



Central District Health Department Public Health Informer

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Flu Season is Here — Time to Get Vaccinated

Fall is here and that means flu season isn't far behind. Now is the time to protect yourself and your family from getting sick. Get immunized!

The flu, also known as influenza, is a respiratory illness that spreads easily from one person to another. Every year millions of Americans get the flu and are forced to stay home from work or school. Some 200,000 are hospitalized, and sadly, about 36,000 people die from flu related causes every year.

Health experts recommend that everyone six months of age and older should receive the flu vaccine. But vaccination is especially important for those with chronic health conditions such as asthma or diabetes, are pregnant, or are 65 or older.

Most pharmacies already have the vaccine in stock. If you are healthy and between the ages of 2 and 49 you can avoid the shot and get the FluMist, a nasal spray.

Because the flu virus changes every year it's important to get vaccinated every year. And don't worry about getting the vaccine too early. It can take up to two weeks for the vaccine to start providing protection from the flu.

Beyond the flu vaccine, staying healthy involves simple steps like getting plenty of rest, eating right, washing your hands frequently, and staying away from people who are sick.

Central District Health offers the flu vaccine (either shot or FluMist) only to children 18 years and younger. We don't offer adult flu vaccines. Call the Immunizations Program today at 208-327-7450 to schedule your child's appointment.



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 & 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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More People Walk to Better Health



More than 145 million adults now include walking as part of a physically active lifestyle. More than 6 in 10 people walk for transportation or for fun, relaxation, or exercise. The percentage of people who report walking at least once for 10 minutes or more in the previous week rose from 56% (2005) to 62% (2010).

This is good news because physical activity, like walking, helps control weight, but it can help improve health even without weight loss. People who are physically active live longer and have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers.

The problem is that Americans need more physical activity. Less than half of all adults get the recommended amount of physical activity.

Adults need at least 2½ hours (150 minutes) a week of aerobic physical activity. This should be at a moderate level, such as a fast-paced walk for no less than 10 minutes at a time.

Walkable communities result in more physical activity

To encourage more physical activity people need safe, convenient places to walk that:

- Are protected from traffic and safe from crime and hazards.
- Encourage people to walk to transit, work, school and church.

What can you do?

For yourself:

- Carve out 10 minute breaks during the day to be active.
- While your kids are at sports practice use the time to walk.
- Spend your lunch break being active.

For your community:

- Get involved in neighborhood associations
- Contact your elected representatives
- Support and help create a better walking environment in your community



The Great American Smokeout — Your Day to Quit

Quitting is hard, but with FREE help from CDHD and the American Cancer Society you can do it!

On November 15th thousands of people across the country will make a plan to quit for good, during the American Cancer Society's Great American Smokeout. You can be one of them.

CDHD is here to help you long after November 15th

FREE Tobacco Cessation classes in Ada, Elmore, and Valley counties. Call 208-375-5211 for the next class dates in your area and to reserve your space now.

FREE Nicotine replacement therapy. Get up to a four week supply of nicotine patches, gum, or lozenges. Register with the Idaho QuitLine at 1-800-Quit-Now (1-800-784-8669) or log onto Idaho.quitnet.com.

Live Longer Smoke-free. Depending on the age at which they quit, ex-smokers can add nine to 10 more birthdays to their lives. The younger you are when you quit, the more extra years you'll enjoy! Nearly everyone who quits improves the length and quality of their life.

Join the Great American Smokeout November 15th and quit for good!



Good Oral Health Creates Better Health

Tooth decay is one of the most common childhood diseases, which is unfortunate because it is largely preventable. Here are some actions you can take to help reduce the risk of your child developing tooth decay.

See the dentist by age 1

This allows the dentist or dental hygienist to help educate you and your child on prevention. They can also apply preventive measures such as fluoride treatments.

Help your child brush daily

Help your child brush their teeth twice a day until the age of six. They can brush their own teeth for practice, but you should help before or after to be sure all the bacteria and plaque is removed.

- Use fluoride toothpaste — use an amount about the size of a pea.
- Use a soft toothbrush.
- For very young children a soft cloth, gauze or finger cot brush may be used instead of a toothbrush.

Maintain a healthy mouth

Parents, siblings or caregivers can pass along the bacteria that cause tooth decay. Regular brushing and check-ups will help.



Bottles

Avoid the bottle at bedtime. Feed child a bottle in an upright position (not laying down or bottle propped up). Discontinue bottle use after teeth start to erupt. Have child drink from a cup.

Avoid juice and milk between meals

Only allow water between meals.

Avoid pop, soda or soft drinks

Sugar and carbonation are harmful to teeth. Children's teeth are especially vulnerable to these types of drinks and they can cause decay to develop quickly.

Eat healthy snacks

Fresh fruits and vegetables are healthier snack choices than sugary, sweet and sticky snacks.



