



**Women
Infants
Children**

Central District Health Department The WIC Informer

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

IN THIS ISSUE:

- Breastfeeding in Public
- Relationships
- What is Type 2 Diabetes?
- Are you or someone you love at risk for Type 2 Diabetes?
- Understanding Miscarriage and the Road to Recovery
- Easy Crockpot Beef Stew
- The Why, When, and Where of the Flu Shot During Pregnancy
- Spring Sun Safety

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.



Breastfeeding in Public

By Cindy Galloway, RD, IBCLC

Many women have reported feeling uncomfortable breastfeeding in public, even doing so discreetly. But it is important to remember that you are feeding your baby. You are not doing anything inappropriate. And even though it may seem taboo in some places, awareness of the need to support new breastfeeding mothers is building.

Even with the growing awareness of the benefits of breastfeeding, you may find it difficult to do so in public. Yet it is important to believe in yourself and your choice. Remind yourself that you can succeed and wear your confidence! Some tips for breastfeeding in public include:

- Wear clothes that allow easy access to your breasts, such as tops that pull up from the waist or button down.
- Use a special breastfeeding blanket around your shoulders. Some babies do not like this, though, so you'll have to see what works for your baby.
- Breastfeed your baby in a sling. Slings or other soft infant carriers make it easier to keep your baby comforted and close to you. (Follow the instructions for infant slings very carefully. Check with the Consumer Product Safety Commission before buying a sling.)
- Slip into a women's lounge or dressing room to breastfeed.

If you are worried about being too revealing in public, practice at home until you are comfortable. Some mothers come to the weekly WIC Breastfeeding Support Group specifically to practice breastfeeding among other mothers. The WIC Support Group



meets every Monday from 3:30–4:30 (except holidays) in the CDHD Huckleberry Room.

The Central District Breastfeeding Coalition has created a video about the importance of breastfeeding. The video is a photographic display of nursing moms in public settings. The intention behind the project is that the more often something is seen the more accepted it becomes. The mothers that are a part of this project, including several WIC mothers, are posing in various public settings to help other mothers feel comfortable nursing in public. The video can be found on the WIC pages at the CDHD website: www.cdhd.org/WIC/breastfeeding/index.htm.

It helps to breastfeed your baby before he or she becomes fussy so that you have time to get into a comfortable place or position to feed. (Over time, you will learn your baby's early hunger cues.) When you get to your destination, scout out a place you can breastfeed, if that makes you feel more comfortable.

Most of all, it is important to remember that you are meeting your baby's needs. It isn't possible to stay home all the time, and you can feel free to feed your baby while out and about. You should be proud of your commitment! Plus, no bottles and formula means fewer supplies to pack!

Information taken from:

<http://www.womenshealth.gov/publications/our-publications/breastfeeding-guide/BreastfeedingGuide-General-English.pdf>



What is Type 2 Diabetes?

Diabetes means that your blood glucose (blood sugar) is too high. Type 2 is the most common form of diabetes. When a person has type 2 diabetes, the body is not making enough insulin and/or the body is not using insulin properly. People with type 2 diabetes often need to take pills or insulin.

Who is at Greater Risk for Type 2 Diabetes?

- People over age 45
- People with a family history of diabetes
- People who are overweight
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides and/or high blood pressure
- Certain racial and ethnic groups (Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans & Pacific Islanders, and American Indians & Alaska Natives)
- Women who had gestational diabetes or who have had a baby weighing 9 pounds or more at birth
- Children born to women who had gestational diabetes

What are the health risks? Diabetes is serious!

Complications can include:

- Heart attack
- Stroke
- Blindness
- Kidney failure
- Amputation of feet or legs

What can you do to protect yourself?

If you're at greater risk, talk to your health care provider and ask to be tested. Even if you don't have diabetes now, you will want to discuss a plan for retesting every 1-3 years with your health care provider. When caught early, it's easier to manage diabetes and reduce the risk of serious complications later on.

Simple changes in your lifestyle can help to prevent or delay diabetes.

- Make time for physical activity every day. It can be as easy as taking a brisk walk, playing tag with your children, or going on a family bike ride.
- If needed, lose those extra pounds. Every day exercise, eating lots of fruits and vegetables, and serving smaller portions will help you get to and maintain a healthy weight.

Learn More About Diabetes

Idaho Diabetes Prevention & Control Program
www.diabetes.idaho.gov

American Diabetes Association
www.diabetes.org

National Diabetes Education Program
www.yourdiabetesinfo.org

Library!

Every Child Ready to Read

Join us for a series of five free, fun classes that teach families about the six basic literacy skills that each child needs to successfully learn how to read. Sessions are for families with 4 or 5 year olds. Participants must commit to attending all five classes and register in advance.

