



Central District Health Department Public Health Informer

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A Taste of Victory

This is Mac!

By Erin Green MS, RD, LD

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.



Recently a local Boise family won a recipe contest with MyPlate and *Epicurious* magazine. Kellie Wirth and her 8 year-old son, Mac are passionate about eating healthy and when Kellie saw an opportunity to involve her son in the kitchen she jumped on it.

For a second year, The Healthy Lunchtime Challenge invited a parent or guardian to work with their child, age 8-12, to create a recipe that is healthy, affordable, original and delicious. Each recipe followed the guidance that supports USDA's MyPlate (**Choose MyPlate.gov**) representing each of the food groups: fruits, vegetables, whole grains, lean proteins and low-fat dairy foods.

Their creativity paid off big time! Kellie and Mac's simple recipe for Veggie Barley Salad won them an all-expense paid trip to Washington D.C. to attend the Kid's State Dinner and meet President Obama and the First Lady. The trip provided for an educational and fun experience.

I hope sharing this experience will inspire you to get creative with food and explore some new ideas in the kitchen. And involving the whole family can be a fun learning activity... that could possibly take you places you never imagined!

The full list of winners and recipes can be found online at: www.recipechallenge.epicurious.com.

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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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Physical Education In Idaho Schools

It's a sad fact that too many Idaho school students are considered overweight or obese. One contributing factor may be the lack of regular physical education classes. The CDC says children ages six to 17 years of age need 60 minutes of physical activity a day. Yet only 26 percent of Idaho high school students attend physical education classes daily.

The American Heart Association is leading an effort to set minimum standards for physical education in Idaho schools and presented a proposal to the State Board of Education in August. Here are the highlights of the Physical Education proposal:

- 60 minutes/week minimum for elementary schools.
- 200 minutes/week minimum in middle schools starting in 2015, phasing in 225 minutes/week after fall of 2018.
- 2 credits for high school graduation, of which one credit could be earned through a season of a sport recognized by the Idaho High School Activities Association, or a season of a club sport, or 18 weeks of a sport recognized by the local school district.



Another aspect of the proposal would require high school students to have one class period of CPR training in either their sophomore or junior year.

For more information on how you can get involved, contact Adrean Cavener at the American Heart Association 208-406-9188 or Adrean.Cavener@Heart.org.

Signs of Progress In Obesity Prevention

After decades of unrelenting bad news, the United States is finally seeing signs of progress in obesity rates. According to a new CDC Vital Signs Report, obesity among low-income preschoolers has declined in many states and U.S. territories, including Idaho. Between 2008 and 2011, the rate of Idaho's low-income children ages 2-4 years who are obese has decreased from 15 to 14 percent. This is good news, but childhood obesity rates are still too high, with 1 in 8 preschoolers nationwide being obese.

In addition, a second new report, *F as in Fat: How Obesity Threatens America's Future 2013*, from the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF), shows that adult obesity rates remained level in every state except Arkansas, in the past year. Idaho currently ranks 32nd in the nation for adult obesity rates with approximately 27 percent of Idaho adults classified as obese.

Physical activity and nutrition are two of the Central District Health Department's agency priorities. Key recommendations from the report regarding strategies that should be taken to scale include:

- All food in schools must be healthy;
- Kids and adults should have more opportunities to be physically active;
- Restaurants should post calorie information on menus;
- Food and beverage companies should market only their healthiest products to children;
- The country should invest more in preventing disease to save money on treating it;
- America's transportation plans should encourage walking and biking; and
- Everyone should be able to purchase healthy, affordable foods close to home.

For more information visit healthyamericans.org/ and www.cdc.gov/obesity/resources/reports.html.



Idaho Breastfeeding Rates Highest in Nation

By Cynthia Galloway, RD, LD, IBCLC

Breastfeeding is the gold standard of nutrition for infants, and according to the 2013 Breastfeeding Report Card recently released by the Centers for Disease Control and Prevention (CDC), Idaho leads the nation in three of the five breastfeeding measures:

- 91.8% Ever breastfed
- 74.5% Breastfeeding at 6 months
- 60.3% Exclusive breastfeeding at 3 months

In our area we are pleased to have very supportive hospitals for breastfeeding as more than 9 out of ten mothers breastfed in the hospital. The WIC program at CDHD provides a variety of services for breastfeeding mothers, including manual or electric breast pumps so mothers can return to work and still provide breast milk for their infants while they are away.

