

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)

## In This Issue:

Skin to skin contact improves breastfeeding

Nursing is normal video

California Pertussis Epidemic

Flu season update

Immunization Schedule for 2010

Eating smart when in a hurry

Holiday food safety during pregnancy

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

## Skin to Skin Contact Improves Breastfeeding

by Cindy O'Neil, RD, LD, CLC

Skin-to-skin contact between a mother and her baby after delivery is associated with successful breastfeeding. Skin-to-skin means that the naked baby is placed on the mother's bare chest shortly after birth and if necessary both of them can be covered with warm blankets. Skin-to-skin contact helps to regulate the baby's heart rate and temperature. Most babies who are given skin-to-skin contact for the first hour after delivery are able to find their way to their mother's breast. They are able to latch on to the breast and latch on well.

### View the Nursing Is Normal Video

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.

You can view the video at the following link: <http://cdhd.idaho.gov/WIC/links/index.htm>.

in an incubator and burned fewer calories

Keeping the baby close to the mother is important not only after birth but also in the first weeks after birth. Skin-to-skin at home helps with bonding, soothing, and breastfeeding. Skin-to-skin contact may also be useful later as a technique for improving breastfeeding latch on, and improving milk transfer and infant weight gain.

Contact the WIC office 327-7488 if you have questions about breastfeeding.

Resources:

<http://www.bfmed.org/Resources/Pro-protocols.aspx>

<http://www2.cochrane.org/reviews/en/ab003519.html>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1595228/>

[http://www.nbci.ca/index.php?option=com\\_content&view=article&id=82:the-importance-of-skin-to-skin-contact-&catid=5:information&Itemid=17](http://www.nbci.ca/index.php?option=com_content&view=article&id=82:the-importance-of-skin-to-skin-contact-&catid=5:information&Itemid=17)

<http://whqlibdoc.who.int/publications/2003/9241590351.pdf>

Mothers should be encouraged to keep their infant with them during the hospital stay. This increases opportunities for mother-baby bonding. It also provides opportunities for the mother to respond to the early feeding cues of her baby and to breastfeed frequently. Research suggests that mothers get the same amount of sleep if the infant rooms with her or if the infant is sent to the nursery.

A variation of skin-to-skin care for premature babies is called Kangaroo Mother Care. The mother is in an upright position with the baby skin-to-skin on her bare chest. Premie babies may have better stability with Kangaroo Mother Care than in incubators. Babies were significantly warmer in their mother's arms than when being held than in the incubator.



### Kangaroo mother care

## California Pertussis Epidemic Sends Warning

### 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 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*



In June the state of California declared an epidemic of Pertussis, also known as Whooping Cough. Since the beginning of the outbreak there have been more than 3,300 confirmed, probable and suspect cases and eight infant deaths. In the first six months of 2010 Idaho had 77 cases of Pertussis, compared to 45 cases for the same period of time last year. Public health officials believe this is a good time to check everyone's immunization status.

Pertussis is a highly contagious disease that begins with cold-like symptoms, such as sneezing, runny nose, low-grade fever, and a mild cough. Over 1-2 weeks the cough may become much worse. Symptoms may include a long series of coughs ("coughing fits" or spasms) followed by a whooping noise. Persons with pertussis may have a series of coughs and then may vomit, turn blue, or experience difficulty in catching their breath. Untreated, pertussis can develop into pneumonia, seizures and encephalitis. It's particularly dangerous for children younger than a year old. Most pertussis deaths occur in unvaccinated children or in children too young to be vaccinated.

"Children and adults need to be vaccinated against this disease," said Teresa Collins, RN, Immunizations Program Manager at Central District Health (CDHD). "Many infants who get pertussis are infected by parents, older siblings, or other caregivers who might not know they have the disease. This is why it is vitally important for parents, other family members, and the caregivers to be up-to date and boosted with Tdap."

Parents and those spending time around young children should contact their medical providers about pertussis immunizations. People with pertussis usually spread the disease by coughing or sneezing while in close contact with others, who then breathe in the pertussis bacteria.

