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Central District Health Department Public Health Informer



Cryptosporidiosis

WHAT IS IT?

Cryptosporidiosis is a diarrheal illness caused by a microscopic parasite, *Cryptosporidium parvum*, which lives in the intestines of infected humans and animals.

HOW DO I KNOW IF I HAVE IT?

Symptoms may come and go, but the most common symptoms are loose, watery diarrhea, cramps and an upset stomach.

In most healthy people, a cryptosporidium infection produces a bout of watery diarrhea and the infection usually goes away within a week or two. If you have a compromised immune system, a cryptosporidium infection can become life-threatening without proper treatment.

WHERE DID I GET THIS?

It is most often found in surface water such as streams, rivers, lakes and other recreational water. Outbreaks have been associated with swimming pools, recreational water parks and potable water supplies with treated surface water.

When cryptosporidia (krip-toe-spoe-RID-e-uh) enter your body, they travel to your small intestine and later, shed in your feces. Once in your feces, multiple routes of transmission can occur.

HOW DID I BECOME INFECTED?

You can become infected with cryptosporidia by touching anything that has come in contact with contaminated feces. Methods of infection include:

- Drinking contaminated water that contains cryptosporidium parasites.
- Swimming in contaminated water that contains cryptosporidium parasites and accidentally swallowing some of it.
- Eating contaminated food that contains cryptosporidia. (Eating a sandwich without proper hand-washing after swimming in contaminated water can cause infection).
- Touching your hand to your mouth if your hand has been in contact with a contaminated surface or object.
- Having close contact with other infected people or animals — especially their feces — which can allow the parasite to be transmitted from your hands to your mouth.

You can help prevent a cryptosporidium infection by washing your hands before you eat, and avoid swallowing water from pools, recreational water parks, lakes and streams.



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 N. 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

Overeating Learned in Infancy, Study Suggests

In the long run, encouraging a baby to finish the last ounce in their bottle might be doing more harm than good. Though the calories soon burn off, a bad habit remains.

Brigham Young University sociology professors Ben Gibbs and Renata Forste found that clinical obesity at 24 months of age strongly traces back to infant feeding.

The BYU researchers analyzed data from more than 8,000 families and found that babies predominantly fed formula were 2.5 times more likely to become obese toddlers than babies who were breastfed for the first six months.

But, the study authors argue, this pattern is not just about breastfeeding.

"There seems to be this cluster of infant feeding patterns that promote childhood obesity," said Gibbs, lead author of the study that appears in *Pediatric Obesity*.

Putting babies to bed with a bottle increased the risk of childhood obesity by 36 percent. And introducing solid foods too soon — before four months of age — increased a child's risk of obesity by 40 percent.

"Developing this pattern of needing to eat before you go to sleep discourages children from monitoring their own eating patterns so they can self-regulate," Forste said.

Forste said that the nature of breastfeeding lends itself to helping babies recognize when they feel full and should stop.



More Evidence Shows Breastfeeding Helps Babies' Brains

Researchers used MRI scans to examine brain growth in 133 children ranging in age from ten months to four years. By age two, babies who were breastfed exclusively for at least three months had greater levels of development in key parts of the brain than those who were fed formula-only or a combination of formula and breast milk.

The extra growth was most evident in parts of the brain associated with things such as language, emotional function and thinking skills, according to the study published online in the journal, *NeuroImage*.

"We're finding the difference [in white matter growth] is on the order of 20 to 30 percent, comparing the breastfed and the non-breastfed kids," study author Sean Deoni, an assistant professor of engineering at Brown University, said in a university news release. "I think it's astounding that you could have that much difference so early."

In addition to brain imaging, the researchers gave older children tests of thinking ability and found increased language and motor control performance, and increased visual perception in those who were breastfed.

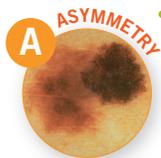
"We wanted to see how early these changes in brain development actually occur. We show that they're there almost right off the bat," he said.

