



Central District Health Department Public Health Informer

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How Everyone Puts a Little Poop in the Pool

Recent research found *E. coli* on most swimming pool filters. The *E. coli* comes from human poop. How does this happen? Healthy people have about 0.14 grams of fecal material they *normally carry* into the pool on their bottoms. As people swim, this small amount of poop washes off into the pool water.

For example, if someone was ill with a waterborne parasite, like *cryptosporidium*, there will be enough on their bottom to infect others. Even two weeks after people feel better, the parasite will still be in a person's intestines and can be released into the pool. Some germs can survive chlorine. *Cryptosporidium* lives up to 10 days in well-chlorinated pools and can easily infect other people if they swallow the pool water.

How can we prevent waterborne disease? Swimmers must shower *with soap* before entering the pool and refrain from swimming two weeks after diarrheal illness.

To protect yourself and other swimmers:

- Don't swim when you have diarrhea, and stay out of the pool for two weeks after you feel better.
- Shower with soap before you start swimming.
- Take bathroom breaks every 60 minutes
- Take a rinse shower before you get back into the water.
- Don't swallow the water you swim in.
- Take children on bathroom breaks every 60 minutes or check diapers every 30–60 minutes
- Change diapers in the bathroom or diaper-changing area — and not at poolside — where germs can rinse into the water.



For more information about healthy swimming, visit www.cdc.gov/healthyswimming/

We're A Tobacco Free Zone

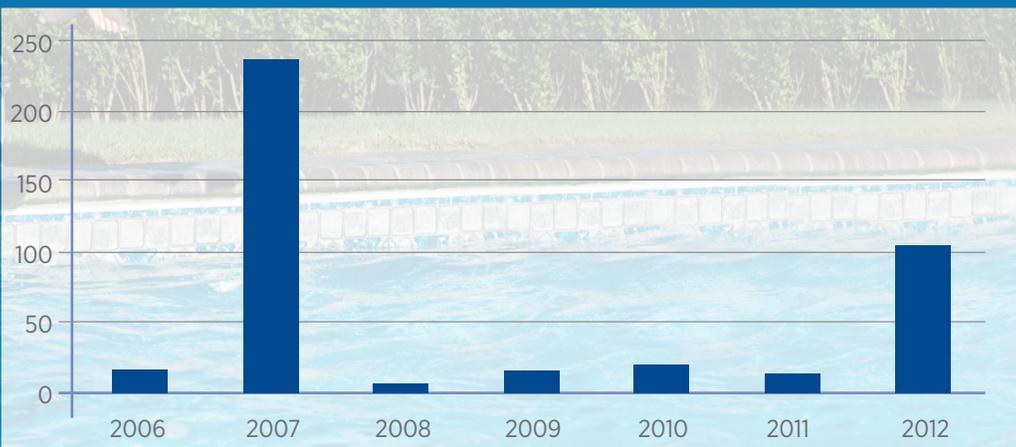


To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out.

Thank you for your cooperation.



Idaho Central District Health Crypto Cases – By Year





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

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Breastfeeding and Low Milk Supply



Most mothers can make plenty of milk for their babies. But many mothers are concerned about having enough.

Checking your baby's weight and growth is the best way to make sure he or she is getting enough milk. Let the doctor know if you are concerned. Your baby's doctor will check his or her weight at your first visit after you leave the hospital. Make sure to visit your baby's doctor within three to five days after birth and then again at two to three weeks of age for check-ups. If you are a WIC participant you can bring your baby in to WIC for a weight check.

There may be times when you think your supply is low, but it is actually just fine:

- When your baby is around six weeks to two months old, your breasts may no longer feel full. This is normal. At the same time, your baby may nurse for only five minutes at a time. This can mean that you and baby are just adjusting to the breastfeeding process — and getting good at it!

- Growth spurts can cause your baby to want to nurse longer and more often. These growth spurts can happen around two to three weeks, six weeks, and three months of age. They can also happen at any time. Don't be alarmed that your supply is too low to satisfy your baby. Follow your baby's lead — nursing more and more often will help build up your milk supply. Once your supply increases, you will likely be back to your usual routine.

