



# Central District Health Department Public Health Informer

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## What is the Central District Health Department and What Do We Do?

### PART TWO

In our last edition of the Public Health Informer, we brought you information on CDHD's Preventive Health Services, which offer a variety of clinical services ranging from Reproductive Health to Oral Health programs to prevent cavities in kids. In this edition, we introduce you to CDHD's Community and Environmental Health Division — and the important work it does for the communities we serve.

#### Public Health Preparedness (PHP)

Federal funding targeted at state and local health departments following terrorist events in 2001 jump started our intensive emergency preparedness efforts. Our planners and health care liaisons work with public and private-sector partners throughout the community to integrate plans to protect our citizens from illness and injury in the event of natural and human-caused disasters. Our PHP team maintains plans to provide emergency medicine and supplies to mass populations if needed. Preparations include training, exercises, and drills with CDHD staff and community partners. We also maintain a group of several hundred Medical Reserve Corps volunteers to assist us.

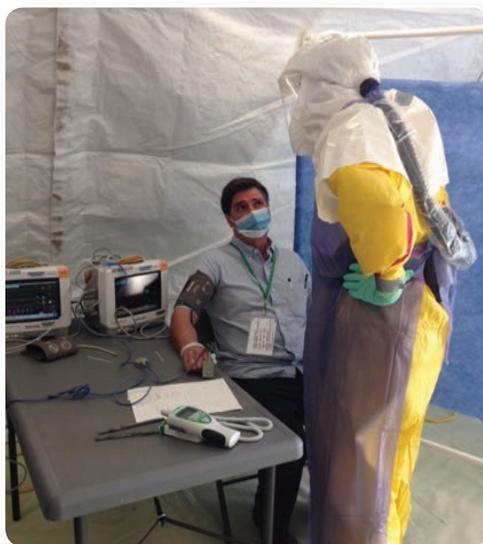


#### Communicable Disease Control

Our staff work to prevent the spread of diseases in our community. There are over 70 different illnesses that are reportable to public health in Idaho. When someone is diagnosed with one of these illnesses, epidemiologists work as disease detectives to find out what caused the person to get sick, and recommend ways to keep other people from getting sick. A nurse educates and gives guidance to childhood vaccine providers and child care providers to make sure that children have the vaccines they need to stay healthy.

#### Health Promotion & Policy

When communities, businesses, and other organizations want to implement strategies to improve the health of people, CDHD is often there to help. We educate our partners on the leading causes of illness and death and provide proven practices to improve health. Policy Analysts and Health Education Specialists work with diverse community partners to establish local policies, systems, and environmental changes to combat



**CENTRAL DISTRICT HEALTH DEPARTMENT**

**WE'RE A TOBACCO FREE ZONE**

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.**

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## Public Health Informer

The Public Health Informer is a 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)



## What is the Central District Health Department?

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tobacco use, increase physical activity, improve nutrition, and prevent cancer. CDHD helps prevent life-threatening falls in senior citizens with a free, peer-led, community exercise program called Fit and Fall Proof™. CDHD staff also lead efforts with local health care providers on the State Healthcare Innovation Plan (SHIP), an initiative intended to provide better care, improve health, and reduce costs for all health care consumers.

### **Environmental Health**

Our team of Environmental Health Specialists ensures food provided to the public is safe, child care facilities are healthy environments, public swimming pools meet health standards, and activities occurring in our natural and man-made environment do not make us sick. Most of the work is performed through on-site inspections. We also consult with callers who have complaints or questions about a variety of nuisance conditions and animal bites.

### **Our major Environmental Health programs include:**

#### **Food Safety**

We prevent foodborne illness through education and inspections. We educate food service employees and inspect restaurants, grocery stores, schools, temporary and mobile vendors, and other establishments providing food to the public.

#### **Child Care Facilities**

We educate child care providers and inspect child care facilities with a focus on promoting a safe environment for children that includes safe food handling practices, communicable disease prevention, immunizations, cleanliness and sanitation, and general facility safety.

#### **Public Swimming Pools**

We inspect public swimming pools and educate swimming pool operators about standards to prevent recreational water illness. Proper chemical balance of the water, disinfection, equipment operation, staff training, water circulation, general sanitation and safety are addressed.

#### **Septic System Permitting**

Homeowners in areas without city sewer services obtain permits for individual wastewater treatment systems that are designed and installed to protect ground water quality.

#### **Public Drinking Water**

We oversee the monitoring and maintenance of small drinking water systems that serve between 15 and 25 premises.