Central District Health Department offers oral health education, dental screenings and fluoride varnish treatments to children up to age 6. Ask in the WIC department how to get these services or call 327-8612.



Breastfeeding — Nutrition and Fitness

Healthy eating is important during pregnancy and during breastfeeding. The new USDA Choose My Plate website provides information for breastfeeding mothers. Breastfeeding mothers don't need a special diet and there are no foods that need to be avoided. If mothers eat a variety of foods from all food groups during pregnancy and while breastfeeding this introduces the baby in utero and during breastfeeding to the variety of tastes of foods.

Many new mothers worry that their own diet may cause problems in the quantity or quality of breast milk for their infant. In general, adequate breast milk is produced even if a mother's diet is not adequate. This is not an excuse to avoid healthy eating while breastfeeding. It is also important while breastfeeding to drink fluids to stay hydrated.

Breast milk also naturally contains many of the vitamins and minerals that a newborn requires. A healthy mother does not need any additional vitamins or nutritional supplements, with the exception of vitamin D. The American Academy of Pediatrics recommends that all breastfed babies begin receiving vitamin D supplements starting at 2 months and continuing until the infant is weaned onto a vitamin D fortified formula or milk (after 1 year of age). Check with your infant's health care provider regarding vitamin D supplementation.

Being physically active is also important while breastfeeding. Unless your doctor advises you not to, include 30 minutes or more of physical activity, such as walking on most days of the week. While breastfeeding your breasts may be larger so it is important to wear a supportive bra and pads.

Breastfeeding provides optimal nutrition for the baby and also provides Mom protection from illness. Mothers who breastfeed have lower incidence of breast and ovarian cancers. Breastfeeding also may make it easier to lose weight as additional calories go to feed the baby. Women who breastfeed exclusively for three months lose more weight than those that do not exclusively breastfeed. Maintaining an active lifestyle helps breastfeeding mothers to stay healthy, feel better, and have more energy.



How Much is This Going to Cost?

Understanding the Sliding Fee Scale

Many of the clinical services offered at CDHD are on a sliding fee scale. Here is how a sliding fee scale works.

Before your appointment you will be asked fill out a form about your finances. CDHD is particularly interested in how much money you earn each month, any financial assistance you receive (like food stamps or unemployment benefits) and the number of people who are being supported by this income, including yourself, your partner, children etc. In order to get you the maximum discount we ask that you bring in a current paystub.

Everyone is charged the same for similar services, but not every person will receive the same services at each visit. The clinician will decide what services you need. The cost for each service you receive is tallied up for a final charge for that day.

At the end of your visit you may be eligible to receive a discount for that day's visit based on the income information you provided during check-in. The discount may cover some or all of the cost of your visit.

As your income level changes over time, so will the cost of your visit at the health department. If you were unemployed during your last appointment, there may not have been any charge for the visit. Conversely, if you have taken a job since your last visit today's procedures may cost something.

CDHD Offers Cholesterol Screening

Everyone age 20 and older should have their cholesterol measured at least once every five years. The higher your LDL level and the more risk factors you have the greater your chances are of developing heart disease or having a heart attack.

Central District Health Department can provide you this life-saving, cardiac risk profile screening for \$20 and no appointment or prescription is necessary! The screening is held the first Tuesday of every month from 6:30 to 9:00 a.m. at the CDHD Boise Office. The health panel includes 23 values such as total cholesterol, HDL, LDL, Cholesterol/HDL Ratio, Triglycerides and others.

Participants must NOT eat solid food or drink anything other than water for a full 12 hours before the screening. It's also recommended that no alcohol be consumed for 48 hours before your visit.

To speed things up at the clinic, please download and complete the Client Data Form and the Interpath Consent Form, both of which are available on our website: cdhd.idaho.gov/CHEC/Cholesterol/choles.htm.