What you can do:

1. Make sure your baby is latched on and positioned well.
2. Breastfeed often and let your baby decide when to end the feeding.
3. Offer both breasts at each feeding. Have your baby stay at the first breast as long as he or she is still sucking and swallowing. Offer the second breast when the baby slows down or stops.

Central District Health Department WIC office offers a Breastfeeding Support Group to WIC breastfeeding mothers every Monday, except holiday Mondays, from 3:30 to 4:30 p.m.

womenshealth.gov/breastfeeding/common-challenges/

Cavity Free Kids

Age One.... They finally have some!

Visit the dentist by age one. NO bottles to bed! The milk or juice can pool in the mouth causing cavities! Brush, brush, brush. As more teeth erupt, use a soft tooth brush to clean your child's teeth.

Age Two.... What should we do?

It's all in the habits. Set up good oral habits. Sippy cups through the day should only have water. Reserve juice and milk for meal time and snack times. Help your child brush their teeth using a small smear of fluoridated toothpaste.

Age Three and cavity free!

Keep working on habits. Watch frequency of sugars. Don't let kids graze. Have a meal time

and a snack time and close the kitchen in between. Always have healthy snacks including string cheese, or fresh fruits and veggies.



Four... Keep it up and we will SCORE!

Brush to the beat! Let them try brushing to the beat of their favorite song. Remember, parents need to finish up by brushing the hard to reach areas until they are in second grade.

Five, now they are ready to THRIVE.

As they grow, so will their abilities. Why not try those colorful plastic flossers. This is an easy way to start cleaning between the teeth.

Story adapted from Parenting magazine.



Is Your Child Up-to-date on Immunizations?

The summer is a great time to get children up-to-date on their immunizations. Be proactive and help protect your loved ones from diseases that can be prevented through vaccinations.

Remember that for children who are of school age, there are school entrance requirements for Kindergarten and 7th grade. Don't wait until school is ready to start, immunize now and beat the frenzy that occurs every year in August during the time of school registration. Contact your health care provider or your local health department.

The Central District Health Department offers immunizations for children up to age 18. Call and make an appointment today.

Ada and Boise counties
327-7450

Elmore County
587-4407

Valley County
630-8002

The Mountain Home office will be offering convenient evening appointments in July and August.

Please bring your child's immunization record to each visit for immunizations. Prevention is the key to good health.

Calling All Families: Get Out and Get Active

The family that plays together stays healthy together! This summer let's make physical activity fun for all ages by finding our favorite ways to play for the whole family. Physical activity doesn't have to be about what you have to do to be healthy, it's what you get to do. The best way to get children to learn to love being active is to develop their sense of play.

Most children and adults should aim for about 60 minutes of play per day at least five days per week. Keep in mind that 60 minutes can be broken up throughout the day by including walks to the store, riding bikes to the pool or park, or just having a dance party in your living room for a few minutes at a time. Try new things as a family, and don't be afraid to get up and get silly with your children- you are their very best role model for learning to love being active.

If you love getting out during the summer months, find your most favorite things to do outside. Go for a scavenger hunt for shapes and colors in your backyard or campsite, climb a tree, make a chalk hopscotch drawing on your driveway. Run into a rainy day? Being active can take place both inside and outside. Build a fort in the living room, make a healthy indoor picnic, plant a window sill herb garden, play with your pets or start a game of hide-and-seek.

While you are having fun, don't forget to be safe! Always provide protective equipment such as helmets, wrist pads or knee pads or reflective gear. And don't forget the hats and sunscreen when playing outdoors.

Whatever you choose to do, get up, get out and get playing!





Skin Cancer Prevention Tips

This summer let's make sun protection fun! Be prepared and have strategies to overcome common barriers such as lack of time to apply sunscreen. Helpful tips for good sun safety are:

- Seek Shade – avoid sun between 10 a.m. and 4 p.m.
- Wear clothing to protect exposed skin
- Wear a hat with a wide brim to shade the face, head, ears, and neck
- Wear sunglasses that wrap around and block both UVA and UVB rays
- Use a Broad Spectrum Sunscreen with SPF 30 or higher
 - Apply liberally – about 1 ounce of sunscreen is needed for an adult
 - Apply 15–30 minutes before going outside
 - Reapply every two hours
- Do not burn or tan
- Keep newborns out of the sun
 - Use protective clothing
 - Avoid using sunscreen during the first six months of life
- Other important facts to help you avoid too much UVA and UVB exposure:
 - Avoid surfaces that reflect light more, such as water, sand, and concrete
 - Skin burns faster at higher altitudes
 - Avoid sun lamps, tanning beds, and tanning salons

Early detection of melanoma can save your life. Careful examine all of your skin once a month. A new or changing spot should be evaluated by your healthcare provider.