Idaho is 2nd in the nation in the other two breastfeeding measures:

- 45.5% Breastfeeding at 12 months (Oregon is first at 52.3%)
- 27% Exclusive breastfeeding at 6 months (California is first at 27.4%)

The WIC program at Central District Health Department is pleased to be a part of protecting, promoting and supporting breastfeeding services to WIC participants. The CDHD WIC program provides breastfeeding peer counselors for first time WIC mothers. These mothers help new mothers by providing support during the pregnancy and the early months of breastfeeding.

The American Academy of Pediatrics recommends that mothers breastfeed for 12 months, and the World Health Organization recommends breastfeeding for two years. Breastfeeding rates are lowest in Mississippi. Experts attribute the higher rates in Idaho to differences in culture and workplace policies that support breastfeeding.



Changes to WIC Food List

On October 1, 2013 the Women, Infants and Children Program (WIC) will be instituting changes to the list of foods recipients can buy with their WIC checks. The changes allow WIC clients to expand the options they have for buying healthy food, but also provide an opportunity to help WIC help more people.

WIC clients will now be able to buy the least expensive brand of certain products. Below are some of the changes:

Rice – Bagged only.

Milk – Least expensive brand.

Eggs – Least expensive brand.

Cheese – Least expensive brand. Removed string cheese.

Frozen juice – Added any flavor of 100% juice from: Old Orchard, Welch's and Dole.

Bottled juice – Added any flavor of 100% juice from: Juicy Juice, Tree Top and any brand orange juice.

Infant foods – Removed Nature's Goodness. Added any cereal grain. Added plastic 2-packs of baby foods.

For a complete list of breastfeeding support services, visit the WIC pages at our website cdhd.idaho.gov.

Monster Mouth

Halloween, Cavities and Candy — Helpful Hints for Decreasing Decay!



As parents, we are concerned that too much candy and sugar will give our kids MONSTER MOUTHS - mouths filled with cavities! What can we do to fight cavities? The frequency that we eat candy or foods containing sugar, and the stickiness those foods, are big factors in getting cavities. Every time we eat or drink something containing sugar, it creates an acid in our mouths that causes cavities. This acid lasts 30 to 60 minutes. That means every piece of candy or every sip of juice will start another 30 minutes of acid.

It may be unrealistic to think that we can tell our kids they can't ever have candy, cookies, or other treats. Kids enjoy treats and an occasional treat is less harmful if a few guidelines are followed.

Guidelines to reduce risk of cavities:

- Have a meal time and a snack time, close the kitchen in between.
- Drink milk and juice only at mealtimes, water during the day.
- Have a treat as dessert right after meal so acid is not produced again.
- After trick or treating, let them select a few pieces of candy to eat in a 20 minute "treat time" and then be done.
- Avoid sticky treats that stay on the tooth making the acid stay longer.
- Brush teeth after treats.
- Eat fresh fruits, vegetables and cheese for snack time.

Remember... FREQUENCY MATTERS!

CDHD Dental Services are available to the children of WIC clients. Now dental services will also be a part of Quick WIC, which is held every first and third Wednesday of the month from 8:30 a.m. - 4:00 p.m. For more information on dental service or Quick WIC, call 208-375-5211.



One Key Question:

Are you planning a pregnancy in the next year?

This is a question that is asked of everyone, male or female, who accesses reproductive health care at the Central District Health Department. When half of the pregnancies occurring are still unintended, it's a very important question because of the effects a pregnancy can have on many lives.

If the answer is "yes", the reproductive health staff will provide information on how to increase your odds of having a healthy pregnancy. This would include nutritional and physical activity counseling, tobacco/alcohol/street drug use cessation, prescription and over the counter medication review, starting a vitamin containing folic acid, and managing chronic diseases. A wellness exam and testing for any infections will also be offered. Information is also available on emotional and financial readiness for pregnancy.

