer online at www.projectfilter.org or by phone at 1-800-QuitNow (784-8669).



Tobacco Free Idaho Alliance and Idaho Public Health Association Present:



Addiction Incorporated

Monday, December 8, 2014

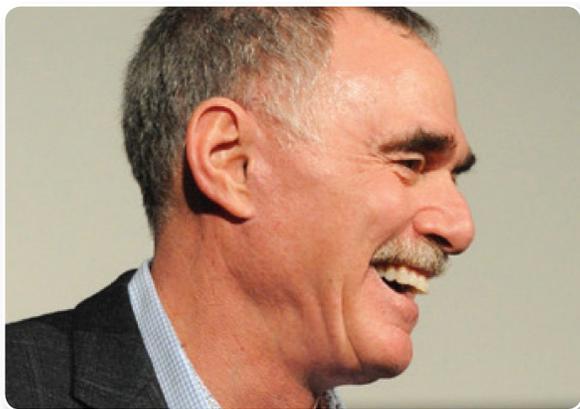
Screening of *Addiction Incorporated*

6:30–8:30 p.m.

Boise State University Student Union Building
Special Events Center

Cost: \$5

FREE FOR STUDENTS



Featuring Tobacco Whistleblower
Dr. Victor J. DeNoble

(Advanced registration required to guarantee seating. To register online, visit www.ipha.wildapricot.org, and click on the "Events" tab.) Free parking available in the Lincoln Garage (parking code sent with registration information).



Monster Mouth

Halloween, Cavities and Candy — Some Helpful Hints on Decreasing Decay!

As parents, we are concerned that too much candy and sugar will give our kids MONSTER MOUTHS — mouths filled with cavities! What can we do to fight cavities? The frequency that we eat candy or foods containing sugar, and the stickiness, are big factors in getting cavities. Every time we eat or drink something containing sugar, it creates an acid in our mouths that attacks our teeth and causes cavities. This acid lasts 30 to 60 minutes. That means every piece of candy or every sip of juice will start another 30 minutes of acid attack.

It may be unrealistic to tell our kids they can't ever have candy, cookies, or other treats. Kids enjoy treats and an occasional treat is less harmful if a few guidelines are followed:

- Have a meal time and a snack time, close the kitchen in between
- Drink milk and juice only at mealtimes, water during the day
- Have a treat as dessert right after meal so acid is not produced again
- When it comes to lingering Halloween goodies, let kids select a few pieces of candy to eat in a 20 minute "treat time" and then be done
- Avoid sticky treats that stay on the tooth making the acid stay longer
- Brush teeth after treats
- Eat fresh fruits, vegetables and cheese for snack time

Remember...
FREQUENCY MATTERS!

Raw Milk: The Risky Reality

Milk provides a wealth of nutrients important to overall health. However, there are some dangers in drinking raw milk. Harmful germs found in raw milk can cause diarrhea, stomach pain, and achiness, and depending on the severity of infection, severe kidney damage. This is especially true for young children. Other risks include miscarriage, stillbirth, severe illness or death of a newborn when a pregnant woman is infected with *Listeria* bacteria, which can be present in unpasteurized goat's milk.

When milk is pasteurized, some bacteria remain, but the disease-causing ones are killed. Pasteurization is the process of heating milk to a high enough temperature for a long enough time to kill disease-causing germs. Harmful germs usually don't change the look, taste, or smell of milk, so only when raw milk has been pasteurized can you be confident that these germs are not present.

Before the invention and acceptance of pasteurization, many mothers recognized this risk and would boil milk to 212°F before giving it to their infants and young children.

The presence of germs in raw milk is unpredictable. The number of disease-causing germs in the raw milk may be too low to make a person sick for a long time, and later high enough to make the same person seriously ill. Even if you trust the farmer and your store, raw milk is never a guaranteed safe product.

Many studies have shown that pasteurization does not significantly change the nutritional value of milk. Heat slightly affects a few of the vitamins found in milk — thiamine, vitamin B12, and vitamin C — but milk is only a minor source of these vitamins.

From a public health perspective, the benefits of drinking pasteurized milk outweigh the risks of drinking raw milk.





Fit and Fall Proof™ Class is in Session & Volunteers Needed

Fit and Fall Proof™ is a free, peer-led, low-impact, exercise program to help prevent falls in older adults. The Centers for Disease Control and Prevention (CDC) reports there is an older adult treated in the emergency room every 18 seconds for a fall-related injury. The CDC also reports that one out of three people over age 65 will fall each year. Knowing these statistics can help reduce falls and improve quality of life.