Clinic Locations

Boise – Ada County

Central District Health Department
707 N Armstrong Place
Boise, ID
208-375-5211

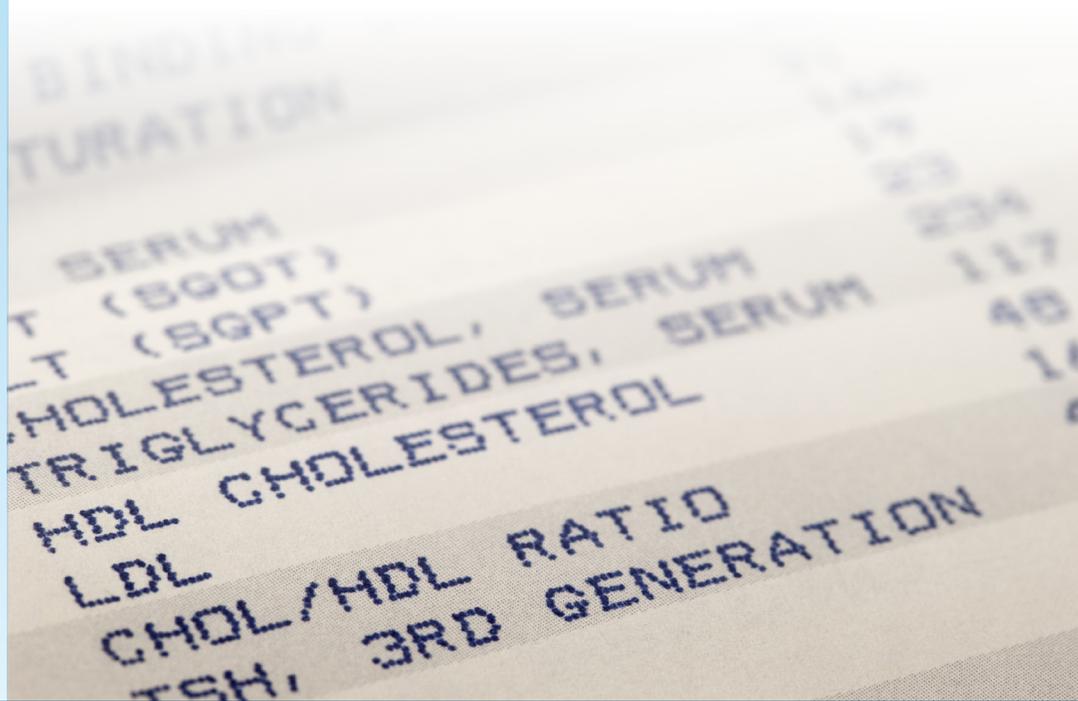
Mountain Home – Elmore County**

Central District Health Department
520 E 8th Street
Mountain Home, ID
208-587-4407

***Clinics are held every three months and are scheduled for the second Wednesday of the month in February, May, August and November. The walk-in clinic is held from 7:00 to 9:00 a.m.*

Information

Sylvia Ramirez, Program Coordinator,
at 208-327-8549 or
sramirez@cdhd.idaho.gov





FALL FIBER

Eating enough fiber is an important part of a healthy diet, for both kids and adults. Here are some facts explaining why fiber is important and how we can incorporate fiber rich foods into our diets.

What we know about fiber:

1. A healthy bowel equals a stronger immune system: Fiber helps to clean and to feed healthy bacteria in the digestive tract. These healthy bacteria are a line of defense and help us to stay healthy by fighting colds and other illnesses.
2. It fills us up: Meals rich with fiber fill up the stomach and help prevent overeating.
3. Prevents disease: Some fibers have been proven to lower cholesterol levels, which

is linked to decreased heart disease risk. Fiber has also been linked to decreased risk of certain cancers.

4. Slows down sugar absorption: Fiber prevents blood sugar spiking too high and dropping too low after a high sugar snack.

How Much Fiber Do I Need?

Recommendations	Grams of Fiber
Children (1-3 years)	19
Children (4-8 years)	25
Women (19-50 years)	25
Pregnant Women	28
Breastfeeding	29

Breakfast Bran Muffins

- 1 ½ cups Bran Flakes
- ½ cup Raisins
- 1 ¼ cups Milk
- 1 Tbs. Baking Powder
- ½ tsp. Salt
- ½ cup Sugar
- 1 Egg
- ⅓ cup Vegetable Oil

Directions:

- 1 Preheat oven to 400 degrees
- 2 Mix cereal, raisins and milk in large bowl. Set aside
- 3 Mix flour, baking powder, salt and sugar in small bowl and stir.
- 4 Add egg and oil to cereal and milk and stir together.
- 5 Stir dry mixture to wet ingredients.
- 6 Pour muffin mixture into lightly greased 12 cup muffin tin.
- 7 Bake approximately 20 minutes.



First Aid — Yes, There's an App for That



The First Aid App is the first in a series to be created by the American Red Cross. The app, which is available for Android and iPhone platforms, gives instant access to information on how to handle the most common first aid situations, and includes videos and interactive quizzes. Users who take quizzes can earn badges they can share with friends through social media to show off their lifesaving knowledge.

The app takes critical first aid information normally stored on bookshelves and places it at the fingertips of tens of millions of individuals — which will save lives. The Red Cross app includes disaster preparedness information for a number of common situations.

App features include:

- Simple step-by-step instructions for everyday first aid scenarios;
- Prioritized steps to take during an emergency, with 9-1-1 call button;
- Sharable badges to be unlocked through interactive quizzes;
- Videos and animations to make learning first aid fun and easy;
- Safety and preparedness tips for a range of conditions including severe winter weather, hurricanes, earthquakes and tornadoes;
- Preloaded content that gives instant access to all safety information at any time.

The app is free and available for iPhone and Android users. Find the app in the Apple App Store and the Google Play Store for Android by searching for American Red Cross.