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Central District Health Department Public Health Informer



HPV Vaccine Can Prevent Certain Cancers and Other Diseases

What is HPV?

HPV, short for human papillomavirus, is very common — about 79 million people in the United States are currently infected with HPV. Many HPV infections go away, but sometimes HPV infection can cause cancer.

Each year in the United States, about 17,600 women get cancer that is linked with HPV, with cervical cancer being the most common. Around 9,300 men each year get cancer caused by HPV infection, and the most common are cancers of the back of throat, tongue, and tonsils. HPV can also cause cancers of the vulva and vagina in women, cancer of the penis in men, and cancer of the anus in women and men. The HPV vaccine is important because it can prevent the HPV infections that cause most of these cancers.



What else should I know about HPV vaccine?

HPV vaccines are given in a series of shots at ages 11 or 12 years. HPV vaccines give boys and girls the best protection when they have received all the shots in the series and have had time to develop protection long before they are exposed to HPV infection. Young women can get HPV vaccine through age 26, and young men can get vaccinated through age 21. The vaccine is also recommended for any man who has sex with men through age 26, and for men with compromised immune systems (including HIV) through age 26, if they did not get HPV vaccine when they were younger.

The HPV vaccine is given in three shots. The first shot is followed by a second shot, one or two months later. The final shot is given six months after the first shot. The CDC recommends receiving the full HPV vaccine series.

Source: www.cdc.gov/features/hpvpvaccine/



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.



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 a.m. to 5 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

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HEALTHY PEOPLE IN HEALTHY COMMUNITIES

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Serving Ada, Boise, Elmore, and Valley Counties.

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CDHD Offices Closed on Friday, June 24

Parenting Programs

POPULAR PAGES

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- REPRODUCTIVE HEALTH
- IMMUNIZATION RECORD REQUEST
- FREQUENTLY ASKED QUESTIONS

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- Septic Permit
- WIC Application »
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CDHD Website Getting a Fresh Look

Fresh, new, and easier to navigate — it's all coming to a computer or device soon to serve you better! CDHD has been hard at work to create a new website. We've placed the most-accessed topics like restaurant inspection results, clinic information, frequently requested forms, and CDHD events — all front-and-center. And our new site will also be mobile friendly, making access from the device of your choice much easier.

The finishing touches are being put on the site with plans to officially go live in fall 2016. Once it's up and running and you've had a chance to check it out, we hope you'll let us know what you think! You'll find us at the same address, www.cdhd.idaho.gov.

Coming Soon to WIC...

In November, CDHD will begin offering Women, Infants and Children (WIC) appointments at the new Terry Reilly Health Center on Boise's Bench, located at 848 La Cassia Street.

Appointments will be offered between 9 a.m. and 4:30 p.m. every Tuesday, offering families who live in the area a more convenient location. Within Ada County, CDHD will continue to offer appointments at its main office in Boise, off of Emerald Street, and in Kuna, Meridian and Garden City.



Toll-taking Tummy Bugs

Do you realize that your recent bout of stomach/intestinal distress makes you one of millions of Americans who suffer from a random attack of diarrhea? Much like the majority of the population, you probably sit at home and just hope it will pass. What is it that keeps you from taking action and going in to be tested? Let's face it, when it comes to bathroom matters, most of us aren't thrilled with sharing what is happening behind closed doors. Cost can also be a big factor in your decision process.

One of the most common groups of gut bugs responsible for the phenomenon in the US is in the genus *Campylobacter*. The Centers for Disease Control and Prevention estimates that there are over 1.3 million cases of this illness each year. To break it down further, that is about 14 cases per 100,000 persons in a given population. It has some nasty symptoms that can include cramping, nausea and copious amounts of diarrhea, usually within two to five days from exposure. It's even been given a catchy slang title of "crampy campy." While some won't have symptoms, others may suffer for up to a week — and for those with compromised immune systems, it can become life-threatening.

Testing may still not be your choice, but the benefit of becoming educated on potential sources of this type of illness can be helpful to you and the general public. If you opt for testing, and test positive for *Campylobacter*, that information is reported to the health department, which works to track illness clusters. In turn, this can be helpful to your community and those you live closest to. In some cases, the source of illness can be identified, and the risk reduced for others.



From left: Lorraine Fortunati, Laurie Valdes, and Cindy Galloway from Central District Health receive the Loving Support Gold Premier Award of Excellence from Idaho WIC staff Cristi Litzsinger, Kris Spain, and Mimi Fetzer.

CDHD WIC Program Earns National-Level Kudos

Central District Health Department (CDHD) and its Peer Counseling Program have been awarded the *Loving Support Gold Premiere Award of Excellence* by the United States Department of Agriculture's Food and Nutrition Service (FNS). The award recognizes and celebrates local WIC agencies that provide exemplary breastfeeding programs and support services. The intent is to provide models and motivate other local agencies and clinics to strengthen their breastfeeding promotions and support activities, and ultimately increase breastfeeding initiation and duration rates among WIC participants.

