



Central District Health Department Public Health Informer

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Health Care Reform, Central District Health Department and You

The 2012 elections are over and Health Care Reform (sometimes called ObamaCare) will continue to move forward to being fully enacted in 2014. Many of the reforms focus on access to health insurance and what benefits will be covered. Prevention care is one of benefits that will affect almost everyone. This can include wellness examinations, immunizations, certain cancer screenings, tobacco screening and cessation, domestic violence screening, nutritional counseling, cholesterol screening and oral health risk assessment.

All of the above are services we already offer at the Central District Health Department (CDHD).

or reduce their tobacco use. We screen for and have referral resources to males or females who do not feel safe in their relationships. We offer nutritional counseling and education to clients seeking care in Reproductive Health or through the Women, Infants and Children (WIC) services. We offer oral health screening to children 5 years of age or younger. We offer monthly cholesterol clinics to reduce heart disease risk.

CDHD will continue to offer prevention services to our community. So whether you have or will be able to get private insurance or Medicaid through the Affordable Care Act, or need financial assistance through the sliding fee scales offered in Immunizations and Reproductive Health, **we are here to serve you.**

To learn more about all of our services, visit our website at cdhd.idaho.gov. Thank you for your support and if you have liked the care you received at CDHD — tell a friend!

**Our mission at CDHD is
“Partnering to promote,
protect and preserve the
health of our community.”**

You are one of our partners. We are here to serve you and provide the best prevention based care possible. We offer wellness examinations to men and women of reproductive age. Contraception, sexually transmitted infection/HIV screening is included. We offer all immunizations to children 18 years of age or younger. We educate and screen for many cancers. We screen for and offer tobacco cessation resources to anyone ready to quit



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.





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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First Dental Visit by Age 1

Your baby's first dental visit should be by age 1 or when their first teeth erupt.

Tooth decay is one of the most common childhood diseases, and it is preventable. Your dentist or dental hygienist can educate you and your child on how to prevent decay and apply preventive measures such as fluoride treatments. The earlier preventive measures are started, the less likely decay will happen. Prevention starts as soon as the teeth erupt. It is better to prevent decay than to treat it. Decay in young children develops quickly and is very costly to treat. It can lead to hospitalization for dental treatment.

You can clean your child's newly erupting teeth with a clean soft cloth, gauze, or



finger cot brush. Just wipe teeth and gums gently two times a day. As they get older and have more teeth, you can transition to a small toothbrush and use fluoridated toothpaste. Remember, only use a small dab of toothpaste.

When your child's teeth start to erupt, it is time to think about giving up the bottle and using a cup. Your child should not be using the bottle after about 12-15 months old. No sugary drinks between meals or in sippy cups.

A child with a healthy mouth will be happier and healthier.

Colon Cancer — Take the Test, Save Your Life

Colon cancer is the second leading cause of cancer death, but it doesn't have to be. Colon cancer is both preventable and treatable. If you are 50 or older, see your doctor. Get tested.

It's Preventable

Get screened. Colon cancer can be prevented by finding and removing polyps before they turn into cancer.

It's Treatable

Don't ignore the signs or symptoms:

- Bleeding from your rectum
- Blood in your stool
- Changes in bowel movements
- Diarrhea, constipation or both
- Lack of energy
- Unexplained weight loss

These signs don't mean you have cancer but you need to talk to a doctor right away.

It's Beatable

The odds are in your favor. There is a 95 percent survival rate if it is found in the earliest stages. Get tested. Ask your doctor which test is best for you.

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. The test detects hidden blood in the stool, a warning sign of cancer. It's easy to use and can be done in the privacy of your home. Supplies are limited.

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

Resources:

Idaho CareLine 2-1-1 or 1-800-926-2588
www.idahocareline.org

Nutrition Notes — Gluten

Gluten, a protein found in wheat and other grains, has gotten a lot of publicity recently. Some people think eliminating gluten is a healthy move, but it could also unnecessarily eliminate key nutrients from the diet. Here is some handy information in case your clients have questions.

Did you know...?

- Gluten intolerance and gluten allergy are two different things
- There are no known benefits of eliminating gluten from the diet of the average person
- WIC has several gluten-free options available for our participants

WIC offers several foods that are gluten-free:

- Brown Rice
- Corn tortillas
- Rice Krispies cereal
- Corn Flakes
- Rice Chex
- All protein foods (peanut butter, legumes, eggs)
- Dairy

What if I think I have a gluten allergy?

The only way to confirm a gluten allergy is to be tested by your doctor. Some people may not have an allergy, but don't tolerate gluten very well and find that decreasing the amount they eat helps alleviate any digestive issues. Those who swear that eliminated gluten helps them feel healthier and lose weight are likely feeling the effects of a better diet by replacing high-gluten, processed foods with nutrient-rich fruits, vegetables and legumes.