Wednesdays, April 4-May 2
10:15-11:15 a.m.

Main Library—Hayes Auditorium
715 S Capitol Blvd, Boise

Call 384-4200 or visit www.boisepubliclibrary.org to register or to learn more.

Reading Tip: Try to read with your children every day, but stop when they're no longer interested. Reading together should be a positive experience for you both—keep it light and fun.



www.boisepubliclibrary.com



Are you or someone you love at risk for Diabetes?

Take the risk test.

Answer the questions below. For each YES answer, add the number of points listed. All NO answers are 0 points.

	YES	NO
1) Are you a woman who has had Gestational Diabetes or a baby weighing more than 9 pounds at birth?	1	0
2) Do you have a sister or brother with diabetes?	1	0
3) Do you have a parent with diabetes?	1	0
4) Find your height on the chart below. Do you weigh as much or more than the weight listed for your height?	5	0
5) Are you under 65 years old and get little or no exercise in a typical day?	5	0
6) Are you between 45 and 64 years old?	5	0
7) Are you 65 years or older?	9	0
Add your score		

At Risk weight Chart:

Height	Weight	Height	Weight	Height	Weight
(Pounds)	(Pounds)	(Pounds)	(Pounds)	(Pounds)	(Pounds)
4'10	129	5'5	162	5'1	93
4'11	33	5'6	167	6'0	199
5'0	138	5'7	172	6'1	204
5'1	143	5'8	177	6'2	210
5'2	147	5'9	182	6'3	216
5'3	152	5'10	188	6'4	221
5'4	157				

What's next?

If you scored	Then your risk is...
10 or more points	Your risk is high for having diabetes now. Bring this form to your health care provider soon. If you don't have insurance call the Idaho CareLine at 2-1-1 for assistance in finding a local health clinic.
3 to 9 points	Your risk is probably low for having diabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for diabetes.

Knowledge is Power!

What is Diabetes? Diabetes means your blood glucose (blood sugar) is too high.

There is good news. Simple changes in your life can help to prevent or delay diabetes. And when caught early, it's easier to manage diabetes and reduce the risk of serious complications later on.

Diabetes is serious! It can cause a heart attack, stroke, blindness, kidney failure, and loss of feet or legs.

I scored 10 or more points. How do I get tested for Diabetes?

If you have...	Then do this...
Individual or group private health insurance	See your health care provider. If you don't have a provider, ask your insurance company about providers who take your insurance. Deductibles and co-pays will apply.
Medicaid	See your health care provider. If you don't have a provider, contact the Idaho Medicaid office. (877) 456-1233
Medicare	See your health care provider. Medicare will pay the cost if the provider has a reason for testing.
No insurance	If you don't have insurance, call the Idaho CareLine at 2-1-1 for assistance in finding a local health clinic.

Diabetes Facts:

- 8% of Idahoans have diabetes. This is double what it was 10 years ago.
- About 25% of Americans have pre-diabetes but most don't know it. Pre-diabetes is when blood glucose levels are higher than normal but not high enough to be called diabetes.
- Losing weight and increasing physical activity can prevent or delay pre-diabetes from progressing to diabetes.

Caring is Sharing!

Share the Diabetes Risk Test with those you love!

Where can I learn more about Diabetes?

American Diabetes Association
800-342-2383
www.diabetes.org/index.jsp

National Diabetes Education Program
<http://ndep.nih.gov/>

Idaho Diabetes Prevention & Control Program
Phone: 208-334-4928
www.diabetes.idaho.gov

Central District Health Department
www.cdhd.idaho.gov/CHEC/Diabetes/diabetes.htm

Community Resources

Warm Springs Counseling Center

Full range of behavioral health services (Spanish services available). Insurance & Medicaid accepted. Boise & Meridian locations.

Call 343-7797 or visit www.childrenshomesociety.com

Share Miscarriage & Infant Loss Support Group

Call 367-7380 or visit www.saintalphonus.org to find a class

Grief & Loss Recovery Group

Free support group open to anyone grieving a loss. Call Stephanie: 949-9478 or Marissa: 608-4147

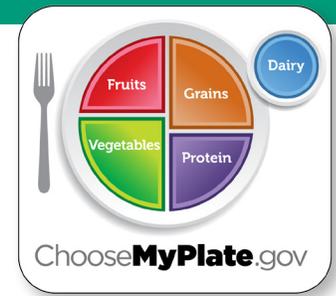
Your doctor is also an important member of the team. Keep him/her in the loop as to how you are feeling.

WIC Staff can help too! Just ask and we would be happy to guide you to a resource that meets your needs.