#### Resources:

<http://cdhd.idaho.gov/CD/public/factsheets/pertussis.htm>

[http://cdhd.idaho.gov/pdfs/imm/vis-td\\_tdap.pdf](http://cdhd.idaho.gov/pdfs/imm/vis-td_tdap.pdf)

CDHD Immunizations (208) 327-7450.

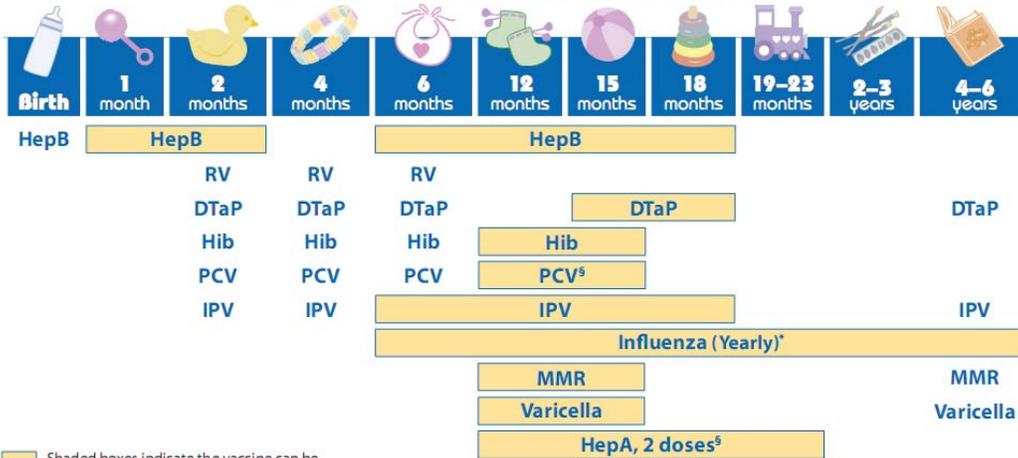
## 2010 - 2011 Flu Season Update

The H1N1 flu is still a concern for the current flu season. There is good news, though. The H1N1 flu vaccine is now included in the regular seasonal flu vaccine this year. The flu shot is the very best way you can prevent getting sick with the flu. It is very important that you and your family get vaccinated this fall, even if you received both the H1N1 and seasonal flu shots last year. The flu shot is now recommended for anyone 6 months of age and older who does not have an egg allergy and does not have other health issues which may cause a serious reaction to the vaccine. It is especially important for family members and close contacts of children younger than 6 months of age to get vaccinated, since young babies are not old enough to receive the flu shot. You and your family should get vaccinated as soon as it is available.

Anyone 6 months through 18 years of age can get their flu shot at CDHD. You can call the CDHD Immunizations Program at 327-7450 to make an appointment. Adults 19 years of age and older will need to call their doctor or visit a local pharmacy to get the flu shot. Some children under the age of 9 years may need two doses, if they have never received the flu vaccine in the past.

## 2010 Recommended Immunizations for Children from Birth Through 6 Years Old

The Recommended Immunization Schedule for Persons Aged Birth Through 6 Years Old is approved by the Centers for Disease Control and Prevention, the American Academy of Pediatrics, and the American Academy of Family Physicians



Shaded boxes indicate the vaccine can be given during shown age range.

See back page for more information on vaccine-preventable diseases and the vaccines that prevent them.

**NOTE:** If your children miss a shot, you don't need to start over, just go back to your healthcare provider for the next shot. The healthcare provider will keep your children up-to-date on vaccinations. Talk with your healthcare provider if you have questions.

### FOOTNOTES

<sup>1</sup> HepA vaccination is recommended for high-risk children older than 2 years, along with a dose of meningococcal vaccine (MCV4) and pneumococcal vaccine (PPSV). HepA vaccination may be administered to any child over 2 for whom immunity is desired. See vaccine-specific recommendations at [www.cdc.gov/vaccines/pubs/ACIP11st.htm](http://www.cdc.gov/vaccines/pubs/ACIP11st.htm).