#### **Solid Waste Landfills**

We oversee the daily operation and closure of county and privately-owned landfills.

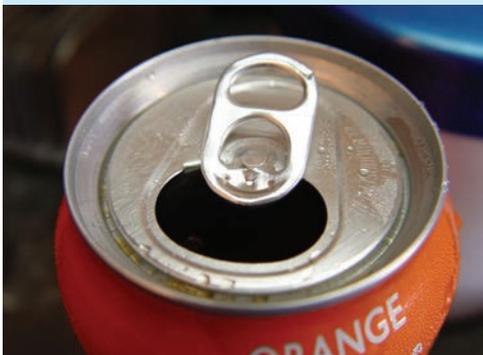
# Soda in Kids' Diets

Research has shown that there is a correlation between consumption of soda with obesity, diabetes, high triglycerides, metabolic syndrome, cavities and overall poor nutrition. Soda is the largest source of added sugar and a large source of empty calories. One of the leading causes of childhood obesity in the United States is soda consumption.

A sixteen ounce soda contains 182 calories, 47 grams of sugar, and 20mg of sodium compared to a forty-two ounce soda that contains 477 calories, 123 grams of sugar, and 52mg of sodium.

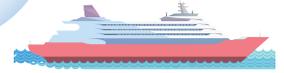
Children can also develop dental issues such as cavities if they drink soda. The bacteria in a child's mouth use the sugar from the soda to create cavities in teeth. Research has also shown that soda consumption may lead to the development of COPD and asthma, osteoporosis and bone density loss, gas, bloating, and cramping, and renal issues such as kidney stones. Some good tips to help children develop healthy habits are to offer water or milk to drink, limit soda consumption, keep soda out of the refrigerator, create a healthy snack that a child may want to eat instead, and be a role model for your child through good habits.

A quick and healthy recipe is to keep a pitcher of "fruit infused water" in the refrigerator. Fill the pitcher with water, add chopped fruits, veggies, or herbs and let it sit. The longer you leave the ingredients in the water the more flavorful it will be.



# Zika Virus

## Common Questions & Concerns



### Can I get Zika from a mosquito in Idaho?

No. The mosquito that carries Zika Virus does not live in Idaho. The *Aedes* species mosquito that can transmit Zika Virus is found in warmer areas, such as South and Central America and Mexico.

### Who should be worried about Zika?

Pregnant women and their sex partners should avoid the Zika Virus. They should not travel to areas with active Zika Virus transmission. For the latest travel notice information, see [cdc.gov/zika](http://cdc.gov/zika). If pregnant women or their partners are considering travel to an area with Zika, they should talk to their doctor before leaving the United States.

### When can I try to get pregnant after a trip to an affected country?

Wait eight weeks after returning home to get pregnant. This allows time for the virus to clear out of the blood. If your sex partner also traveled to a country with Zika Virus, ask your doctor. The virus can persist for months in semen so condoms or abstinence are recommended if a sex partner might have been infected.

### I recently traveled to a country with Zika and now I am experiencing symptoms (i.e. fever, rash, joint pain or aching). What should I do?

Schedule an appointment with your provider and tell them where you traveled. Your provider may order tests for similar diseases, like dengue, chikungunya or malaria. Diseases by country are listed at [cdc.gov/travel](http://cdc.gov/travel). If you are not pregnant or are not having sex with a pregnant woman, a Zika test usually will not change the outcome or self-care instructions.



## Your best protection Prevent mosquito bites

When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective even for pregnant and breastfeeding women.



- Wear long-sleeved shirts and long pants.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
  - Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
  - If treating items yourself, follow the product instructions carefully.
  - Do NOT use permethrin products directly on skin. They are intended to treat clothing.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
- Use EPA-registered insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.
  - Always follow the product label instructions.
  - Reapply insect repellent.
  - Do not spray repellent on the skin under clothing.
  - Use a repellent with one of the following active ingredients: DEET, picaridin, IR3535, and oil of lemon eucalyptus or para-menthan-diol.

# The Impact of Hib Vaccine

**Maria Saldana**  
CDHD Customer Service  
Representative,  
Immunizations Department

As a mother of 7 children, and a Customer Service Representative in CDHD's Immunization Department for the past



4 years, I'm a firm believer that all vaccines are important. As parents and care providers, we want to protect our kids from disease, sickness and hospitalization. One of the ways to do that is through the Hib vaccine — otherwise known as *Haemophilus influenzae type b*. The Hib vaccine prevents meningitis (an infection of the covering of the brain and spinal cord), pneumonia (lung infection), epiglottitis (a severe throat infection), and other serious infections. It is usually recommended for infants at 2 months, 4 months, 6 months, and 12 through 15 months. This is when children's immune systems are less developed, and it is easy for them to become infected with these serious diseases.

