



**Women  
Infants  
Children**

# Central District Health Department The WIC Informer

Back issues of this publication are available on our website: [cdhd.idaho.gov](http://cdhd.idaho.gov)

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The WIC Program is an equal opportunity provider and employer.

**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 WIC Program Receives National Award for Breastfeeding

The Idaho Women, Infants and Children (WIC) supplemental nutrition program was awarded a \$1.1 million high performance bonus for attaining one of the highest breastfeeding rates in the nation.

**Last year, almost 45,000 Idaho women, infants and children received monthly services and healthy foods from the Idaho WIC program.**

The \$1.1 million bonus award recognizes Idaho for having one of the top three breastfeeding rates in the nation, with 32 percent of Idaho WIC-enrolled infants being fully breastfed. The award will pay for needed state WIC infrastructure improvements, including information systems enhancements.

Additional information on the Idaho WIC program is available at: [WIC.dhw.idaho.gov](http://WIC.dhw.idaho.gov), by calling the Idaho CareLine at 2-1-1, or by visiting the WIC pages of the Central District Health Department website [cdhd.idaho.gov](http://cdhd.idaho.gov).

“Breastfeeding is a primary focus of the WIC program because of the health benefits for both the mother and the infant,” says Kris Spain, state WIC program manager. Spain says that breastfed babies show an increased resistance to infections, including ear infections, and a decreased risk of serious illnesses. Long-term health benefits for the child include a reduced incidence of childhood obesity, cancers, allergies and asthma. For the mother, breastfeeding increases the bonding with the baby and also reduces the risk of some cancers. On top of the health benefits, breastfeeding is more economical for the family budget, does not require formula preparation and is convenient and ready whenever baby wants to eat.

Idaho’s WIC services are provided through 50 clinics operated by the seven Idaho public health districts and two Native American health agencies. Last year, WIC provided approximately \$48/month of nutritional foods for each WIC participant.



## Clinic Locations & Hours

### Ada County

Central District  
Health Department  
707 N. Armstrong Pl.  
Boise, Idaho 83704  
Tel (208) 327-7488  
Fax (208) 321-2243

#### Clinic Hours:

Mon 8:00-6:00  
Tues 8:00-6:00  
Wed 8:00-6:00  
Thur 8:00-6:00  
Fri 8:00-5:00

### Boise County

Contact Ada County Office  
to schedule an appointment  
Tel (208) 327-7488  
Fax (208) 321-2243

### Elmore County

Mountain Home  
Health Department  
520 E. 8<sup>th</sup> Street  
Mountain Home, Idaho 83647  
Tel (208) 587-4409  
Fax (208) 587-3521

#### Clinic Hours

Mon - Fri 8:00-5:00

### Valley County

McCall Health Department  
703 N. 1<sup>st</sup> Street  
McCall, Idaho 83638  
Tel (208) 634-7194  
Fax (208) 634-2174

#### Office Hours

Tues & Thurs 8:00 - 4:30

Cascade Community Church  
2nd Tuesday of every month  
Contact McCall office to  
schedule an appointment  
Tel (208) 634-7194  
Fax (208) 634-2174

Clinics closed on all  
government holidays.

# Supporting Breastfeeding Mothers

By Cindy O'Neil

Many friends and family want to welcome the new baby and are ready and willing to help. Here are some ways to help:

- Help with housework to give mom and baby time alone to get to know each other.
- Help limit the number of visitors and visiting time so that the new mom can get plenty of rest.
- Offer to prepare a meal so that mom can spend more time with her baby.
- Fathers or grandparents can help change the baby's diapers. Bathe and dress him. Sing and talk. If you see baby searching for mom's breast, sucking his fist, or making sucking noises, take him to mom for a feeding. Let only mom feed the baby. Protect her while she feeds the baby.
- Do not give the baby water or formula in the first weeks. Feeding the baby anything other than breast milk interferes with mom's milk production.

- Let the baby's mom know you support her breastfeeding. Be patient while mom and baby learn to breastfeed.

Some new mothers experience pain when they first breastfeed. They may become engorged, or the baby may not latch on correctly. A WIC breastfeeding expert can help. And you can offer new moms support and encouragement to stay with it!