\* Children 6 months or older should receive flu vaccination every flu season. If this is the first time for flu vaccine, a child 6 months through 8 years of age should receive two doses, separated by at least 4 weeks. If this child only receives one dose in the first season, he or she should receive two doses the next season, if still younger than 9 years. Ask your child's healthcare provider if a second dose is needed.

For more information, call toll free **1-800-CDC-INFO** (1-800-232-4636) or visit <http://www.cdc.gov/vaccines>



<http://www.cdc.gov/vaccines/events/niiw/2010/downloads/educ/parent-ver-sch-o-6yrs-508.pdf>

## Eating Smart When In a Hurry By Nancy Rush, RD

### Eating on the Go

It's easy to eat the nutrient-rich way — even when you're in a time crunch. Try these ideas the next time hunger strikes when you're on the go.

### Fast Snacks on the Home Front

- Whole grain cereal mixed into fruit-flavored low-fat yogurt.
- Lean roast beef, ham or turkey rolled up in a whole wheat tortilla plus a handful of cherry tomatoes.
- A scoop of low-fat or fat-free cottage cheese with sliced strawberries or cantaloupe cubes.
- 100% orange juice in a single-serve container.
- Potatoes sliced into French fry shapes and baked at 450 degrees for 25 minutes (turn once). Serve with salsa.

### Quick Picks from the Vending Machine or Convenience Store

- Protein-packed beef jerky.
- Packages of baby carrots, broccoli florets or celery sticks.
- Mozzarella cheese sticks.
- Cereal bars or nutrition bars.
- Low-fat or fat-free regular or flavored milks.

### Make-it-through-the-Day Desk Drawer Stashes

- Instant oatmeal packets in flavors such as cinnamon, apple, banana and blueberry.
- Vegetable, bean, split pea or lentil soups in heat-and-serve cans or instant dry soup cups.
- Small packs or cans of water-packed tuna and small cans of veggies (don't forget the can opener).
- Light microwave popcorn. Bonus: Popcorn is a whole-grain food.
- Raisins, dried apricots and single-serve shelf-stable containers of peaches or pears packed in water or juice.



# Holiday Food Safety During Pregnancy

Learn how to keep you and your unborn baby healthy this holiday season by being food safe.



The holiday season is a very exciting time of year filled with parties, family gatherings and lots of food. From turkey and dressing to every type of dessert imaginable, there is never a time of year when food is more of a focus. While it is important that everyone keep food safety in mind during this season, it is especially important for pregnant women to do so.

Pregnant women should keep the following food safety tips in mind as they celebrate the holidays:

- **Wash your hands often with soap and water, especially when**
  - Touching raw meat, raw eggs or unwashed vegetables
  - Preparing food
  - Before eating or drinking
- **Try not to share forks, cups, or food with young children.** Wash your hands often when around children. Their saliva and urine might contain a virus that could be harmful for you and your unborn baby.
- **Cook your meat until it's well done.** The best way to tell that food has been cooked is to use a food thermometer. For more information download the brochure "Is It Done Yet?" from the USDA website. (the link is below) Do not eat hot dogs, luncheon meats, or deli meats, unless they are reheated until steaming hot. These undercooked meats and processed meats might contain harmful bacteria.
- **Avoid unpasteurized (raw) milk and foods made from it.** Do not eat soft cheeses such as feta, brie, and queso fresco unless they have labels that say they are pasteurized. Unpasteurized products can contain harmful bacteria and can cause infections such as Listeriosis which can be very harmful for both you and your unborn baby.
- **Be aware of holiday beverages.** Watch out for alcohol-containing holiday punches and eggnogs. Avoid eggnog entirely unless you know it was made with pasteurized eggs and contains no alcohol.



To learn more about food safety and/or infections during pregnancy contact CDC-INFO at [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) or 1-800-CDC-INFO (232-4636.)

## Resources:

[http://www.cdc.gov/ncbddd/pregnancy\\_gateway/infections.html](http://www.cdc.gov/ncbddd/pregnancy_gateway/infections.html)

[http://www.fsis.usda.gov/PDF/IsItDoneYet\\_Brochure.pdf](http://www.fsis.usda.gov/PDF/IsItDoneYet_Brochure.pdf)

<http://www.foodsafety.gov>