Pills, Pills, Pills

Birth control pills are the most common and popular contraceptive methods used by couples trying to avoid pregnancy. And for good reason! Oral Contraceptive Pills (OCPs) are effective, affordable, have little risk of side effects and can even have some health benefits like reduced risk of certain types of cancer and more regular, less painful periods.

But OCPs are not a “one size fits all” medication. There are many different types of OCPs and they are all a little bit different to better fit different lifestyles and needs. A clinician can be very helpful when deciding which pill will work best for you.

OCPs are really effective at preventing pregnancy, when used properly. The most important thing to remember is to take your pill at the same time every day. It's best to take them at the exact same time each day, but they can still be effective if taken within an hour of the time you took it the day before. If you forget

to take a pill you will need to use a back-up method of birth control for the next seven days to avoid pregnancy. Also, pills can be very effective at preventing pregnancy, but don't offer any protection against sexually transmitted diseases.

Pills are available only by prescription. You can make an appointment with CDHD at our Boise, Mountain Home or McCall offices to talk to a clinician about oral contraceptives. Visit our websites: cdhd.idaho.gov or reveal4real.org to learn more or make an appointment.



Women's Health Check Offers Peace of Mind

Every woman is at risk for breast and cervical cancer, and the risk gets greater as you get older.

Women's Health Check is a program that provides breast and cervical cancer screenings to women who qualify. You may be eligible for these screenings if you meet the following criteria:

- Low income – up to 200 percent of federal poverty level
- No health insurance coverage for Pap tests or mammograms
- Age 50–64 for Pap test, pelvic exam, breast exam and mammogram
- Age 40–49 for Pap test and pelvic exam
- Women over age 65 who are not eligible for Medicare, or cannot afford Medicare Part B

Women's Health Check is funded by the Center for Disease Control and Prevention as a cooperative agreement with Idaho through local health departments or community clinics.



Most Pap test and mammogram results are normal. The peace of mind that screening provides is priceless. Detecting breast or cervical cancer early increases the chance for successful treatment and dramatically increases chances for a complete cure.

Call today and see if you or someone you know qualifies:

Sonja Redden, RN
208-327-8608 – Boise office

Yolanda Hurtado, RN
208-580-6005 – Mountain Home office

Stephanie Noble, RN
208-630-8001 – McCall office

Idaho CareLine
dial 2-1-1 or 1-800-926-2588

WHC website
www.healthandwelfare.idaho.gov



Complete Streets Coming Soon to Mountain Home

A community with a Complete Streets policy ensures streets are designed to make it easy for people to get physical activity as part of their daily routine. In April 2013, the Central District Health Department (CDHD) was awarded a one year Childhood Obesity Prevention Grant from the Blue Cross of Idaho Foundation for Health to develop an Active Living Task Force. The task force will be comprised of key community stakeholders, and will work toward the adoption of a Complete Streets policy by the city of Mountain Home. CDHD will be contracting with local planner Chris Danley of Vitruvian Planning to guide the community through the Complete Streets project beginning in June 2013.

When streets are designed only for cars, they deny people the opportunity to choose more active ways to get around, such as walking and biking. Even where sidewalks exist, large intersections and speeding traffic may make walking unpleasant or even unsafe. Incom-

plete streets mean many people lack opportunities to be active as part of daily life. One study found that each additional hour spent driving is associated with a 6 percent increase in the likelihood of obesity, while each additional kilometer walked is associated with a 5 percent reduction in this likelihood.

Complete Streets provide opportunities for physical activity by incorporating features that promote regular walking, cycling and transit use into just about every street. The continuous network of safe sidewalks and bikeways provided by a Complete Streets policy is important for encouraging active travel. Residents are 65 percent more likely to walk in a neighborhood with sidewalks.

The Blue Cross of Idaho Foundation for Health Grant will allow CDHD to work with residents in Mountain Home to help make the healthy choice the easy choice, whether they are nine or 90.

