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# Central District Health Department Public Health Informer



## Parents As Teachers Home Visitation Program

The Central District Health Department (CDHD) is pleased to announce a new program that will be starting soon. It is called *Parents As Teachers*. The early childhood home visiting program helps to build strong communities, thriving families and children who are healthy, safe and ready to learn. The home visiting staff will work with parents who want to learn additional ways to interact with their child using activities geared to the child's development.

Families can sign up for the program while mom is still pregnant or anytime through age three. There is no cost for participation, only your commitment. Parenthood is as challenging as it is fun and we all want our children to grow and thrive. We are here to provide support, screening, and connections with other parents and community resources. More information will be coming soon to CDHD lobbies or call (208) 327-8629.

***Parents As Teachers* has been used nationwide for 30 years and has been found to meet four primary goals:**

- Increased parent knowledge of early childhood development and enhanced parenting practices.
- Early detection of developmental delays and health issues.
- Prevention of child abuse and neglect.
- Increase in children's school readiness and school success.




**WE'RE A**



To protect the health of **everyone** at CDHD, no use of tobacco or vaping is allowed anywhere on our property.

**Thank you for your cooperation.**



## 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 1st St.  
McCall, ID 83638  
208-634-7194

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

# Breastfeeding and Returning to Work

Returning to the workplace after having a baby can be a busy time that is mixed with a myriad of emotions for moms. And if they are breastfeeding and must now find time to pump during the work day, it can bring a whole new challenge. The Affordable Care Act seeks to provide basic accommodations for nursing women during the work period. Women must be given a reasonable time to express milk during the workday and be allotted a private space that is not a bathroom.

Often, women use their usual breaks and meal periods at work to express milk. Some companies provide multi-user spaces to accommodate more than one employee at the same time. Partitions and curtains can help provide individual privacy for each mother within the space. The space must be functional for milk expression and privacy must be ensured.

**Support for employees who are nursing their children is a valued employee benefit. It is also good for the company's bottom line. Among the benefits for companies are:**

- **Lower absenteeism rates of both mothers and fathers (since breastfed babies are healthier)**
- **Lower health care costs**
- **Higher productivity and loyalty among workers**

In four out of ten American families, women are the primary breadwinners. In Idaho, nearly 85 percent of women initiate breastfeeding, but only 56 percent are breastfeeding at six months. That number drops to 30 percent at 12 months. Returning to an unsupportive work environment has been identified as a major reason for the early abandonment of breastfeeding. The Women, Infants and Children (WIC) program provides support for WIC-enrolled breastfeeding moms, including those who return to work or school. If you have questions, please contact the WIC office (208) 327-7488 and ask to speak with the Breastfeeding Coordinator or visit [idahobreastfeeding.com](http://idahobreastfeeding.com).







## Protection Against Mumps

It's respiratory illness season and every bug imaginable is out to make your life miserable. You may notice feeling more tired than usual or have aches that seem to come from out of the blue. Hot teas and home remedies are likely next steps as you prepare to battle it out with headache and fever. You keep your hopes high that you will rise from your death-like state and take command of your body again but are a bit shocked when you notice swelling in the back of your jaw that makes it painful to chew or swallow. What you might not realize in all this agony is there may be more that you could have done to prevent this illness.

The symptoms described above are common in two thirds of mumps cases. Idaho has had 21 cases in 2015 making it the largest number seen here since 1990. This viral illness is commonly spread when a sick person coughs or sneezes and, while there is no treatment for the virus, there is a vaccine available that is highly effective at preventing the disease. Two doses of the Measles, Mumps and Rubella (MMR) vaccine often protect an individual for life and make it much less likely that mumps will develop. Not everyone who gets mumps will have symptoms but protecting yourself prior to exposure through vaccination is a guaranteed way to make sure you are doing all you can to prevent it. Talk to your local health care provider to find out if you are up-to-date on your vaccinations.



## Moving and Grooving with Boise Child Care Providers

October 2014 marked a turning point for Boise-based child care providers as the *Healthy Initiatives Child Care Ordinance* was passed by Boise City Council members. Through this ordinance, child care providers are asked to provide 20 minutes of physical activity for every three hours children are in their care; reduce non-educational, sedentary screen time to no more than one hour per day; improve the nutrition components of meals served; and provide a private space for nursing mothers.