The findings add to a substantial body of evidence that breastfeeding is good for children's brains.

Source: Brown University, news release, June 6, 2013



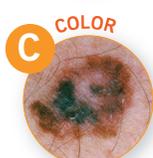
Check Your Skin



One half unlike the other half.



Irregular, scalloped or poorly defined border.



Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.



While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.



A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

Example:

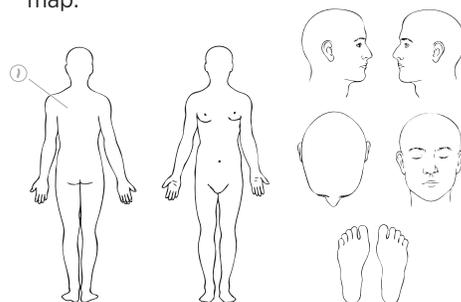


Skin cancer can develop anywhere on your skin. Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Track changes from year-to-year and see a health care provider for any suspicious areas or when an existing mark changes in appearance. General characteristics used to identify skin marks of possible concern:

The ABCDE's of melanoma skin cancer are:

- **Asymmetry** – one half doesn't look like the other
- **Border** – irregular, ragged, or blurred edges
- **Color** – mixture of color or marks that change color
- **Diameter** – a mark more than the size of a pencil eraser or one that increases in size
- **Evolution** – any changes to an existing mark including shape, size, or color

A Body Mole Map is a useful tool for recording your spots and documenting changes. Visit the American Academy of Dermatology website to learn more: www.aad.org and search for "body mole map."



Sun Safety

May 23rd is Don't Fry Day!

The National Council on Skin Cancer Prevention designated the Friday before Memorial Day as Don't Fry Day. The goal is to encourage sun safety awareness by reminding everyone to protect their skin while enjoying the outdoors on Don't Fry Day and every day.

On Don't Fry Day (and Every Day)

Slip, Slop, Slap & Wrap!

A turtle has a built-in shirt.



A hippo's skin secretes oil that acts as a sunscreen.



The bumps over a camel's eyes act as a hat.



The black rings around a meerkat's eyes are sunglasses.



Slip on a shirt, Slop on sunscreen, Slap on a hat, Wrap on sunglasses, and seek shade between 10 and 4.



Heads Up for Head Lice

The end of the school year signals the start of sleep overs and summer camp for many kids. It also ends up being a perfect time for the spread of one of parents' most dreaded bugs – head lice. Here are some tips that won't leave you scratching your head.

- **Don't Panic!** Head lice are a nuisance but they don't transmit disease.
- **Persistence is Key.** Thorough combing of your child's hair daily with a lice comb is one of the best ways to eliminate an infestation.
- **Head Lice Can't Jump or Fly.** Head lice travel from person to person either through head-to-head contact or by sharing belongings such as hats.
- **Prevent Further Spread.** Check other household members for lice. Catching an infestation early makes it much easier to contain. Lice don't live long when they're not on a human head. To prevent further spread, wash and tumble dry clothes and bedding. Vacuum items such as floors, car seats, and upholstery. Items may also be placed in a plastic bag for two weeks to kill any remaining eggs and nits.

You can find more information about head lice and how to treat infestations on our website at: www.cdhd.idaho.gov/CD/public/factsheets/headlice.htm



The Power to Choose

In 1996, the month of May was designated as National Teen Pregnancy Prevention Month. Because of the work done by The National Campaign to Prevent Teen and Unplanned Pregnancy and other similar organizations, the national teen pregnancy rates have decreased. However, there is more work to be done. Did you know that:

- 3 in 10 girls in the United States get pregnant at least once by age 20 — that's more than 700,000 teen pregnancies each year
- A couple who has sex without using any form of protection has an 85 percent chance of getting pregnant within 1 year
- 6 in 10 teens who have had sex said they wish they had waited

The Idaho Adolescent Pregnancy Prevention program (APP) partners with The National Campaign to provide adolescents with resources concerning their sexual health. More specifically, the goal of the APP program is to decrease the teen pregnancy rate by increasing access to sexual health education and resources in schools and community settings.