Cindy Galloway is the CDHD WIC Peer Counselor Coordinator and Laurie Valdes is the Peer Supervisor. The pair oversees four WIC Peer Counselors who work from home and provide breastfeeding education and support to over 300 WIC participants.

"This award recognizes the work we do each and every day to help moms and their families be successful with breastfeeding and get their children off to a great start in life. We are so pleased that our hard work has been recognized with this award," said CDHD's Cindy Galloway.

This year, CDHD was one of four recipients in the Western Region WIC, which includes Idaho and 10 other states and U.S. territories, to receive the Gold Premiere Award, and the only WIC program in Idaho to be recognized.

2016 CDC Breastfeeding Report Card

Of all the states, Idaho is in the number 2 spot at 92.9% of mothers ever having breastfed. Idaho has met the 2020 Healthy People goals with the rates of:

- 65.4% moms breastfeeding at 6 months
- 39.6% moms breastfeeding at 12 months
- 56.7% moms exclusively breastfeeding at 3 months
- 28.1 % moms exclusively breastfeeding at 6 months

Way to go, Idaho!





FluMist Not an Option This Flu Season

Every year, we face a new flu season, and in preparation, the flu vaccine is carefully customized to protect against anticipated flu strains. However, this season another new change is in effect — the nasal spray, often called by its brand name, *FluMist*, is not recommended for use. The nasal mist has been an option to many for over a decade, and a needle-free alternative to the flu shot. However, the Centers for Disease Control and Protection (CDC) have determined that *FluMist* has been largely ineffective in recent years.

In May 2016, studies to look at *FluMist*'s effectiveness were done the U.S., U.K., and Finland, and the results of the studies were conflicting. Two of the U.S. studies showed the nasal spray to be less effective when compared to injectable vaccine for the past three seasons. Among children ages two to seventeen, *FluMist* was effective in just 3% of those who received it, while the flu shot was 63% effective.

Interestingly, studies in the U.K. and Finland indicated that *FluMist* was significantly effective at 46% to 58%, comparable to the injectable flu vaccine. The reason for the differences among studies is still unknown.

Flu shots are recommended each year for everyone aged six months and older to prevent illness or hospitalization. The flu season typically occurs between October and May and commonly peaks between December and February in the U.S. Talk to your health care provider or pharmacist about getting your flu shot. CDHD provides immunizations, including the flu vaccine, to children through age 18.

Long-time CDHD Employees Look to Retirement

Without question, it's the passionate and caring employees of CDHD that help fulfill our vision of Healthy People in Healthy Communities. They're the people who work tirelessly to educate, provide care, and create positive and healthy change.

With a combined 162 years of service, six CDHD employees have recently closed the chapter on their public health careers to pursue the next one — retirement.

CDHD appreciates and applauds these employees for serving our communities with sincerity and dedication.



Carolyn Brammer
Oral Health Program
Coordinator



Diane Overall
Administrative
Assistant, Women,
Infants and Children
(WIC)



Joanne Graff
Health Policy Analyst



Lorraine Fortunati
Division Director,
Preventive Health
Services



Melissa Sanders
Immunizations Nurse



Sharon Brown
Immunizations
Outreach Nurse





Reduce Risk of Falling with Planning & Caution

Soon, the winter season will be upon us, and with the cold weather comes snow, ice, and the increased dangers of a fall. Here are some tips and precautions to keep your winter season safe and enjoyable.

Inside of your home

Returning indoors from wet conditions will leave puddles on floors, making for a slippery surface. Placing non-slip mats and water-absorbing rugs near entrances can reduce the risk of slipping. Towels to wipe down shoes and floors along with racks to hang wet items near entrances will also keep floors dry.

Outside of your home

When it is necessary to walk outside, be sure to wear rubber or Neoprene-soled boots or shoes, as they provide better traction than other materials. Canes and walkers can be fitted with wider, no-slip tips to provide more stability on slick surfaces.

The best route is to avoid slick surfaces when possible. When necessary to walk over a slick surface, use a slow shuffle walk to help maintain balance. If possible, lean against a stable surface such as a building or vehicle while shuffling like a skater across slippery surfaces. Avoid carrying large bundles, as they will increase instability.

Conditions with temperatures below freezing may create ice or black ice. Black ice is thin and transparent, and looks like harmless wet pavement. Homes and businesses should use commercial ice melt and cat litter to help clear walkways.

CDHD Welcomes New Employees

Valley County



Maggie Wideau

CDHD welcomes Maggie Wideau as the new Registered Nurse Senior in the McCall office. She comes to us from Doctors Without Borders, where she worked since 2002.

Her employment with Doctors Without Borders has taken her to many countries and continents including Africa, Mexico, Honduras, South East Asia, and Papua New Guinea, just to name a few. She helped treat those with tuberculosis, malnutrition, HIV, and has worked in refugee health, and with victims of violence. She has returned to the states to put down some roots, and looks forward to working with Valley County residents to help create *Healthy People in Healthy Communities*.