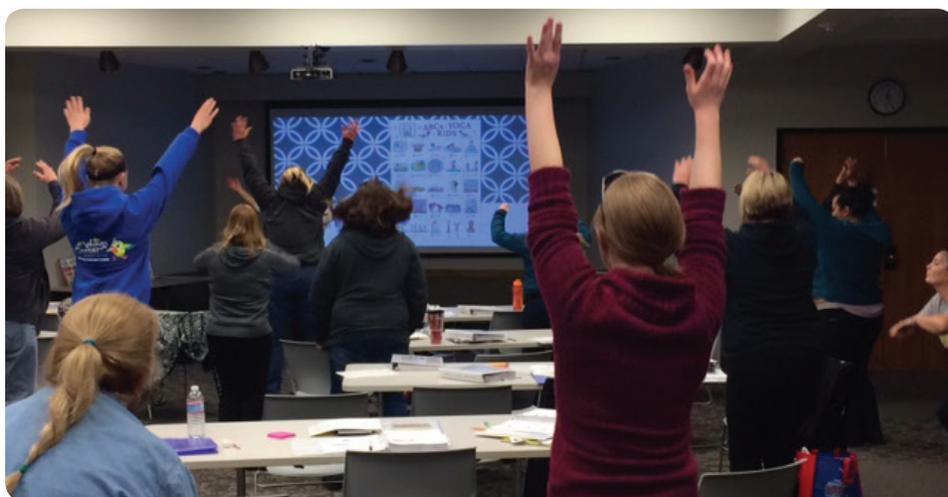
Central District Health Department (CDHD) hired a trainer, Amy Holmes, to provide information and methods for implementing the ordinance to all owners or directors of child care centers licensed in Boise.

Trainings were created through a variety of community partnerships including: Idaho Association for the Education of Young Children, Nutrition Works, Boise State University, Blue Cross of Idaho Foundation for Health, and Idaho State Department of Education. After several months of collaboration and refinement, the final

training was ready. The presentation and tools to improve physical activity and nutrition are included in a training binder given to every provider to use in their homes and centers. Providers that attend the training also receive incentives such as balls, cones, bean bags, scarves, movement-related books, cooking utensils for kids, parachutes, and a Color Me Healthy Kit. After learning about all the tools and incentives, one provider said, "I feel like I'm on the Oprah Show when she gives out all of her favorite things!"

The trainings began in January 2015 and approximately two are scheduled per month through June 2015. Child care directors or owners will be required to attend the training by October 2015. To find out more information about upcoming trainings, visit the Idaho STARS calendar: <http://jtc.idahostars.org/CalendarOfEvents.aspx?region=Region+4>. You can find additional resources and tools pertaining to the ordinance at: [boisechildcare.com](http://boisechildcare.com).

To sign up for a class, please contact Amy Holmes at [aholmes@cdhd.idaho.gov](mailto:aholmes@cdhd.idaho.gov) or (208) 999-1223.





# Think Spring and School Immunizations

With the arrival of spring flowers, so too comes registration for the upcoming school year. For parents, this is a great time to ensure your child is up-to-date on their immunizations. Scheduling an appointment with your child's physician or with the Central District Health Department (CDHD) prior to fall classes is a great idea. You can avoid the last minute rush to the doctor by scheduling an immunization appointment at a convenient time for you and your child. Scheduling now decreases the chance your provider will be back ordered on the vaccines your child may need. This also allows you time to give the school your child's updated immunization records.

All children in preschool and K-12, according to IDAPA 16.02.15, must meet immunization requirements before school attendance.

Parents have the right to exempt their children from one or more school immunizations. For more information, please contact the Idaho Immunization Program at [iip@dhw.idaho.gov](mailto:iip@dhw.idaho.gov).