The APP educational curriculum, Reducing the Risk, focuses on building knowledge of abstinence, contraception, STDs and HIV while providing a positive perception of sexual health and relationships. The goal of Reducing the Risk is to prepare youth for their sexual future by helping them to make informed choices.

Please join us and these organizations in providing teens with the power to choose healthy, happy and successful relationships.

For more information on The National Campaign to Prevent Teen Pregnancy, please visit: www.thenationalcampaign.org.



L-R: Allison Butler, McCall High School Student • Stephanie Noble, CDHD R.N. • Ana Butler, Parent-Committee Member

Adolescent Relationship Abuse is Addressed in Elmore County

One in five women who experience rape, physical violence, and/or stalking by an intimate partner, first experienced some form of violence between 11 and 17 years of age. And almost half of all female victims who have been raped experienced their first rape before age 18. (Source: Centers for Disease Control, 2011)

Such a statistic is alarming and unacceptable. At CDHD, we are taking part in creating change within our local communities by addressing the topic of Adolescent Relationship Abuse. The idea that young people can change the future and are part of the solution drives our efforts. An example of one such activity happens annually in Mountain Home at Hacker Middle School's *Extreme Challenge* event planned for April 4. At *Extreme Challenge*, students in the 5th grade have a fast-paced, hands-on, fun day of learning how to be healthy and receiving information on

topics such as nutrition, physical activity, and personal safety. One of the sessions involves discussing the characteristics of a healthy relationship and identifying what a healthy relationship looks and feels like as compared to one that is unhealthy. Presentations such as these give our youth the building blocks for being part of a healthy relationship now and most importantly, in the future.

There is no room for violence in a healthy relationship.





Boise Hawks Immunization Nights

CDHD is teaming up with the Boise Hawks again this year to promote children’s vaccinations. Any child age 4 to 13 can become one of Humphrey’s Heroes and earn a voucher to a future Hawks game if their immunizations records are up-to-date. Vouchers are available at CDHD, as well as at other medical providers in the Ada County community.

To get a voucher, simply call your health care provider or CDHD at 208-327-7450, and ask if your child is up-to-date on their vaccinations. If the child is current, a voucher can be provided. If your child is not current, you can make an appointment to get them up-to-date. Once they are, a voucher can be provided.

Look for CDHD on our immunization promotion nights as you enter the Hawks stadium to say “Hi, I’m a Humphrey’s Hero!”

The following home games for Boise Hawks Immunizations Nights are: June 17, June 26, July 10, July 17, July 31, August 12 and August 28.



Immunize Your School Age Kids Now

We all know that summertime is a busy time. But it’s also an ideal time to bring your children in to get their immunizations up-to-date before the bustle of a new school year in the fall. We understand that when it comes to keeping your children healthy, you may have a lot of questions about immunizations. We’ve provided a link to help answer your questions as well as a list of Idaho School Immunization Requirements.

Need an appointment or have questions?

Call your family medical provider or contact the CDHD Immunizations Clinic at 327-7450. CDHD provides immunizations to children ages 0 to 19. Fees are charged on a sliding scale and most insurance can be billed.



www.healthandwelfare.idaho.gov/Health/IdahoImmunizationProgram/InformationforSchoolsandChildcare/SchoolRequirements/tabid/2491/Default.aspx

reveal4real.org: A Virtual Doc in the Box



In October of 2010, CDHD debuted a website aiming to expand the availability of reproductive health knowledge beyond the walls of the districts’ clinics.

At reveal4real.org, there are no advertisements flashing in the margins; no admonishments from parents; no uncomfortable exchanges with clipboard-toting physicians in bleached lab coats. There is, however, a collection of evidence-based, medically up-to-date information accessible from anywhere, 24/7, **for those seeking answers** – *not* unsolicited offers, judgment or advice.

