

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:

Breast-feeding Peer Counseling Program

Health Care Legislation and Breast-feeding

Is Your Child Overweight?

Food Safety Facts

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.

The WIC Program is an equal opportunity provider and employer.



CDHD.IDAHO.GOV

Breast-feeding Peer Counseling Program By Cindy O'Neil, RD, LD



Central District Health Department WIC program is pleased to announce the addition of an evidenced based Peer Counseling program to assist in breast-feeding promotion and support. The Peer Counselors will be WIC mothers who live in the community and have breast-fed their own babies. Peer Counselors will be selected by WIC to help give new mothers basic breast-feeding information, counseling, and support and to help new mothers meet the goal of breast-feeding their babies.

Peer Counselors receive specialized training to provide information and support on:

- Reasons to breast feed.
- How to address common barriers, including returning to work, and lack of support from family and friends.
- Getting a good start with breast-feeding
- Maintaining a healthy milk supply
- Preventing common problems such as sore nipples and engorgement
- Strategies for getting through the first weeks home with the baby

The WIC Peer Counselors will contact mothers regularly during the pregnancy and during the early days and weeks of breast-feeding. Peer counselors will also assist with prenatal breast-feeding classes and are available to new mothers outside the usual working schedule who have breast-feeding questions. Peer Counselors refer mothers to appropriate lactation experts or healthcare professionals if the mother's concerns are outside the peer counselor's scope of practice.

If you are interested in becoming a WIC Peer Counselor contact Cindy O'Neil at 327-8565.

References:

http://www.nal.usda.gov/wicworks/Learning_Center/bfshowcase.pdf

<http://www.healthandwelfare.idaho.gov/LinkClick.aspx?fileticket=4hANOtNCPLk%3d&tabid=92&mid=938>



Health Care Legislation and Breast-feeding

By Cindy O'Neill, RD, LD

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. 8th 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. 1st 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

The newly passed healthcare reform act includes a breast-feeding amendment to the Fair Labor Standards Act. Employers are required to provide reasonable break time for an employee to express breast milk for a nursing child up to one year of age, any time the employee needs to express the milk. Employers will also need to provide a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk. Employers with fewer than 50 employees may not be subject to the requirements of the new law if it would impose an undue hardship or significant difficulty or expense when considered in relation to the size, financial resources, nature, or structure of the employer's business. The law applies to "non-exempt workers" which generally means hourly workers who are subject to overtime laws. Exempt workers on a salary, often in managerial positions, are not covered by the new federal law. The law is effective immediately and the US Department of Labor is working to establish the rules for enforcement.

The new rules are good news for women and their children. Breast-feeding women have a decreased risk of diabetes, heart disease, ovarian cancer, and breast cancer. Infants who are breast-fed have a lowered risk of ear infections, GI tract infections, and diabetes. The rules also benefit employers. Mothers of breast-fed babies are less likely than mothers of formula fed babies to be absent from work due to illness in the infant.

Women are the primary breadwinners in four out of ten American families. Nearly 80% of women in Idaho initiate breast-feeding, but only 55% are breast-feeding at six months, and 25% at 12 months. Returning to an unsupported work environment is a major reason for the early abandonment of breast-feeding. WIC provides support for WIC breast-feeding moms including those who return to work or school. Please contact the WIC office 208-327-7488 and ask to speak with a Breast-feeding Coordinator, if you have any questions.

References:

http://docs.house.gov/rules/hr4872/111_hr3590_engrossed.pdf

<http://www.usbreastfeeding.org/Workplace/WorkplaceSupport/WorkplaceSupportinHealthCareReform/tabid/175/Default.aspx>

www.cdc.gov/breast-feeding/data

Is Your Child Overweight? By Francine Henzel



Help children lose weight by making changes for the whole family. There are two main causes behind overweight children: eating too much and not exercising enough. Eating more nutritious meals and snacks and moving more will help a child lose weight. It will be much easier for the child if his family starts eating healthy and exercising too! Here are a few tips that will make the whole family healthier.

2

continued on page 3...