Erin Green MS, RD, LD
Public Health Dietitian, WIC

Color Clue

Vitamin A helps your eyes and skin. It also helps to keep you from getting sick.

Foods with vitamin A are easy to find. Buy fruits and vegetables that are red, orange or green. Pick ones that are all dark or bright in color.

Red: Tomatoes, Watermelon, Red Peppers

Orange: Carrots, Sweet Potatoes, Winter Squash, Cantaloupe, Peaches, Apricot, Pumpkin

Green: Broccoli, Spinach, Romaine Lettuce, Green Peppers



These foods have other helpful things called “phytochemicals” that work with vitamin A to protect your heart and prevent cancer. Eat vegetables and fruit right from the garden or farm to get more of these extra nutrients.



Yellow Soup

- 1 onion
- 1 Tablespoon olive or vegetable oil
- 1 pound yellow split peas OR red lentils
- 1 pound winter squash (butternut, pumpkin, acorn), sweet potatoes, OR carrots (or a combination of any/all of these)
- 1 quart chicken broth

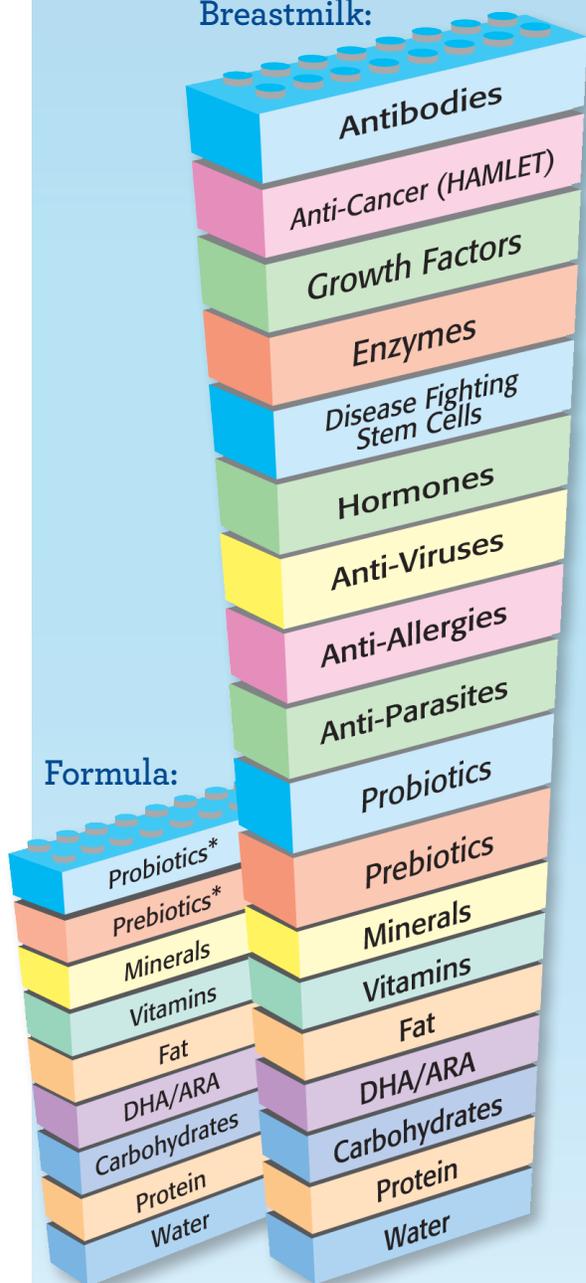
Directions:

Pick over the split peas or lentils removing any small rocks or dirt pieces. Rinse in water. Any combination of squash, sweet potatoes and carrots can be used for this recipe. If using squash, remove the seeds. Peel and dice orange vegetables. Dice the onion and sauté in 1 tablespoon oil until soft and lightly browned. Add split peas or lentils, orange vegetables and broth. Cover and cook on medium heat 1 ½–2 hours or until the peas are soft. Allow the soup to cool and puree in a blender. Reheat and add salt and pepper if needed.

Breastmilk has MORE of the Good Things Babies Need

See for Yourself!

Breastmilk:



Formula:

*Not all formulas have prebiotics and probiotics.



New Year's Resolution — Eat Breakfast!

Eating breakfast can help you lose weight — and keep it off. People who eat breakfast eat fewer calories, less fat and cholesterol, and have better health than people who skip breakfast.

Skipping breakfast causes your blood sugar to drop. You then have low energy and get hungry later in the day. This makes you eat larger portions of snacks and meals. When you eat breakfast you are less likely to overeat the rest of the day.

Mornings can be busy, but to control weight don't skip breakfast! It may truly be the most important meal of the day.