The Hib vaccine is very safe, but just like all medication, it can have side effects, some of which are mild and last 2 to 3 days. They can include redness, swelling and warmth at the injection site, and a mild fever. As a parent, it makes you feel good to know that with one quick vaccine, you could be saving your baby from so much pain, and sometimes, even death.



Meningitis

# Sunscreen Lotion is Not the Only Sun-Safety Strategy

Skin cancer is the most common cancer in the United States, yet most skin cancers can be prevented.

Every year, there are 63,000 new cases of and 9,000 deaths from melanoma — the deadliest form of skin cancer (CDC, 2014)

Clothing is a great way to protect your skin, but not all clothing protects equally. Certain types of fabrics and colors offer greater protection than others.

**Tightness of Weave or Knit:** Tightly woven or closely knitted fabrics, such as denim and wool, have smaller holes between the threads. They keep out more UV rays than fabrics with a loose or open weave, like lace.



**Type of Fiber:** Synthetic and semi-synthetic fibers (such as polyester and rayon) offer the greatest sun protection. Refined and bleached cottons offer the least. Glossy fabrics, such as satin, reflect more UV rays away from the skin than do matte fabrics, like linen.

**Thickness or Density:** Thin, lightweight materials, including some silks and bleached cottons, let in more UV light than do heavier, denser fabrics such as corduroy.

**Color:** Dark or bright colors, like red or black, absorb more UV rays than white or pastel shades, stopping the rays before they reach the skin. The more intense the hue, the better the UV defense.



**Wear sun protection gear:** like a hat with a wide brim and sunglasses to protect your face and eyes.

- Sunglasses: protect your eyes from UV rays and reduce the risk of cataracts and other eye problems. Wrap-around sunglasses that block both UVA and UVB rays offer the best protection by also blocking UV rays from the side.
- Wear a long-sleeved shirt and pants: or a long skirt for additional protection when possible. If that's not practical, try wearing a T-shirt or a beach cover-up.



# The Buzz Around Dietary Fiber is No Fad!

Adequate intake of dietary fiber provides many health benefits and can prevent the onset of many medical conditions. Dietary fiber exists in two forms: soluble and insoluble.

Insoluble fiber cannot be digested by the body but it provides bulk to stool and helps pass stool more quickly. Soluble fiber, also known as prebiotic, cannot be digested either but is fermented by intestinal bacteria into short-chain fatty acids and gases which the body can digest. Dietary fiber contributes to our health and wellness in a number of ways.

Research has shown that diets high in fiber significantly reduce the risk of diabetes and obesity. Physiologically, fiber has been shown to lower cholesterol levels, increase calcium availability, boost immune function, maintain gastrointestinal health and help regulate blood sugar levels.

Fiber also provides satiety with meals, which helps promote a healthy weight. Adequate intake of dietary fiber can also prevent constipation. The skin or peel of fruits and vegetables provides a great dose of fiber, which is found naturally in these sources. Fiber is also found in beans and lentils, whole grains, nuts, and seeds. Usually, the more processed a product is, the less natural fiber it contains.

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## Adolescent Health

Exciting news! Did you know that since 1991, there has been over a 50 percent reduction in teen births, going from 61.8 to 24.2 births per 1,000 teens? What this means in real life is that more teens are likely to finish high school, be more stable financially, and be able to think of and make some of their dreams happen before being responsible for another human life.

There are many reasons why this decrease occurred, including, teens opting to delay having sex and mass media campaigns to promote healthy sexual decision-making. And for those who are sexually active, improved access to care and highly effective birth control, and teen pregnancy prevention programs that work have added to the decrease in teen births.

At Central District Health, we are involved with the McCall-Donnelly High School and Glens Ferry High School to provide an evidence-based program



*Alisha Munoz*

called "Reducing the Risk" to students as part of their health curriculum. Alisha Munoz, RN, taught the course, along with the school's health teachers. In addition to the class sessions, a student group meets throughout the year to bring awareness on healthy relationships and teen pregnancy prevention to the entire student body through fun events like the healthy relationship matching game.

We recently met up with Alisha to ask her about that experience.