Is Your Child Overweight? (continued from page 2)



- 1) Make small changes. It is better to change one thing at a time instead of making many changes at once. It's easier to stick with small changes. Your family may want to start by walking after dinner, drinking water or milk instead of soda or sugary sports drinks, or watching less TV.
- 2) Set a goal. Pick a goal for each person in the family and a family goal. A child's goal might be to play outside for an hour a day instead of watching TV. A parent's goal may be to walk during lunch breaks or to buy a variety of vegetables. A family might decide to eat less fast-food.
- 3) Be positive! Remember the good changes the child and family are making. Don't worry if your child makes a bad food choice every once in awhile. Weight loss is a gradual process.
- 4) Know your triggers. If you are tempted by candy, then do not keep candy in the house.
- 5) Celebrate when you are successful. When your family reaches a goal, decide how to celebrate in a healthy way. Try having a picnic at the park or go to the park to play basketball.
- 6) Have healthy food options on hand. Have fruits and vegetables for snacks instead of cookies or soda.
- 7) Drop the TV and computer time. One to two hours of TV per day will give you more time to exercise outside – or inside! Try not to eat in front of the TV.

Be a good example. Your child will see you making healthy choices and he will want to make the same changes. Some changes with your diet and exercise habits may not be easy at first. If you stick to your changes you will become a healthier family!

Source: MayoClinic.com



Food Safety Facts

Every year, millions of people may experience one or more episodes of foodborne illness, without ever knowing that it was food that caused their illness. Generally, these illnesses are preventable if safe food handling practices are followed. Below are some facts and tips to teach you the basics of food safety.

1. Keep Hot Foods Hot!
 - a. If a food is cooked and put out to serve, make sure to keep the food hot if it is not going to be eaten right away. If perishable food is going to be out for more than two hours keep it out of the Danger Zone between 40°F and 140°F. Bacteria grows well at these temperatures and may grow to levels that could cause illness.
2. Keep Cold Foods Cold!
 - a. Cold salads, lunch meats, dairy products and other foods which require refrigeration should always be kept cold (below 40°F). If they are allowed to warm up, bacteria may be able to grow to dangerous levels.



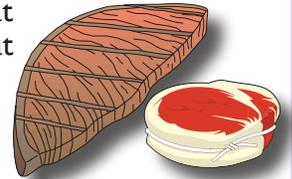
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Food Safety Facts

3. Always Wash Your Hands Well with Soap and Warm Water, Both Before and After Handling Food!
- Our hands naturally carry bacteria on them. If we transfer bacteria to food, the food is a good place for those bacteria to grow! On the other hand, foods contain a certain amount of bacteria on them as well, especially raw foods. It is important not to let the bacteria from raw foods stay on your hands where you may transfer them to your mouth or other foods.

4. Don't Cross-Contaminate!

- You cook meat and poultry thoroughly to kill the harmful bacteria that may be on them. That is why it is very important to make sure that you don't allow the juices associated with raw meat and poultry to contaminate other areas of your kitchen. If you do, you may then allow those bacteria to get onto foods that don't get cooked before you eat them.



5. Thaw Foods Safely!

- Frozen raw meat and poultry should never be thawed by leaving them on the counter at room temperature. The proper way to thaw such products is to either thaw them in the refrigerator or thaw them in a microwave oven.

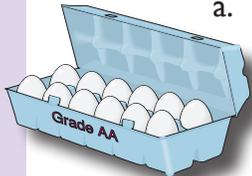
6. Wash Fresh Fruits and Vegetables Thoroughly!

- Because fresh fruits and vegetables are grown outside, they may come in contact with a wide range of bacteria. Most of these bacteria are harmless, but it is important to realize that fresh fruits and vegetables should be washed thoroughly under running water before you consume them.



7. Keep Eggs Refrigerated and Never Eat Raw Eggs!

- Eggs may contain the bacteria Salmonella in their yolks, and so it is very important never to leave eggs at room temperature, or you will allow the Salmonella to multiply and grow. Because there may be Salmonella in eggs, you should also always make sure that you cook your eggs thoroughly before eating them. This means no runny yellow yolks, and it also means not eating any cookie or cake batters made with raw eggs!



8. Cook Ground Beef Thoroughly!

- E. coli O157:H7 is a pathogenic bacteria that may be present in raw ground meat. Hamburger and other ground meat products must be cooked to an internal temperature of 160°F in order to ensure that the bacteria E. coli O157:H7 has been killed. The interior of the meat may turn brown before this temperature is reached, making it look like the hamburger is done. Use a thermometer to ensure the internal temperature reaches 160°F.

9. When in Doubt, Throw It Out!

- Never taste food which may be spoiled. If you are uncertain as to whether or not a food is still safe to eat, do not eat it. Even reheating foods cannot destroy the toxins of some bacteria if a food has been handled incorrectly. Never eat canned food if the can is bulging or looks like it has had a leak. The consequences of foodborne illness are not worth the money you will save trying to salvage the food!