Quick and Easy Breakfast Ideas:

- Low fat milk and whole grain cereal
- Instant oatmeal with raisins and milk
- Whole grain granola with fruit and yogurt
- Whole wheat toast or bagel with peanut butter
- Cheese and crackers
- Hardboiled egg
- Fruit and yogurt smoothie
- Leftover soup from dinner
- Snack bars (Read the label and choose low calorie bars)

Peanut Butter and Banana Smoothie

- ½ cup fat-free milk
- ½ cup fat-free plain yogurt
- 2 Tbsp. creamy unsalted peanut butter
- ½ very ripe banana
- 1 Tbsp. honey
- 4 ice cubes

Directions:

1. Combine the milk, yogurt, peanut butter, banana, honey, and ice cubes in a blender.
2. Process until smooth.
3. Pour into a tall glass or to-go mug.



Folic Acid

Folic acid is a B vitamin that helps the body to make healthy new cells.

Folic acid in the first weeks of pregnancy prevents birth defects. Women need 400-800 micrograms of folic acid, which is how much is in most multivitamins. Since half of all pregnancies in the United States are not planned, every woman who is able to get pregnant should take a vitamin with folic acid.

Folic acid protects your heart and prevents cell changes that may lead to cancer. Low folic acid can cause a type of anemia.

People taking medications for epilepsy, diabetes, arthritis, or asthma may need more folic acid. Having more than one alcoholic drink a day also increases your need. Do not take more than 1000 micrograms a day unless your doctor tells you to.

Eat more foods that are high in folic acid. Many cereals, breads and grains have folic acid added to them. Labels may also have it listed by its other name "Folate".

Foods rich in folic acid:

Dark Green Vegetables:

spinach, Brussels sprouts, broccoli, asparagus, collard greens

Legumes: lentils, split peas, pinto, garbanzo, black or Navy beans

Liver

Fortified grains: WIC cereal, pasta, rice

Fruits: citrus, melon, berries

Mobile Health has Found Its Market — Smartphone Owners

Fully 85% of U.S. adults own a cell phone. Half own smartphones, which expands their mobile internet access and enables mobile software applications. A recent report provides details about both groups — people who own a cell phone of any kind and the smaller group of people who own smartphones.

One in three cell phone owners (31 percent) have used their phone to look for health information. In a comparable, national survey conducted two years ago, 17 percent of cell phone owners had used their phones to look for health advice.

Smartphone owners lead this activity: 52 percent gather health information on their phones, compared with 6 percent of non-smartphone owners. Cell phone owners who are Latino, African American, between the ages of 18-49, or hold a college degree are also more likely to gather health information this way.

Health status also plays a role. Caregivers, those who recently faced a medical crisis, and those who experienced a recent, significant change in their physical health are more likely than other cell phone owners to use their phones to look for health information.

Reference:

Pew Research Center's Internet & American Life Project — November 2012



Texting is nearly universal, but not for health

A whopping 80 percent of cell phone owners say they send and receive text messages, but just 9 percent of cell phone owners say they receive any text updates or alerts about health or medical issues.

One-fifth of smartphone owners have a health app

Smartphones enable the use of mobile software applications to help people track or manage their health. Some 19 percent of smartphone owners have at least one health app on their phone. Exercise, diet, and weight apps are the most popular types.



Study — Smoking Bans Drive Down Heart Attack Rates



According to a study published in the *Annals of Internal Medicine* (October 2012), workplaces and eating and drinking establishments that are free of second-hand smoke are helping to improve the nation's health, even in the face of rising levels of obesity and Type 2 diabetes.

The research focused on Olmsted County Minnesota. It tracked the rate of heart attacks and sudden cardiac deaths in the wake of smoking bans that cleared Olmsted County's restaurants, bars and workplaces of tobacco smoke.

The ban drove down the rate of heart attacks by one-third and reduced sudden cardiac arrest deaths by 17 percent. Interestingly, the banning of tobacco smoke in restaurants alone was not enough to significantly reduce heart attacks. It wasn't until phase 2 of the Olmsted County ban went into effect — forbidding cigarette smoking in bars and workplaces — that the full influence of the ban became apparent.

Study authors also note that Minnesota raised tobacco taxes during the study period from 2002–2007, which caused

many Minnesotans to quit the habit. But even those trends don't fully explain the drop in heart attacks and sudden cardiac deaths. Removing second-hand smoke appears to have accelerated a trend already in the making.

Further evidence of the positive health effects of smoking bans is found in the fact that while some people continue to smoke, they smoke less overall. Study authors find that smokers don't smoke more at home to compensate for the smoking they might have done at work, in bars and restaurants.



CDHD is a Tobacco-Free workplace and is working with cities, counties and private industry to help implement smoke-free and tobacco-free policies. The agency also offers free tobacco cessation classes. If you are interested in learning more about tobacco-free policies, contact Joanne Graff at 327-8543. To enroll in a tobacco cessation class call 375-5211.