Leaves Can Fall, but People Shouldn't

September brings the first day of fall, which is also a good time to bring up Fall Prevention Awareness Month. September 22 is the first day of fall, and thus Fall Prevention Awareness Day. As we go about our daily activities we often forget the elderly and their quality of daily life.

Idaho has one of the worst fall fatality records in the nation. During the years 2004, 2005, and 2006, Idaho reported 356 fall-related fatalities. Of those fall-related deaths, 86% occurred in the residence of the fall victim. In its report entitled The State of Aging and Health in America, the American Gerontological Society said Idaho is 47th in fall-related fatalities, leaving only three states with a worse record.

One of the best defenses against falls is physical activity to enhance strength, stamina and balance. This is where Fit and Fall Proof™ classes can help. Because Fit and Fall Proof™ exercise classes are led by seniors, participants will find a positive, encouraging atmosphere, where they exercise to their comfort level. Some participants have improved to the point that they no longer need canes or walkers.

One of the best side benefits of Fit and Fall Proof™ classes is the camaraderie and friendships formed from participating.

For more information or to join a free Fit and fall Proof™ class near you please contact Mike S. Rice at Central District Health 208-327-8591.





Valley County Community Health Improvement Plan

According to the 2013 Robert Wood Johnson Foundation County Health Rankings, Valley County is the second healthiest county in Idaho. But they would like to be number one. Through a sub-grant provided by the Idaho Department of Health and Welfare, CDHD is working with Valley County community members to develop a Community Health Improvement Plan (CHIP). The CHIP will outline the priority community health issues and how these issues will be addressed over the next five years, including strategies and measures to ultimately improve the health of Valley County and make it the healthiest county in Idaho.

Utilizing the community health assessment completed by St. Luke's McCall, Nikki Zogg, formerly of CDHD, and Lyle Nelson of St. Luke's McCall, facilitated multiple stakeholder meetings to determine the key health issues affecting Valley County for inclusion in the CHIP. Three subcommittees were created to focus on the following areas of emphasis:

- Increase physical activity
- Nutrition and diabetes management opportunities
- Decrease tobacco initiation and use
- Increase access to mental health services

The subcommittees are currently working to plan the activities that will be implemented over the next five years in each of the areas of focus. The CHIP should be completed and available for release in September 2013.

Fight the Bite of West Nile Virus

You don't have to travel all the way to Egypt to find West Nile Virus. In fact, you might only have to travel as far as your back yard if you don't follow the simple guidelines below.

West Nile Virus (WNV) is a potentially life-threatening virus that is carried by mosquitos. If you become infected after being bitten by a mosquito carrying WNV you may experience fever, nausea, headaches, body aches, swollen lymph glands, or a skin rash. In some cases, people experience paralysis and even death.

Following these guidelines can help reduce your chance of getting infected with WNV:

- Make sure you avoid mosquitoes, especially between dusk and dawn when most mosquitoes are most active.
- Make sure there is no standing water on your property. That old tire swing might be fun for the kids and that bird bath may look pretty but if they have water in them, they are a perfect breeding ground for the mosquitoes that carry the WNV.

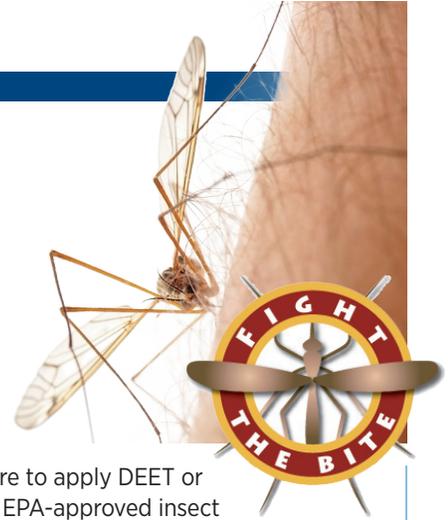
- Make sure to apply DEET or another EPA-approved insect repellent to exposed skin and clothing. Carefully follow instructions on the product label, especially for children.
- Make sure to cover up exposed skin when outside.
- Make sure to insect-proof your home by repairing or replacing damaged screens.

Last year, five Idahoans in the Central District (Ada, Boise, Elmore, and Valley counties) were infected with WNV. In 2006, Idaho led the nation in West Nile Virus infections with almost 1,000 infections, which contributed to 23 deaths.