Elmore County



Christina Marie

CDHD welcomes Christina Marie as the new Registered Nurse Senior in its Mountain Home office. Before coming to work for CDHD, Christina worked at

St. Luke's Boise Pediatrics where she worked as an RN in Pediatrics for a year and served as a Nurse apprentice for 1.5 years. Christina graduated from Boise State University with her bachelor of science in nursing (BSN) in 2014. She grew up in San Jose, California, and moved to Boise seven years ago.

She has a sincere interest in preventive care, education and research related to the public health field. "I feel this position provides a dynamic opportunity to not only work in a clinic setting, but to also do community outreach and build relationships in the Mountain Home area," said Christina.



Ana Olea

CDHD also welcomes Ana Olea to its Elmore County office. Ana is a dental hygienist who will provide oral health care to children through CDHD's First Teeth Matter clinic, to Women, Infants, and Children (WIC) participants, and in area schools. Ana looks forward to helping Elmore County kids maintain healthy teeth and mouths!

Ada County

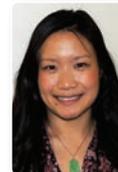
There are several new faces in CDHD's Boise office, too! CDHD welcomes:



Bianca Dean Ruiz
Oral Health
Program Manager



Chakoma Haidari
Policy Analyst,
Health Promotion



Michelle Graff
Developmental
Specialist,
Parents as Teachers



Julie Nease
Administrative
Assistant,
Health Promotion



Cindy Lindgren
Admin. Assistant,
Health Promotion and
Communicable
Disease Program



Cheryl Broderick
Administrative Assistant,
Women, Infants
and Children (WIC)



Kris Spain
Preventive Health
Services Division
Administrator



Make a Plan to Quit!

Join the Great American Smokeout

Supported by the American Cancer Society

The Great American Smokeout happens every third Thursday of November each year. On November 17th, 2016 smokers are encouraged to quit or to make a plan to quit.

Tobacco is still the largest preventable cause of disease in the U.S. causing more than 480,000 deaths every year, or 1 of every 5 deaths. Today, more than 16 million Americans live with a smoking-related disease.

As of 2013, about 18 of every 100 American adults currently smoke cigarettes in the U.S. In Idaho, between 17.1% and 20.5% people smoke according to the Centers for Disease Control and Prevention (CDC).

In 2014, 15.9% of Idahoans smoked according to the CDC. About 65,000 individuals use Electronic Nicotine Delivery Systems (ENDS: includes e-cigs, hookahs, vapes). ENDS are not approved by the Food and Drug Administration. From 2011 to 2014 in the U.S., use among high school students increased to 13.4%, which is 1 in 7 high school students. In Idaho the highest rate of use is among 18-24 year olds.

ENDS devices deliver nicotine through an aerosol that is inhaled into the lungs the same way cigarette smoke is. Nicotine is known to be addictive, toxic and harmful to adolescent brain development.

Transforming Behavioral Health Care in Idaho

The Region 4 Behavioral Health Board is supported by Central District Health Department. The seven Regional Behavioral Health Boards were established in Idaho Code with the purpose of helping to transform Idaho's Behavioral Health System of Care. The Region 4 Board's mission is to improve behavioral health by developing solutions within the communities it serves. Each Regional Board has 22 members representing different populations within the behavioral health community. Board members have a critical voice and represent diverse backgrounds and occupations such as: counselors and psychologists, parents of children with Severe Emotional Disturbance, mental health advocate/consumers, County Commissioners, school representatives, law enforcement officers, and others. The Regional Board is responsible for providing an annual gaps and needs assessment to the Governor of Idaho.



What is CDHD's role?

Central District Health Department provides administrative support and assistance with grant facilitation and policy development. CDHD's involvement with the Board began in June 2015 and it has supported the Board's mission to address the communities' behavioral health service gaps and needs. In addition to the regular Board meetings, there are three subcommittees that report to the Regional Board: Youth Behavioral, Recovery and Wellness, and the Provider Committee. The subcommittees are working towards an integrated health system that is accessible to everyone. The Regional Board advises the State Behavioral Health Authority on local behavioral health needs of adults and children.

Want to learn more?

If you are interested in attending a Region 4 Behavioral Health Board meeting, please visit our website at www.cdhd.idaho.gov for more information on upcoming meetings and agendas.



Quit Tobacco for FREE!

FREE Tobacco Cessation classes supported by Idaho Tobacco Millennium Funds are being offered in Boise, Meridian, McCall and Mountain Home. Call 208-375-5211 or visit cdhd.idaho.gov to learn about classes.

Project Filter offers 8 weeks of FREE nicotine patches, gum or lozenge. Register online at www.projectfilter.org or by phone at 1-800-QuitNow (784-8669).



Source: www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index