### **Alisha, were the students really interested in this subject matter?**

Yes and no. The girls were more interested than the guys, who joked around more but by the 2nd class they were more engaged.

### **What were some of the topics discussed?**

Pregnancy prevention. Abstinence is the first choice and then contraception used effectively every time is the second choice. We talked about delay tactics, refusal skills, sexually transmitted infections and HIV prevention too.

### **What surprised you the most about the students?**

How interested the girls were about birth control and how much they didn't know. The guys didn't really seem too interested, though they should be because it affects them too.

### **What message do you hope stays with the students?**

I hope they are ok with expressing their own ideas about sex, whether that is with their parents, their friends, or a significant other. I also hope they will stick to their belief system when it comes to sex.

### **Thanks Alisha, and keep up the good work!**

For more information about adolescent health topics, go to the website of the Office of Adolescent Health at [hhs.gov/oah](https://hhs.gov/oah).

# Dietary Fiber

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**According to the American Academy of Nutrition and Dietetics,** “Women should aim for 25 grams of fiber per day, while men should target 38 grams (or 21 and 30 grams daily, respectively, for those over the age of 51).

## Naturally High Fiber Foods:

- 1 large pear with skin (7 grams)
- 1 cup fresh raspberries (8 grams)
- ½ medium avocado (7 grams)
- 1 ounce almonds (3.5 grams)
- ½ cup cooked black beans (7.5 grams)
- 1 cup cooked oatmeal (6 grams)



# Keeping Your Child Cavity-Free

## Help your Child Brush Daily

Parents or caregivers should help their child brush their teeth twice a day until they are about 8 years old. Children under 7-8 years old do not have the coordination to brush very well. However, they should be encouraged to brush to help develop that skill. Parents should brush before or after the child does to be sure the teeth get clean.

## Use Fluoridated Toothpaste

For children under 2 years old, just a small smear (size of a grain of rice) is enough. Children over 2 years old, use a small drop about the size of a pea. Remember to ask them to spit out after brushing. It is best to brush our teeth in the morning after breakfast, and at night before going to bed. Do not rinse after brushing for best effect.

## Use a Soft Toothbrush

Always use a soft toothbrush. For very young children, a soft cloth, gauze or finger cot can be used to clean the teeth.

## Keep your own mouth clean

You can give your child the bacteria that causes tooth decay. Reduce this risk by keeping your own mouth clean and don't share eating utensils, toothbrushes or other items that could transfer bacteria to your child. See a dentist regularly, even when pregnant, to keep your own mouth healthy.



## Want to do more?

Central District Health now offers the FIRST TEETH MATTER clinic. This preventive and educational dental service for children ages 0-3 and their parent(s)/caregiver provides you the tools for your child to have a healthier mouth. Here's how it works:

Our dental hygienist will assess you and your child to determine their risk for developing dental cavities. With your direct input, a dental risk assessment will be performed, and an individualized plan for your child developed to direct you in behaviors that will help your child be cavity-free. Your child will receive a visual dental screening and a fluoride varnish application.

If you have had cavities, especially recently, your child is at greater risk to also get them. But they can be prevented! Come in and learn how to keep your child healthy and cavity-free!



**Call CDHD today at 327-7450 and schedule an appointment with the First Teeth Matter dental clinic.**

# A Look at Drinking Water Monitoring in Idaho

Recent news of lead-contaminated drinking water in Flint, Michigan has many Idaho residents wondering how our state's drinking water is managed, monitored and kept safe. Safe drinking water is a high priority for Idaho's Local Health Districts (LHD), and one they take very seriously.

## Regulation and Monitoring: Who does what?

The Idaho Department of Environmental Quality (DEQ) maintains primacy over the federal Safe Drinking Water Act in Idaho. The agency has a long-standing and robust regulatory and educational public drinking water program. Idaho's seven local health districts contract with DEQ to oversee the smallest of the Public Water Systems (PWS) in our districts. A PWS system provides water to the public for human consumption through pipes or other constructed means for carrying water. These systems serve 25 or more people for 60 or more days per year, or have 15 or more service connections.

LHDs regulate three types of drinking water systems which serve various sized populations for varying lengths of time and in various environments throughout the state. Approximately half of Idaho's PWSs are transient non-community water systems. These systems often provide water in places such as gas stations, or campgrounds, where people do not

remain for long periods of time. Approximately 38 percent of Idaho's PWSs are community water systems, which supply water to the same population year-round. The other remaining PWSs monitored by LHDs are non-transient non-community systems, which may include schools, factories, office buildings and hospitals that have their own water systems.