Knowing the facts about anatomy, pregnancy, sexually transmitted infections and birth control options is the first step in taking care of one’s reproductive health. On the site, each of these areas is covered in depth and in a language that is both thorough and clear. Readers can use the facts to arrive at their own conclusions and formulate additional questions to ask online or at the time of their next visit. There is also information about how to take the next step: making an appointment for a health screening. Clinic contact numbers,

locations, hours of service, and even waiting room forms are available for visitors’ convenience.

By breaking down the myths and taboos, reveal4real.org strives to empower the community through education so that we can all make better decisions for our bodies and live healthier lives.





Refreshing Quinoa Salad with Mango, Cucumber, Avocado and Black Beans

Prep time: 5 mins
Cook time: 25 mins
Total time: 30 mins
Serves: 4

Ingredients:

- 1 cup quinoa, rinsed and drained
- 1 can black beans, rinsed drained or 1 ½ cups cooked beans, drained
- 1 fresh mango, cubed
- 1 ripe avocado, cubed
- 1 cucumber, seeds removed and diced
- ½ cup mint, chopped
- ½ cup cilantro, chopped
- ⅓ cup olive oil
- 2 Tbsp. lime juice
- 1 clove garlic
- salt and pepper

Instructions:

1. Place the quinoa along with 2 cups salted water in a medium saucepan. Cover and bring to a boil, then reduce to the lowest heat setting. Simmer until water is completely absorbed and quinoa is fluffy, about 20 minutes.
2. In a large bowl, whisk together the olive oil, lime juice, and garlic.
3. Add the remaining ingredients, including the quinoa, and gently combine. Season with salt and pepper. Place in the fridge for 20 minutes to let the salad cool and flavors combine. Serve immediately.

Recipe adapted from Vegangela at <http://vegangela.com/2011/11/22/refreshing-quinoa-salad-with-mango-cucumber-avocado/>

Your Teeth “Are What You Eat”



While some foods invite tooth decay, others can help keep our teeth and gums healthy.

THE GOOD GUYS

- **Fiber-rich fruits and vegetables:** Fiber stimulates salivary flow which fights decay! Saliva washes away food particles and neutralizes the acid in your mouth caused by sugars.
- **Cheese, milk, yogurt and other dairy products:** Calcium, phosphates and vitamin D are important minerals for strong teeth.
- **Sugarless chewing gum:** Sugarless gum can help stimulate saliva and rinse your teeth. Sugarless gum containing xylitol is even better. Xylitol inhibits the growth of bacteria that cause decay.
- **Water with fluoride:** Drink lots of water containing fluoride. This helps your teeth become stronger and resist decay.

THE BAD GUYS

- **Sugary candies and sweets:** If you eat sweets, it is best to eat them as dessert after a main meal instead of several times a day between meals.
- **Starchy, refined carbohydrates:** Chips, bread, pasta or crackers can break down into a simple sugar and linger a long time in the mouth, extending the decay process.
- **Carbonated soft drinks:** These contain high amounts of sugar, phosphorous and carbonation, which cause decay and also wear away the enamel on your teeth.
- **Fruit juice:** There is no fiber in juice and sometimes there is extra sugar added!
- **Sticky foods:** These foods stick in the grooves of the teeth for long periods of time, extending the decay process.



Source: http://www.deltadentalins.com/oral_health/healthyfoods.html



**Stand Out!
Speak Up!
Seize Control!**

Kick Butts Day: March 19, 2014

Great strides have been made in the fight against tobacco. But every day, more than 3,500 kids under 18 try smoking for the first time and nearly 1,000 become regular, daily smokers. Of all the youth who become new smokers each year, almost a third will ultimately die from it. In addition, smokers lose an average of 13 to 14 years of life because of their smoking.

Kick Butts Day, organized by the Campaign for Tobacco-Free Kids and United Health Foundation, is a day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. Teachers, students and health advocates use this day to highlight the dangers of tobacco use and the aggressive marketing practices by the industry.