If the answer is "no", the reproductive health staff will provide information and counseling on all the available birth control methods. By knowing all the options, a client will be able to find a method that works best for their circumstances and the staff will help to provide that method. A wellness exam, pap testing and infection screening can also occur at this visit. When the client feels their family size is complete, CDHD also offers vasectomy services.

If the answer is, "I don't know", the reproductive health staff will provide counseling on both of these options, along with a wellness exam and screening.

One key question can make a difference. So no matter what the answer is, CDHD's Reproductive Health services can help. Call us at 327-7400 (Ada & Boise counties); 587-4407 (Elmore County); 634-7194 (Valley County).

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Veggie Barley Salad with Orange Honey Vinaigrette

Makes 4 servings

Ingredients:

- 1 cup pearl barley
- 1 medium tomato, chopped
- 2 medium carrots, shredded
- 1 medium red, orange, or yellow bell pepper, seeded and chopped
- 2 cups chopped fresh spinach
- 3 tablespoons orange juice
- 3 tablespoons olive or grapeseed oil
- 2 tablespoons apple cider vinegar (or any other mild vinegar)
- 1 teaspoon honey
- Salt and freshly ground black pepper

Preparation:

1. Bring a large pot of water to a boil. Add the barley and cook, uncovered, until tender, about 40 minutes. Transfer to a large bowl. Add the tomato, carrots, bell pepper, and spinach and stir to combine.

2. In a small bowl, whisk together the orange juice, olive or grapeseed oil, vinegar, honey, salt, and pepper. Pour the vinaigrette over the barley salad and mix thoroughly. Refrigerate overnight for best results.

294 calories; 5 g protein; 44 g carbohydrates; 11 g fat (1.5 g saturated fat); 81 mg sodium

View all the State's winning recipes: www.letsmove.gov/kids-state-dinner-winners

What's New for the Influenza Vaccine This Year?

Manufacturers have begun shipping flu vaccines for the 2013-2014 U.S. flu season. Between 135 and 139 million doses of vaccine are being produced. Everyone 6 months of age and older should get their yearly flu vaccine, ideally by October.

The flu vaccine is available in more forms than ever this year. Here's a summary of what will be available.

The 2013-2014 trivalent influenza vaccine is made from the following three viruses:

- an A/California/7/2009 (H1N1)pdm09-like virus;
- an A(H3N2) virus antigenically like the cell-propagated prototype virus A/Victoria/361/2011;
- a B/Massachusetts/2/2012-like virus.

Quadrivalent vaccines containing two influenza B viruses contain the above three viruses and a B/Brisbane/60/2008-like virus.



Four New Influenza Vaccines Will Be Available During the 2013-2014 Influenza Season:

- **FluMist® Quadrivalent** - Live, attenuated influenza vaccine, quadrivalent (LAIV4; MedImmune) for age 2 through 49. It will replace the trivalent formulation.
- **Fluarix® Quadrivalent** - Inactivated influenza vaccine, quadrivalent (IIV4; GlaxoSmithKline) for age 3 and above.
- **FluBlok®** - Recombinant hemagglutinin influenza vaccine (RIV3; Protein Sciences) for age 18 through 49. *Flublok is the only flu vaccine made without the use of eggs in any part of the manufacturing process.
- **Flucelvax®** - Cell culture-based trivalent inactivated influenza vaccine (ccIIV3; Novartis) for age 18 and above.

CDHD does not offer adult flu vaccine, but you can make an appointment for your children. Call 208-327-7450.





Tailgating Food Safety Tips

The air is crisp and the smell of barbecue smoke wafts through the stadium parking lot. It's tailgate party time! But just because you're cooking outside doesn't mean you should forget food safety basics.

Handwashing

Before you start prepping food for your tailgate party wash your hands with soap and warm water for at least 20 seconds. Pack moist towelettes for your guests to use before letting them dig in.

Preparing the meat

Defrost meats in the refrigerator at home, not at the tailgate party. Marinate meat in the refrigerator and don't reuse the marinade unless it is boiled. Put raw or thawed meats in tightly sealed containers, to prevent contamination of other foods.

You gotta keep 'em separated

Prevent cross contamination of raw products and ready-to-eat food by having separate and designated utensils and plates. Never place cooked meats on the same platter that has the raw juices from uncooked meat and fish. Color coded plates will help prevent cross contamination.