West Nile Haiku

by Josh Stroud

**A warm summer pond
Haunted by ghosts of the Nile
Mosquito bites suck**



Is the Western Diet Killing Us?

A new British study provides further evidence that eating a so-called "Western" diet may not be good for you in the long run.

People who eat this kind of diet — which includes fried and sweet foods, processed and red meat, refined grains and high-fat dairy products — are at increased risk for premature death. And those who do make it to old age are less likely to be in good health when they get there, the researchers said.

The study included nearly 3,800 men and 1,600 women in Britain, with an average age of 51, who were followed from 1985 to 2009. By the end of that time, 73 percent of the participants had experienced normal aging and 4 percent had undergone ideal aging, which is defined as free of chronic conditions with high scores on tests of physical and mental abilities.

During the follow-up period, 13 percent of the participants had a nonfatal cardiovascular event, 3 percent died from heart-related causes and 7 percent died from other causes, according to the research, which was published in the May issue of *The American Journal of Medicine*.

By Robert Preidt, HealthDay Reporter



Fire Safety

One of the best things about living in Idaho is our outdoor recreation. Summer is a great time to go hiking, camping and just be outside. Wildfires are common occurrences in our area and they can affect our outdoor activities and those who live near forest and range land. Fires usually start from lightning strikes or human-caused accidents, and they can spread quickly. Smoke from fires may affect those with chronic illnesses, like asthma, more than others.

Before you leave to go camping or hiking, it's important to check the rules for the area you will be in. It is common for bans to be placed on campfires during summer, especially when there are hazardous conditions like hot, dry and windy weather. You can also take steps to protect your home from fires.

Here are some tips to help get your home ready for wildfire season:

- Test your smoke alarms monthly and change the batteries twice a year
- Post fire emergency phone numbers
- Regularly clean your roof and gutters
- Plan several escape routes from your home

Some people, including children and those with asthma, might be at a greater risk of suffering health problems from wildfire smoke. You can help protect yourself and others who may be sensitive to smoke by staying inside with the doors and windows closed and reducing the amount of time you spend being active outside. You can also check the air quality rating for your area at this website: www.airnow.gov. Those with asthma or other lung diseases should talk to their doctor if they have questions about smoke exposure.

Stay in Touch with CDHD — Electronically

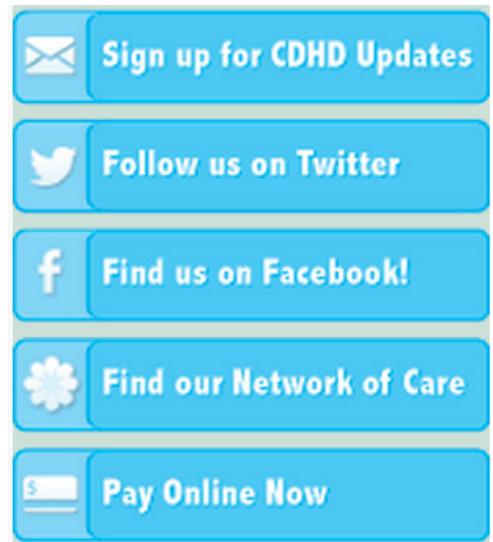
Nearly 94% of all adults use some kind of electronic communication. The most common form is email. According to research done last fall by the Pew Internet Civic Engagement Tracking Survey, about 70 percent of adults use some kind of social media. And nearly all young people, those 18–29, use social media (92 percent).

Newsletters like this one are great ways for us to communicate with the public, but we also realize that there is great potential to extend our reach through email and social media. That's why CDHD has contracted with GovDelivery to provide the public with additional ways of learning what's going on at your local health department.

Right on the front page of our website, cdhd.idaho.gov, you will find a navigation bar that will allow you to connect with and follow what CDHD is doing online. Click on "Sign up for CDHD Updates" and you will be taken to a page where you can enter your email address and choose the topics on which you would like to get updates. The other links will take you to our Twitter and Facebook pages.



Join our online discussion of topics related to your health and that of the community. We'll even tell you when there's a new edition of this newsletter.



For more information,
visit these websites:
www.ready.gov/wildfires
www.firewise.org