Fit and Fall Proof™ classes are offered throughout Idaho at locations such as churches, libraries, and community centers. Participants are welcomed into a positive encouraging atmosphere where physical strength is often built alongside lasting friendships. Today, the program is over a decade old.

A Call for Volunteers

To continue offering Fit and Fall Proof™ classes, volunteer leaders are needed. Volunteers are welcome to assist for as little as one hour per week. Volunteer leaders are not required to have an exercise background, as training is provided. If leading class is not for you, volunteers are also needed to assist with attendance and record keeping. The biggest reward is seeing the joy and smiles from participants as they regain confidence and independence.

For more information on becoming a volunteer exercise leader, or to participate in a class near you, please contact Fit and Fall Proof™ Coordinator Mike Rice at (208) 327-8591. Or visit the CDHD website at cdhd.idaho.gov.



Helping Breastfeeding Moms Succeed

Numerous studies tout the incredible benefits of breastfeeding — but it's not always easy for new moms and babies to immediately get the hang of. One of the best ways to help a new mom succeed with breastfeeding is providing a strong support system. That support generally comes from family and friends — and for first-time moms enrolled in the Women, Infants and Children (WIC) program, there's an additional support resource in CDHD peer counselors.

Peer counselors work to support new breastfeeding moms by building relationships through in-person meetings, phone calls and text messages. Counselors offer information, their first-hand knowledge and serve as a resource for questions and conversation, all of which helps to encourage new moms and their success with breastfeeding.

CDHD employs three peer counselors who collectively serve over 300 women enrolled in the WIC program at any one time. Peer counselors are passionate about helping new moms find their way with breastfeeding. "I love that I can share my own experiences and passion with new moms who sometimes need extra encouragement. I have gained so much knowledge about the importance of breastfeeding that I would have breastfed my daughter even longer than I did," said Leslie Bennett, a Senior Peer Counselor.

For more information on the WIC peer counselor program, call (208) 327-8565.

Feedback from Program Participants...

"Just having support and someone to talk to helped so much."

"Being able to text my peer counselor the first few weeks postpartum really helped me mentally."



CDHD Peer Counselors L-R: Brenda Jimenez, Leslie Bennett, Deborah Choi Flores



Harvest Fresh Applesauce

- 5-6 medium apples
- 1.5 cups water
- 1 ½ tsp ground cinnamon
- 1 tsp vanilla extract
- ¼ tsp ground ginger
- Toasted walnuts (optional)

Peel, core and chop the apples. (Hint: for added fiber leave a couple apples unpeeled). In a medium saucepan, combine water and apples and bring to a boil. Reduce heat, cover and simmer for 20 minutes. Add cinnamon, vanilla and ginger. Re-cover and simmer for 15-20 minutes longer. Remove from heat. Mash with a potato masher until desired consistency. Sprinkle with toasted walnuts and serve warm. Makes 5 servings.

Calories: 81; Fat: 1g;
Carbohydrate: 20g; Protein: 1g;
Sodium: 2mg; Fiber: 1.5g;
Cholesterol: 0mg

Getting a Grip on Portion Sizes

By Erin Green, CDHD Registered Dietitian

Growing up, I remember my mother observing that my “eyes were bigger than my stomach” whenever I dished up more food than I could eat. As children, we’re pretty good at listening to our stomachs when they’re full. But as adults, we’re more likely to override those internal signals due to external influences like time of day, social occasions, distractions, even stress and emotional interferences.

As we stray further from those innate hunger and satiety cues, adults often seek other forms of portion control to avoid overeating. The size of the dishware we use has a major impact on this — dishes have grown an estimated 23 percent since 1900. How many of you have heard someone proclaim, “I just switched to a salad plate for my meals and I eat less... and I’m not hungry afterward!” Ever wondered why we don’t hear, “I just fill up half of my normal-sized plate for my meals and I eat less?”

Read on...

The way we perceive portion sizes has a lot to do with the visual representation of food. Shapes and colors of dishes, distribution of food on the dish and even color of table cloth can influence portion sizes. This perceptual phenomenon was first discovered in 1865 and is termed *Delboeuf’s Illusion*. In recent years numerous studies have illustrated the impact of *Delboeuf’s Illusion* on food intake.