Understanding Miscarriage and the Road to Recovery

By Kate Erickson, Dietetic Intern



Miscarriages are more common than you might think. In fact, up to 15 percent of pregnancies end in a miscarriage. The most important thing to remember, if you or someone you know has experienced a miscarriage, is that it's not your fault. Generally, something occurred within the baby's genes that made it impossible for the baby to continue developing.

Reduce Your Risk:

Here are some things you can do to decrease your risk of having a miscarriage:

- Maintain a healthy body weight
- Maintain a balanced diet
- Receive early prenatal care
- Control chronic conditions such as diabetes and high blood pressure
- Receive treatment for other medical conditions such as hypo/hyperthyroidism
- Quit smoking
- Avoid environmental toxins, illicit drugs, and alcohol
- Manage stress
- Take a prenatal vitamin

Nutrition

Proper nutrition is also important in regards to any pregnancy. Unfortunately there is no miracle diet to prevent a miscarriage. Instead, it is recommended that women eat a variety of healthy foods from each of the five food groups. Try using the Plate Method when designing your meals:

- Fill ½ of your plate with a variety of nutritious fruits and vegetables
- Fill ¼ of your plate with lean protein such as chicken, turkey, fish, or eggs

- Fill ¼ of your plate with whole grains
- Don't forget a serving of low-fat dairy such milk, cheese, or yogurt

After a Miscarriage

It is normal to feel a sense of loss, just remember that it's NOT your fault. Grieving is a natural process and it's important for healing. Try to find an outlet to cope with your feelings such as journaling or talking with a close friend or family member.

Above all, it is important to take care of yourself. Eat a variety of nutritious foods, participate in an enjoyable activity, and be physically active. It may be difficult at first but keep trying. It will get easier in time.





Easy Crockpot Beef Stew

Try this nutritious beef and vegetable stew. To make a balanced meal, consider serving with a small slice of whole grain bread and low-fat yogurt with berries for dessert.

Serves 6

Ingredients:

- 1 lb Beef Stew Meat, cut in cubes
- 1 lb Baby Carrots
- 4-5 Medium Potatoes, cut in cubes
- 1 Medium Onion, diced
- 2 pkgs McCormick's Brown Gravy Mix
- 1 pkg McCormick's Beef Stew Seasoning

Directions:

1. Place meat and vegetables in crock pot
2. Cover with water and stir in seasoning and gravy mix
3. Cover with lid and cook on high heat setting for 4 to 6 hours (or on low for 8 to 12 hours)

Nutritional Information

Serving Size: 1/6 of recipe

Calories	254
Total Fat	7 g
(Saturated Fat 3 g)	
Cholesterol	35 mg
Sodium	670 mg
Total Carbohydrate	34 g
Fiber	6 g
Protein	14 g

The Why, When, and Where of the Flu Shot During Pregnancy

Why?

Since 2004, The American College of Obstetricians and Gynecologists and the Advisory Committee on Immunization Practices have recommended that all pregnant women be given the seasonal influenza vaccine (the flu shot).

Influenza (the flu) can be especially serious during pregnancy. Pregnancy can add extra stress to your body, especially on your heart and lungs. Pregnancy can also weaken your immune system. These things, not only increase the risk of getting the flu, but also of developing serious complications of the flu, like pneumonia. Flu complications increase the risk of having premature labor, pre-term birth, and other pregnancy complications.

A flu shot can help protect you during your pregnancy and protect your baby after birth. Infants are at high risk of complications from the flu, but your baby can't get the flu shot until they are at least 6 months of age. If you get a flu shot during your pregnancy, the antibodies you develop will protect your baby after it is born.

When?

The flu shot can be safely given during any part of your pregnancy. Flu shots are offered as soon as the vaccine becomes available. Flu shots are still available in the community. Doctors see the most cases of influenza in late winter, early spring. It is not too late to get a flu shot this year.

Where?

Talk to your medical provider about getting a flu shot at your next prenatal visit.



Spring Sun Safety

Winter's chill melts into sunny days and active ways. It's time to break out the baseball bats, fishing poles, kites and bikes. But wait! Don't forget, no matter how good it feels to finally see the sun more often, those rays will burn and do long term damage to the skin. Those first camping trips, picnics, or hikes of the season are common times when people get sunburned. Keep sunscreen of SPF 30 or higher out where you will see it, like on the kitchen or bathroom counter. Carry some in the car and in athletic bags so it is always handy. Put it on 20 minutes before going outside. Don't forget to wear your sun protective clothing: wide brim hats, long sleeve shirts, pants and sunglasses.

Celebrate national "Don't Fry Day," the Friday before Memorial Day (May 25) and prepare your family for a sunburn-free holiday weekend. For more information go to www.skincancerprevention.org. Join Team Sun Safety and be sun safe all year long.