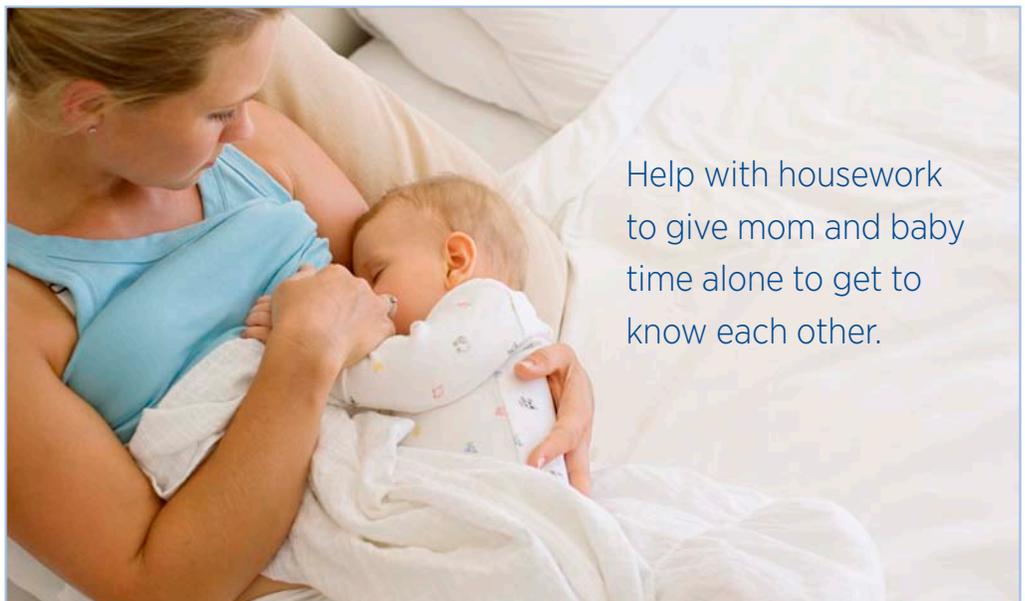
Contact the WIC office for help with breastfeeding at 327-7488.



#### For more information, visit:

[www.nal.usda.gov/wicworks/Learning\\_Center/LS/MBOL/dadbrochure\\_eng.pdf](http://www.nal.usda.gov/wicworks/Learning_Center/LS/MBOL/dadbrochure_eng.pdf)

[www.nal.usda.gov/wicworks/Learning\\_Center/LS/MBOL/gpbrochure\\_eng.pdf](http://www.nal.usda.gov/wicworks/Learning_Center/LS/MBOL/gpbrochure_eng.pdf)



Help with housework  
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## Fall Sun Safety

Leaves are falling, the days are cooler but it is important to continue sun safety even in the fall. It's easy to forget that the sun's rays damage the skin even in cooler seasons and on cloudy days. Sun exposure adds up over time and increases the risk for skin cancer. Have your child wear a wide brim hat, long sleeves and sunscreen of SPF 30 or higher on hands, face, neck and ears. Join Team Sun Safety and help your child be sun safe all year long.



# Top 10 Benefits of Walking

By Mehmet C. Oz, MD, and Michael F. Roizen, MD

What's not to love about the single best thing you can do for your health? The simple act of putting one foot in front of the other makes you healthier, gives you more energy, and makes you younger. Plus, doing it lets you talk with friends, think through problems, and see what's new in the neighborhood. And if you happen to have some new walking gear, walking lets you show it off.

That's just the beginning. Check out a few other great things walking does for you:

### 1. Fends off the #1 killer:

Regular walkers have fewer heart attacks and strokes, have lower blood pressure, and have higher levels of healthy HDL cholesterol than couch sitters do. In one study of women, a regular walking program did just as much in the heart-protection department as more vigorous exercise did.

### 2. Changes your RealAge—pronto:

As little as 90 days after starting a regular walking program, its age-reducing effects can be measured.

### 3. Dims your chances of diabetes:

Thirty minutes of walking a day makes your muscles more sensitive to insulin. That allows glucose to do its duty inside your cells rather than pile up in your bloodstream (that's what happens when you have diabetes) and cause other havoc.

### 4. Helps you kick the habit:

Taking a daily 30-minute walk is one of the keys to the success of our YOU Can Quit plan. Even just a 5-minute walk cuts down on cigarette cravings -- it engages your brain's emotion centers, unleashing mood-enhancing hormones that decrease cravings and take your mind off that cigarette. And establishing a walking habit proves to you that you have the discipline to stick with your stop-smoking plan.

### 5. Slims you down:

Burn more calories than you eat, and -- voila! You're wearing one-size smaller clothes. Plus, walking can help squelch chocolate cravings and nix the stress and anxiety that often lead to overeating.

### 6. Keeps you sharp:

Physical activity nourishes brain tissue and stimulates its production of neurons, synapses, and blood vessels. Some studies have found that walking can counter faltering memories in people over age 50.

### 7. Reduces stress:

Anyone who has come back from a walk in a different frame of mind than they went out with can attest to this. Studies back up that walking benefits your mood -- and may even ward off depression and anxiety.

