

Women

Infants

Children

Central District Health Department

The WIC Informer

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

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We're A Tobacco Free Zone



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.

The WIC Program is an equal opportunity provider and employer.



CDHD.IDAHO.GOV

Cindy O'Neil Achieves IBCLC Certification



Cindy O'Neil

Cindy O'Neil, a Registered Dietitian with the WIC (Women, Infants and Children) program at the Central District Health Department (CDHD), has achieved the highest level of certification as a breastfeeding consultant. O'Neil is now credentialed as an International Board Certified Lactation Consultant (IBCLC). The IBCLC certification means that O'Neil has passed a rigorous examination demonstrating the ability to provide competent, comprehensive lactation and breastfeeding care.

IBCLCs like O'Neil emphasize individualized family care, client autonomy, informed decision-making and optimal health care. By integrating cultural, psychosocial, physiological, nutritional, and immunological aspects of human lactation into practice, IBCLCs protect, promote and support breastfeeding within the community, workplace and health care system.

"Clients of the WIC program are fortunate to have someone of Cindy's skill and training level," said Angela Spain, WIC Program Manager. "IBCLC certification is a very big deal and it can only lead to better care for the women and families we serve. Congratulations Cindy!"

O'Neil has been with the WIC program since 2007. She coordinates the breastfeeding program and manages the new Breastfeeding Peer Counseling program that is detailed inside this newsletter.

Breastfeeding Support Group

WIC is pleased to announce the start of a weekly breastfeeding support group.

When: Every Monday (Beginning January 3, 2011)

Time: 3:30pm – 4:30pm

Where: Central District Health Department – Huckleberry Room

There is no need to register. This group is FREE and is facilitated by a lactation consultant. The group provides an opportunity for new mothers to ask questions and share information and feelings in a safe, nonjudgmental and supportive atmosphere.

Why?

To get a good start on breastfeeding

To meet other mothers who are breastfeeding

To ask questions and receive support from lactation specialists

Peer Counselors Work with Breastfeeding Moms

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. 8th 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. 1st Street
McCall, Idaho 83638
Tel (208) 634-7194
Fax (208) 634-2174

Office Hours

Tues & Thurs 8:00 – 4:30

Cascade Medical Center
3rd 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*

Expectant moms enrolled in the WIC (Women, Infants and Children) program at the Central District Health Department have a new resource to help get their babies off to a good start. The district recently hired four peer counselors whose primary responsibility is to share their breastfeeding experiences with women in a similar situation.

“Basically, their job is to support those moms and keep them breastfeeding as long as possible,” said Laurie Valdes, Lead Peer Counselor of the program. The WIC program wants mothers to keep breastfeeding until their children reach the age of one; this program is designed to help that goal.

When a first-time mother comes into the WIC program, she is assigned to one of the four counselors. The counselors talk about their own experiences and encourage the mothers to enroll in breastfeeding classes, and get more information. Once the baby is born, the counselor makes it a point to contact the new mom within three to five days to see if she needs help with any breastfeeding issues. Then they stay in touch as necessary for the next three months.

The WIC program has long advocated breastfeeding and provides mothers with a variety of support services, not the least of which is the checks for food for moms and babies. But it is a very busy office and the staff cannot possibly give the level of support that peer counselors can.

“The difference is that these counselors are assigned these mothers, so they can work with them individually.” Valdes said. “They work with the same person throughout the pregnancy and after delivery so that they get to know them, build rapport and bond with them.”

They also work outside of WIC office hours, so if a new mom has questions or problems with breastfeeding, they have someone they can call even if WIC isn’t open.



Leslie Bennett and Channing

Leslie Bennett, one of the new peer counselors, had an advantage over many new moms. Her mother is a lactation consultant at St. Luke’s. Still, mom wasn’t always available. “It would’ve been helpful to know that there’s somebody else my age, because I just had my mom for support,” she said. “It would’ve been cool to know that there’s someone else who has gone through things and to just keep going, and that you’re going to make it through this.” That is exactly the goal of the program.

“Hopefully there’s a better connection with somebody who’s in the same situation, who’s a WIC mom and who has successfully breastfed,” explains Cindy O’Neil, program manager for the peer counselors and a registered dietitian with the WIC program. “That should help them to be more empathetic because they’ve had the same experiences.”

Breastfeeding provides great benefits to babies and mothers. Research shows that breastfed babies have a lower incidence of gastrointestinal problems, fewer ear infections and less likelihood of obesity and diabetes in later life. Breastfeeding mothers have lower rates of ovarian and breast cancer, heart disease and diabetes.

“It’s a natural act and anyone can do it,” said Allison Owsley, a single mother of two and another of the peer counselors. “Babies want it and it’s good for them. I’ve seen the results in my son and daughter. They’re both very healthy and if they get sick it’s not very serious.”

Beyond the physical reasons to breastfeed there’s also a financial advantage. “They get an enhanced breastfeeding food package,” says Angela Spain, WIC program manager. “So they get more food, and once their baby reaches six months, they get more baby food. So there’s an incentive on that side too.”