## MINIMUM IMMUNIZATION REQUIREMENTS FOR SCHOOL ENTRY

Immunization Requirement by Age	Doses of Vaccines Required
<b>Children born on or before Sept. 1, 1999</b> must have a minimum of:	(4) Diphtheria, Tetanus, Pertussis (DTaP) (1) Measles, Mumps, and Rubella (MMR) (3) Polio (3) Hepatitis B
<b>Children born after Sept. 1, 1999 through Sept. 1, 2005</b> must have a minimum of:	(5) Diphtheria, Tetanus, Pertussis (DTaP) <sup>2</sup> (2) Measles, Mumps, and Rubella (MMR) (3) Polio (3) Hepatitis B
<b>Children born after Sept. 1, 2005<sup>1</sup></b> must have a minimum of:	(5) Diphtheria, Tetanus, Pertussis (DTaP) <sup>2</sup> (2) Measles, Mumps, and Rubella (MMR) (4) Polio <sup>3</sup> (3) Hepatitis B (2) Varicella (Chickenpox) <sup>4</sup> (2) Hepatitis A

## 7th GRADE IMMUNIZATION REQUIREMENTS

Immunization Requirement by Grade <sup>5</sup>	Doses of Vaccines Required
<b>Children admitted to 7th grade</b> must meet the following minimum immunization requirements in addition to school entry requirements:	(1) Tetanus, Diphtheria, Pertussis (Tdap) (1) Meningococcal

1. Preschool children need only be age-appropriately immunized with the required vaccines.
2. DTaP: The 5th dose is not necessary if the 4th dose was administered at age 4 years or older.
3. Polio: The 4th dose is not necessary if the 3rd dose was administered at age 4 years or older and at least 6 months after previous dose.
4. Varicella: History of chickenpox disease documented by a physician or licensed health care professional meets the requirement.
5. 7th Grade Requirement: This requirement will be extended to: 7th-10th grade students in 2014, 7th-11th grade students in 2015, and 7th-12th grade students in 2016.

**SOURCE:** <http://healthandwelfare.idaho.gov/Health/IdahoImmunizationProgram/InformationforSchoolsandChildcare/SchoolRequirements/tabid/2491/Default.aspx>



# Don't Fry Day

The Friday before Memorial Day

After a long, cold winter, most people are ready to welcome summer with open arms. Warm weather brings with it an opportunity to wear shorts, go swimming, picnic outside, play outdoor sports or take long walks. Suffering through months of accumulated snow and slick ice can make sun worshipers out of any of us. However, the warmer weather and our accompanying behavior changes can also put us at risk for increased sun damage. Without proper precautions, this can lead not only to sunburns and premature aging of the skin, but also skin cancer.

Skin cancer is on the rise in the United States, and the American Cancer Society estimates that one American dies every hour from skin cancer. One in five Americans will develop skin cancer within their lifetime.

There is no such thing as a safe tan and burns can greatly increase your risk of getting skin cancer. That means that liberal, repeated application of sunscreen with at least a SPF 30 or higher is always necessary. People with naturally light complexions, light hair and light eyes need to be particularly careful, but skin cancer should be a concern for everyone, regardless of race or ethnicity.

The good news is skin cancer can be prevented and is highly curable if found early.

**Don't Fry Day™** offers simple steps that you and your family can take to prevent sun-related skin cancer, such as:

- Slip on a shirt
- Slop on SPF 30 sunscreen
- Slap on a wide-brimmed hat
- Wrap on sunglasses.

**Melanoma is the second most common form of cancer for young adults 15–29 years old.**



# If You Are 50 or Older, Get Screened for Colon Cancer

When Sharie Peterson of Kuna was diagnosed 11 years ago, doctors defined it as stage three colon cancer. "After I was diagnosed, I found that two brothers and two aunts had polyps removed before they became cancerous. No one ever said anything to me," said Peterson, now 72.

While it can begin silently without symptoms, colon cancer's impact is undeniable. Among cancers affecting both men and women in Idaho and throughout the United States, cancer of the colon and rectum is the second leading cause of cancer-related deaths. However, colon cancer is preventable with early screening and detection.

Colonoscopy can find precancerous polyps — abnormal growths in the colon or rectum — so that they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure.