Mind the temperature

A food thermometer is the only reliable way to ensure foods are safe to eat. Cook hamburgers and bratwurst to at least 155°F, chicken to at least 165°F and fish to at least 145°F.

Keep cold foods cold with plenty of ice to maintain a temperature at 41°F or below. Have a thermometer in the cooler near the top.

Keep foods hot by holding them on the closed lighted grill, in the crock pot or in a heated and closed chaffing dish.

Transport hot food at a minimum temperature of 135°F. Insulated sealed containers will keep the food hot.

Plan your menu for few or no leftovers. Have plenty of ice to rapidly cool hot food to 41°F or below, if storing for later.

Bring extra clean plates and utensils and do not reuse dirty utensils that have been sitting out for more than 2 hours.

Remember...
When in doubt, throw it out.





Can Restaurant Menus Carry *Salmonella* and *E. coli*?

When we are holding a restaurant menu and trying to decide which delicious item to choose, the last thing we are thinking about is *Salmonella* and *E. coli*. But maybe we should.

A recent study at two restaurants in Texas compared laminated and paper menus as a means for bacteria contamination and transfer.

Previous studies have demonstrated that harmful bacteria can survive anywhere from several hours to several days on surfaces such as plastic, wood, and stainless steel.

Would you like to know how your favorite restaurant did on its last inspection? CDHD maintains a searchable database of all the food establishments in our four-county area.

Visit this page to learn more: cdhd.idaho.gov/EH/food/inspect.cfm

This study asked three basic questions:

- Can menus harbor microorganisms?
- If so, how long can they survive?
- Can *Salmonella* and *E. coli* be transferred to someone holding a menu?

Salmonella and *E. coli* survived on laminated menus for 72 hours and 48 hours respectively. Neither organism survived on paper menus in this study. This could be due to the paper's loss of water due to evaporation.

As a result, cross contamination can occur if an ill customer or restaurant employee touches a menu or the menu comes in contact with a contaminated surface. *Salmonella* and *E. coli* can be transferred from finger tips to menus and menus to fingertips for both wet and dry menus within the first six hours. No detectable transfer occurred after 24 hours for dry menus and 48 hours for wet menus.

The bottom line for you is that it is a good idea to wash your hands with soap and warm water after handling the menu and before eating the tasty meal you ordered.



The Great American Smokeout

On the third Thursday in November, tobacco users across the country participate in the American Cancer Society's Great American Smokeout. The Great American Smokeout challenges people to stop using tobacco. Quitting isn't easy, but there are lots of tools available and many of them are free.

Smokers are most successful in kicking the habit when they have support. Support can include:

- Telephone based tobacco cessation hotlines
- Tobacco cessation classes
- Online quit groups
- Counseling
- Nicotine replacement products
- Prescription medicine to reduce cravings
- Guide books
- Support from family and friends

Use two or more of these tools to help quit. Increasing the number of tools improves the chances of success.

Get the tools FREE!

The Idaho Tobacco Millennium Fund provides funding to provide FREE tobacco cessation classes around the state. CDHD sponsors classes in Boise, Meridian, McCall, and Mountain Home. Call 208-375-5211 to learn about classes in your community.

Idaho QuitLine

Idaho's Project Filter provides FREE cessation services through the QuitLine (1-800-Quit-Now or 1-800-784-8669). The toll-free QuitLine lets you talk directly to expert coaches. You'll get private counseling, support and advice on creating your quit plan. You'll develop skills to break your tobacco habits. The coaches will help you decide which quitting products or medications will work for you.

Quitnow.net/Idaho

Free online tools, including:

- Quitting Aids help you decide what type, dose and schedule of nicotine replacement or other medication is right for you
- A Quit Guide workbook helps you stick with your Quitting Plan
- Quit Coach® gives you expert phone support and assistance whenever you need it
- Web Coach® gives you access to a private online community where you can watch videos, track your progress, and join in discussions with others in the program.

Free Nicotine Replacement Therapy

By calling the QuitLine or going to quitnow.net/Idaho you can get a FREE 4-week supply of nicotine patches, gum or lozenges sent directly to your home.