Allison Owsley and Aphie

But the peer counseling program is also part of a quiet social revolution, as WIC and breastfeeding advocates try to restore something that was lost to the powerful marketing of baby formula, dating back 50-some years. On one recent day, two of the peer counseling moms were assigned to sit in the WIC waiting room and breastfeed their babies.

“We want to show them (the other WIC clients) that it can be done in public,” says Laurie Valdes with the WIC program. “When you’re a new mom, and maybe you’re a teenager, and you’ve never seen anybody breastfeed or you’ve never learned about it, it’s kind of awkward to see that. We want that to be the norm, we want them to see this is the way it’s supposed to be.”



Michelle Taylor and Sadie

“I just feel that breastfeeding has become a lost art,” says Michelle Taylor, who with five children ranging in age from 11 years to seven months, is the oldest and most experienced of the peer counselors. “I think that women may feel restrained by breastfeeding, and that’s just not the reality that I’ve experienced.”

The most valuable asset each of the new peer counselors has is their own personal experience, but they have completed three days of specialized training in breastfeeding techniques and counseling skills. Equipped with that knowledge, each is excited to begin work with expectant mothers.

“What’s mainly important is that they’re not alone,” said Sachi Woolstenhulme, peer counselor and mother of two. “It’s just nice to be able to turn to somebody, when you’re having a rough time or your baby is colicky or whatever. I’m really excited to see what I can do to help.”



Sachi Woolstenhulme and Kaiah

Each of the newly minted peer counselors will work about ten hours a week.

Did you know CDHD Offers Reproductive Health Services?



Healthy families, healthy you!

The Central District Health Department offers quality, compassionate Reproductive Health care. Services include affordable physical exams and birth control. All services available on a sliding fee scale.

Appointments are available at all CDHD offices.

Boise and Ada counties: 327-7400

Elmore County: 587-4407

Valley County: 634-7194

Healthy Cooking Methods

We hear about cooking healthy, but what does that really mean? It means selecting nutritious foods such as fresh fruits and vegetables, whole grains, lean meats and low-fat dairy products, but it also means preparing and cooking the foods in healthy ways.

When it comes to cooking healthy, we are in luck! There are many healthy and inexpensive ways to cook healthy. Healthy cooking methods use less oil, butter or other fats when cooking. One tablespoon of oil contains 14 grams of fat and over 100 calories. Using 1-2 fewer tablespoons of fat when cooking can really add up!

Healthy cooking methods not only saves calories and uses less fat they also help to keep the vitamins and minerals in the food and enhance the flavor of foods.

Healthy Cooking Methods:

- Steaming – Use a steaming basket or a basket with small holes in a pot with 1/2” to 1” of simmering water. Make sure the bottom of the basket is above the water line. Steaming requires no oil or fat and will flavor the food if you use seasoned liquid.
- Broiling – Use a broiler rack below the heat element in the oven. This lets fat drip into the pan out of the food.
- Baking – Try baking fish, lean meats, and vegetables. The food may be covered or uncovered. You usually do not need to add fat when baking.
- Poaching – Place foods in water or a flavorful liquid such as broth, juice, or vinegar on a stove-top until the food is cooked completely. Cover the pan and use a pan that fits the size of the food well so you need only a small amount of liquid.

Herbs and spices are great ways to flavor foods cooked with healthy cooking methods. Add fresh herbs at the end of cooking. Dried herbs can be added in the first part of the cooking process. Use herbs instead of salt to make meals even more nutritious.

Source: Mayoclinic.com

Beware of Empty Calories

By Erin Green, MS RD, LD

A recent study in the Journal of the American Dietetic Association found that 40% of the calories consumed by 2-18 year olds come from “empty calories.”

Empty calories are foods that have very low nutrition (fiber, vitamins, minerals, etc.) for the number of calories they provide. In contrast, foods that have lots of nutrients for their calorie load are considered “nutrient rich.”

Compare a baked potato with skin to french fries. A baked potato provides much of a child’s daily potassium needs, as well as some calcium and fiber, while keeping fat and sodium intake low. French fries, on the other hand, contain much more fat and sodium, and not even a third of the potassium for the same number of calories.

Solid fats and sugary drinks provide the majority of empty calories in children’s diets. The six most common sources of empty calories in children are:

- Soda
- Fruit drinks
- Dairy desserts (such as ice cream)
- Grain desserts (such as cookies)
- Pizza
- Whole milk

This information is important for parents because empty calories contribute to the growing problem of childhood obesity. Nearly 1 in 3 children nationwide are overweight or obese, which can lead to health problems such as diabetes, heart disease, high blood pressure, cancer and asthma.

The best way to prevent you child from consuming too many empty calories is to keep healthy foods on-hand for snacks and meals. Avoid buying foods that contain empty calories (like those mentioned above) and instead fill your fridge and cupboards with WIC foods, like fruits and vegetables, low-fat dairy and whole grain products. For more ideas, ask about healthy snacks and recipes at your next WIC appointment!