According to the Centers for Disease Control and Prevention (CDC), if everyone aged 50 years old and older were to be screened regularly; nearly 60% of deaths from colorectal cancer could be avoided.

The most basic screening available is the Fecal Occult Blood Test. You can get this free colon disease screening kit and colon cancer information by calling the Idaho CareLine at 2-1-1. In the comfort of your own home, the test detects hidden blood in the stool, a warning sign of cancer. The free screening kit also provides information on the steps you may need to take in preventing and screening for the cancer.

**Don't take chances with colon cancer. The life you save just might be your own.**





**Public Health**  
Prevent. Promote. Protect.

Idaho Public Health Districts

## District Boards of Health to Meet

This summer, board members from Idaho's seven local health districts, district directors and managers will gather for the annual Idaho Association of District Boards of Health conference.

The two-day gathering will be hosted by the Central District Health Department and held in McCall. This year's theme will examine **Population Health: A New Role for Public Health**. Public Health leaders will focus on the Statewide Healthcare Innovation Plan (SHIP) and behavioral health in Idaho.

The conference is planned for June 3 and 4.

For more information on the Idaho Association of District Boards of Health, visit [idahopublichealthdistricts.org](http://idahopublichealthdistricts.org)

# Spotlight on Reproductive Health Services

## What is the Reproductive Health program?

It is one of the programs provided at Central District Health Department (CDHD) in our three offices located in Boise, Mountain Home and McCall. Services include well-ness screenings, family planning, pregnancy testing and STD/HIV testing, treatment and referral. Through education, early screening, medical care, and provision of birth control, thousands of Idahoans have been able to maintain or improve the health of their reproductive systems, their relationships and their economic well-being.

## Who can be seen at these clinics?

We serve both men and women of all different ages, including adolescents. We see people who have insurance, Medicaid, or do not have any type of coverage. Most of our services are provided on a sliding fee scale that is based on income and family size.

## Why do people choose to come to the Reproductive Health program?

There are many reasons why people show up at our doors. The majority of new clients are referred by their family and friends who have used our services in the past. We survey our clients three times a year to provide comments on how we are doing and why they chose us for their health provider. Last January, 90 percent told us we were doing an excellent job and 9 percent rated us as good. Comments included: "Been coming here forever;" "Everyone is nice and understanding;" "I like the people and services;" "Excellent care and service;" "Affordable."

## How can you become a client?

It's simple. Just call any of our three offices and make an appointment. We look forward to serving you!

**Boise - (208) 327-7400**

**Mountain Home - (208) 587-4407**

**McCall - (208) 634-7194**



# WIC Services in Garden City



GARDEN CITY  
COMMUNITY CLINIC

A PROJECT OF GENESIS WORLD MISSION

CDHD has partnered with the Garden City Community Clinic and Family Medicine Residency of Idaho to offer Women, Infants and Children (WIC) services where they have not been offered before: in Garden City. The clinic is located at 215 W. 35th Street, just south of Chinden Boulevard (by Chapala Restaurant). Appointments are offered on Tuesdays from 9 a.m. to 4 p.m. Clients may enroll in the program, meet with WIC representatives, including a dietitian, and pick up program benefits at this new location.

Call 327-7488 to schedule an appointment, or visit [getmoregood.com](http://getmoregood.com) to learn more about the WIC program and eligibility.



## Pre-Dental Home Project

**Baby teeth matter!** CDHD's new pre-dental home program can help reduce the chance of cavities in your child between the ages of zero to three. During your visit, you will meet with a licensed dental hygienist who will talk with you and do a visual screening of your child's mouth. The visit will help determine your child's potential for developing cavities, include dental health information specific to your child, and the application of dental fluoride varnish. Visits are affordable and last approximately 20 minutes.

**Call 327-7450 to make an appointment and learn what you can do to keep your child's teeth healthy and cavity-free.**



## Be a Quitter!

FREE classes to help you quit tobacco use are being offered in Boise, Meridian, McCall, and Mountain Home. For more information on current classes, go to [cdhd.idaho.gov](http://cdhd.idaho.gov) or call **(208) 375-5211**.

Classes are supported by *Idaho Tobacco Millennium Funds*.