Your LHD's role is to ensure system owners and managers test the water on a prescribed schedule — this includes testing for lead, which is required every three years per the Safe Drinking Water Act. Idaho's health districts also ensure information and guidance is provided to users by the water system if a problem arises, and conduct periodic sanitary surveys of wellheads, pump houses, storage tanks, and treatment components to ensure the system is functioning properly.

Idaho DEQ reviews public water system engineering plans for corrosion treatment. There are very few drinking water systems in Idaho that are required to have corrosion control. In response to Flint, Michigan, Idaho DEQ reviewed historical data and there appears to be very little evidence of lead service lines in Idaho, which has been one of the main issues in Flint, Michigan. Additionally, there were less than 5 percent of Idaho's drinking water systems that had lead exceedances since 2012. Additional sampling is performed to verify the need for treatment.



## What's in your water?

Customers of community public water systems can keep tabs on their drinking water each year through annual Consumer Confidence Reports. These reports are required for issuance by PWSs and are typically mailed once a year with your water bill. For customers of non-community public water systems, drinking water system monitoring results can be found on the DEQ's website under the Water Quality PWS Switchboard at [www.deq.idaho.gov/water-quality/drinking-water/](http://www.deq.idaho.gov/water-quality/drinking-water/).

For those looking to test water from their own faucet, water testing is available through the state laboratory and private labs in the state. Talk to your LHD for information.

Keeping drinking water safe and healthy is a significant responsibility that requires the work of many community partners and agencies. Your local health district shares in the responsibility of maintaining safe drinking water in Idaho and is committed to protecting public health.



# New WIC Clinic Locations Prove Successful

When Central District Health Department (CDHD) began offering Women, Infants and Children (WIC) appointments in Kuna and Meridian last fall, the hope was that increasing options would mean decreasing travel for families enrolled in the supplemental nutrition program. We're pleased to say that it's working!

Treasure Valley families enrolled in the program now have four options — they can see WIC representatives for nutrition counseling, breastfeeding support, and receive their benefit checks in Boise, Meridian, Kuna and Garden City. Since the start of the Kuna and Meridian clinics last fall, 210 WIC participants utilize the Kuna location where appointments are offered on Fridays, and more than 300 families use the Meridian clinic on Tuesdays, Wednesdays and Thursdays.

"We are excited that we're better able to accommodate participants through our satellite clinics. The additional loca-



Meridian Schools Clinic at FMHC  
925 NW 1st Street, Meridian



Kuna Clinic at FMHC  
708 E. Wythe Creek Court, Suite 103, Kuna

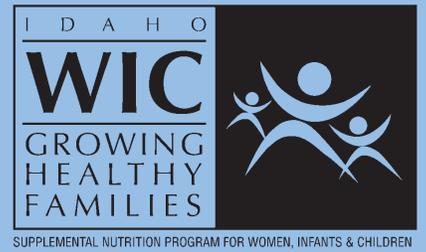
tions have also allowed us to add new participants and have decreased the number of missed appointments, since the barrier of transportation is reduced for many families," said Angela Spain, CDHD's WIC Program Manager.

## CDHD WIC Locations:

- **Boise:** 707 North Armstrong Place  
CDHD Main Offices
- **Garden City:** 215 W. 35th Street  
Inside the Genesis Health Center Clinic
- **Kuna:** 708 E. Wythe Creek Court  
Inside Family Medicine Health Center Clinic
- **Meridian:** 925 NW 1st Street  
Inside the Family Medicine Health Center Clinic at Meridian Elementary School
- **Valley County:** 703 1st Street, McCall  
CDHD's Valley County Offices/Clinic
- **Elmore County:** 520 E. 8th Street N,  
Mountain Home  
CDHD's Elmore County Offices/Clinic
- **Boise County:**  
Call 327-7450 for locations and times.

All WIC clinic locations are accepting appointments for current and new income-eligible participants.

**To make an appointment at any of CDHD's WIC Clinic locations, call 327-7488.**



## What is WIC?

WIC is an income-based special supplemental nutrition and education program for pregnant, post-partum, and breastfeeding women with infants and children up to age five. WIC also serves dads, grandparents and foster parents of eligible children. The free program provides access to healthy foods, health screenings, nutrition education, and breastfeeding support. On average, families participate in the program for 13 months.

To learn more about the program and eligibility, visit [cdhd.idaho.gov](http://cdhd.idaho.gov).