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# Benefits of Walking

Continued from page 3

## 8. Revs up your energy:

Not only can a walk perk you up when you need it, but also it helps improve the quality of your sleep, so you're more energetic all day long.

## 9. Boosts your immune system:

Walking regularly can lower your risk of arthritis, macular degeneration, and even cancer by an astonishing 50% compared with people who don't exercise.

## 10. Keeps you going:

Walking has the highest compliance rate of any exercise.

RealAge - October 2010



# Tdap High-Risk Questionnaire

Tdap is a booster vaccine that protects against Tetanus, Diphtheria and Pertussis. The following questionnaire will help you determine whether members of your family need to get the vaccination.

## 1. Has mother received a Tdap vaccination?

YES No further action needed

NO Needs a Tdap

## 2. Has father received a Tdap vaccination?

YES No further action needed

NO Needs a Tdap

## 3. Are there any other members of the household age 11 years and older who have not had a Tdap?

YES Needs a Tdap

NO No further action needed

## 4. Are there any other adults who have close contact with the infant at least 8 hours per week? If yes, have they received a Tdap?

YES No further action needed

NO Needs a Tdap

**There is no charge for the vaccine itself but you will be charged an administration fee of \$35.00**

Central District Health Department will bill your health insurance or Medicaid. If you do not have insurance you will be billed directly for the administration fee.





## Creamy Squash Soup

total time 35 min  
prep 10 min  
servings: 6 servings, 1-1/4 cups each

### What You Need

- 2 butternut squash (4 lb.), seeded, peeled and cut into small chunks (about 8 cups)
- 2 carrots, chopped
- 2 cans (14 ½ oz. each) chicken broth
- 1 cup water
- ½ tsp. black pepper
- ¼ tsp. ground nutmeg
- ½ cup sour cream

### Make It

PLACE squash and carrots in Dutch oven. Stir in broth and water. Bring to boil on medium-high heat; cover. Simmer on medium-low heat 10 min. or until vegetables are tender. Cool slightly.

BLEND broth mixture, in batches, in blender until smooth; return to Dutch oven on low heat. Stir in pepper and nutmeg. Remove from heat.

ADD a few tablespoonfuls hot soup to sour cream in small bowl; mix well. Return to soup in pot; stir until well blended.

### Nutritional Information per serving

Calories.....150	Sugars.....10 g
Total fat.....4.5 g	Protein..... 5 g
Saturated fat.....2.5 g	Vitamin A.... 470 %DV
Cholesterol.....15 mg	Vitamin C..... 35 %DV
Sodium.....470 mg	Calcium.....10% DV
Carbohydrate.....25 g	Iron.....10 %DV
Dietary fiber.....4 g	

# What is Gestational Diabetes and What are the Associated Risks?

By Dianna Zunino, ISU Dietetic Student

Gestational diabetes is type of diabetes that happens while a woman is pregnant. The weight you gain and the changes in hormones keep your body from using the insulin well. When this happens the mother can have high blood sugar levels that can be harmful to both the mother and the baby.

### Risk for the baby:

- born weighing over 9 pounds
- longer hospital stays/time in NICU
- becoming overweight or obese later in life
- type 2 diabetes at a young age

### Risks for mom:

- having high blood pressure during the pregnancy
- difficult delivery
- C-section
- developing type 2 diabetes within 5-10 years

If a woman has gestational diabetes she should have her blood sugar levels checked 6-12 weeks after the baby is born and then at least every 3 years after that. Talk to your doctor if you are planning on getting pregnant to learn ways to reduce your diabetes and other health risks during pregnancy.

### What can you do?

Maintaining a healthy body weight, eating a well-balanced diet, not smoking, and doing physical activity daily may reduce your chances of developing gestational diabetes. To learn more about gestational diabetes go to [www.diabetes.org/diabetes-basics/gestational/](http://www.diabetes.org/diabetes-basics/gestational/).

If you are at risk for type 2 diabetes, weight loss and physical activity can keep you from getting diabetes at a young age. Learn more about diabetes prevention at [www.ndep.nih.gov/index.aspx](http://www.ndep.nih.gov/index.aspx).



Additional information can be found at:

**National Diabetes Information Clearinghouse:** [diabetes.niddk.nih.gov/dm/pubs/gestational/#1](http://diabetes.niddk.nih.gov/dm/pubs/gestational/#1)

**National Institute of Child Health & Human Development**

[www.nichd.nih.gov/publications/pubs/gest\\_diabetes/index.cfm](http://www.nichd.nih.gov/publications/pubs/gest_diabetes/index.cfm)