An example of *Delboeuf’s Illusion* using food.
www.ptbypaula.com



Here are some general ideas to keep in mind when exploring the world of visual portion bias:

- Use smaller dishes. Study participants were more likely to over-serve themselves when using larger dishes.
- Increase the contrast between the food and the plate. Serving vanilla ice cream in a white bowl may lead to a larger serving than serving it in a colored bowl.
- Increase the contrast between dinnerware and tablecloth or placemat.
- Arrange foods so they take up more space on your plate. Neatly sliced chicken is more visually appealing and takes up more space than an intact chunk of chicken.
- Be aware. People who were distracted when eating seemed to be less attuned to their portion sizes and the resulting feelings of fullness.
- Serve children child-size portions on child-sized dishes. Although children are better at listening to their tummies’ hunger/fullness cues, they are also susceptible to the visual impact of portion size.



What's Your Birth Control Method of Choice?

According to Webster's dictionary, choice is defined as the opportunity or power to choose between two or more possibilities. In 2014, there are a number of choices for different methods of birth control available for men and women. For men and women alike, it's important to consider the effectiveness of the method as well as how consistently and correctly they will use the method. Considering age, family, employment, income, interests, and desire to delay pregnancy is also essential in making the best contraceptive choice for your body, lifestyle, and relationship.

For each of us, the best choice is the method that fits our individual self. Whether your choice is abstinence, male or female condoms, a daily oral birth control pill, an every twelve-week shot, or a long-term intrauterine device, having the power to use and access safe and effective birth control is an important part of this choice. Central District Health Department provides the resources, education, and clinical services to make the best birth control method of choice. The best method depends on your lifestyle and your body. What is your birth control method of choice?

From the inbox...

"I am in a really tough spot right now and have been for a while. You guys make it possible for me to afford my birth control and be able to decide when I would like to bring a child into the world. I appreciate all that you guys do."

- CDHD Reproductive Health Client

Closely Spaced Pregnancies and Women's Health

Becoming pregnant within 18 months of giving birth to a previous child is a closely spaced pregnancy. Research has shown many negative effects of getting pregnant again within this short time. The most common outcomes of a closely spaced pregnancy are low birth weight, preterm delivery, and small size for gestational age. The effects on baby include a higher risk for problems during or after birth. This can include improper development during the pregnancy or birth defects upon delivery.

After each pregnancy, the mother's body is very stressed. Pregnancy takes a lot out of a mother's health and nutrient stores. The body must then recover in order to refill those stores to a normal level. Some key nutrients that can be depleted are iron and folate. These two nutrients are very important during pregnancy. If a mother does not allow enough time to restore those nutrients to good levels it can affect the next pregnancy.

Also, if the next pregnancy begins too quickly it can affect the breastfeeding of your current child. To get the best outcomes for you and your baby it is best to wait 18-24 months between pregnancies if you decide have another child. Enjoy the time you have with your current child as you focus on their growth and development.

Some methods for preventing closely spaced pregnancies include family planning and use of contraception. Family planning involves deciding whether you are ready to take care of another newborn. Another question might be how the other children in your family would react to sharing attention with another baby. It is also important to consider contraception during this time to avoid closely spaced pregnancy.





WIC Services in Garden City

CDHD is partnering with the Garden City Community Clinic and to offer Women, Infants and Children (WIC) services where they have not been offered before: in Garden City. The clinic is located at 215 W. 35th Street, just south of Chinden Boulevard. Appointments will be offered on Tuesdays from 9 a.m. to 4 p.m. Clients will be able to enroll in the program, meet with WIC representatives, and pick up program benefits at the new location. CDHD will begin seeing clients in January 2015, but appointments at the new location are being taken now.

Call 327-7488 to schedule an appointment, or visit getmoregood.com to learn more about the WIC program and eligibility.



Open the Window for Health Insurance

The window of opportunity is about to open again. From November 15th to February 15th, you can go to www.yourhealthidaho.org and find a health insurance plan to fit your needs. Whether you're young or old, single or married with kids, there is a plan for you. Let's face it: life's broken bones and fevers are unpredictable. So why not be prepared? The website has plenty of tools to get you ready for 2015 and beyond, including cost calculators, plan pre-views, and assistance with deciphering the tricky language of insurance companies.

And do you want to know the best part about this particular window of opportunity? You're not committed to anything. Unlike other online stores, at www.yourhealthidaho.org, it's impossible to click too far and accidentally buy something you're not sure about yet. Nothing is final until you sign the agreement sent by the policy's provider and mail it back. So go window shopping! Experiment with the numbers, the plans, and the calculators. Make calls and ask questions. Go to the site and check out the opportunities that await you and your family.

Healthy Me is Cavity-free

A Pre-Dental Home Project

Parents, learn how to keep your little one's mouth healthy and cavity-free. Beginning in early 2015, the program will be open to children ages 0 to 3 and their parents or care givers. Call 327-7488 to make an appointment and learn what you can do to keep your child's teeth healthy and cavity-free!