Tobacco companies spend \$24 million each day to market their deadly and addictive products and much of it is targeted at kids. The introduction of new products that appeal to youth is constant. Cheap, sweet, colorfully-packaged small cigars that look like cigarettes are just one example. Available in fruit and candy flavors, many are the same price as candy in your local convenience store.

Another new product that appeals to youth is the fruit and candy flavored e-cigarette, also called vapes. In Idaho, it is against the law for anyone under 18 to possess, receive, purchase, sell, distribute, use or consume tobacco products or electronic cigarettes.

Adults can help change the social norm by not using tobacco or vaping, especially in front of children, and talking to their children to discourage use of tobacco and vaping.

For more information about Kick Butts Day, visit www.kickbuttsday.org.

Let's Make the Next Generation Tobacco-Free

Fifty years ago, U.S. Surgeon General Luther Terry released the first Surgeon General's Report on Smoking and Health. It made public the fact that smoking cigarettes was deadly.

In the 50 years since, public health campaigns have changed local, state, and federal policies to restrict public smoking, tax tobacco sales and curb the marketing efforts of Big Tobacco.

In 1964, 42 percent of American adults smoked and smoking was allowed just about everywhere. Fifty years later, less than 20 percent of American adults smoke. The decline in smoking has added years to the average lifespan of both men and women.

The decrease in tobacco use is a result of a combination of factors: research showing the devastating effects of smoking, including nicotine addiction and serious disease, education, and the creation of environments and policy which support the healthy choice of not using nicotine.

Even though the smoking rate has dropped, it remains the leading cause of preventable death. Tobacco companies continue to market their products to entice a new generation by making smoking appealing to children through movies, TV, video games, retail advertising, and online.

While the 2014 Surgeon General's Report on Smoking and Health allows us to reflect on the progress that has been made, it also reminds us of the work that remains to be done to reduce the toll of tobacco and ensure that future generations live free from tobacco addiction.

Free resources are available to help you quit tobacco use. Group classes are available by calling 208.375.5211. Free nicotine patches, gum or lozenges are available for those who enroll in either the Idaho QuitLine at 1-800-784-8669 or quitnow.net/idaho.

Sources:

The Health Consequences of Smoking — 50 years of Progress: A Report of the Surgeon General, 2014

www.surgeongeneral.gov/library/reports/50-years-of-progress/index.html

Partner Resources — to help promote the 50th Anniversary:

Banner, Badges, Social Media Resources, PowerPoint Slides, Press Insert, Additional Resources can be found at:

www.surgeongeneral.gov/initiatives/tobacco/resources.html



It's Your Commute... What Do You Want it to Look Like?

A part of building healthy communities is ensuring people have more than one mode of getting from “here” to “there.” With one million people forecast to live in Ada and Canyon counties by the year 2040, the Community Planning Association (COMPASS) wants you to have a say in the future of transportation.

COMPASS is wrapping up an update to the regional long-range transportation plan for Ada and Canyon Counties (Communities in Motion) to plan a transportation system to accommodate our growing population.

While the plan covers a variety of topics, the key topics include:

- Goals, objectives, performance measures, and policies. Together, these articulate the desired outcomes of the plan, what we need to do to get there, and how success will be measured.
- A vision for growth in the Treasure Valley through the year 2040.
- Financial projections. To plan for the future, we need to estimate future costs and future revenues. We anticipate a transportation shortfall of \$159 million per year.
- The current and future transportation system.

A key part of planning for the future transportation system is determining what improvements are needed. Many projects will be completed, but due to the anticipated financial shortfall, many of the needs are unfunded. These unfunded needs are outlined in the plan.

Review materials, comment, and find details on traditional and “virtual” (online) open houses and other ways to be involved at www.compassidaho.org/prodserv/cim2040.htm#PublicParticipation.

**Questions? Need assistance?
Call (208) 475-2229 or email
aluft@compassidaho.org.**

Comment by April 27, 2014,
to share your views.

