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Central District Health Department Public Health Informer



Summer Time Healthy Swimming Practices

The chlorine in swimming pools and hot tubs kills the germs that cause recreational water illnesses (RWIs), but the time it takes to kill each germ varies.

In pools and hot tubs with the correct pH and disinfection levels, chlorine will kill most germs that cause RWIs in less than an hour. However, chlorine takes longer to kill some germs, such as Crypto (short for *Cryptosporidium*). Crypto can survive for days even in a properly disinfected pool. This is why it is so important for swimmers to keep germs out of the water in the first place.

You have the power to help keep germs out of the water in places you swim. Remember, chlorine and other disinfectants don't kill germs instantly. Additionally, the mixing of chlorine with pee and sweat uses up the chlorine in the pool, which would otherwise kill germs.

We all share the water we swim in, and each of us needs to do our part to help keep ourselves, families and friends healthy. To help protect yourself and other swimmers from germs, here are a few easy and effective steps **all swimmers** can take each time we swim:

Keep the poop, germs, and pee out of the water.

- Don't swim when you have diarrhea. A person with crypto who has diarrhea should not go into a pool until two weeks after symptoms stop.
- Shower — with soap — before you start swimming.
- After you get out, take a rinse shower before you get back into the water.
- Take bathroom breaks every 60 minutes.
- Wash your hands after using the toilet or changing diapers and before you eat.

Don't swallow the water you swim in.

Take children on bathroom breaks every 60 minutes or check diapers every 30-60 minutes.

- Change diapers in the bathroom or diaper-changing area and not at poolside where germs can rinse into the water.

Think Healthy. Swim Healthy. Be Healthy!

For more information about healthy swimming go to:
www.cdc.gov/healthywater/swimming/protection/steps-healthy-swimming.htm

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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 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 1st St.
McCall, ID 83638
208-634-7194

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It's Summer Time... Grab the Sunscreen!



As summer arrives, the subject of sun exposure becomes relevant once again. A few tips to avoid that early summer sunburn include wearing protective clothing and avoiding direct exposure during peak hours (10 a.m.–4 p.m.) — and don't forget the sunscreen!

Facing the sunscreen aisle at the store can be overwhelming. The shelves are filled with countless brands, applications and SPF choices. The two main differences in sunscreen types are determined by how they filter the UV radiation. Organic filters, such as benzophenones, absorb the radiation while inorganic filters, such as zinc oxide, reflect it. Inorganic sunscreens are known as “barrier” sunscreens, and are recommended by pediatricians for children.

The Sun Protection Factor (SPF) measures the sunscreen's ability to protect against

ultraviolet radiation. One common misconception is that the relationship between SPF and the level of protection is linear, it is not! Meaning, SPF 30 sunscreen is not twice as protective as SPF 15. The amount of radiation absorbed by SPF 15, 30, and 50 sunscreen is 93, 97, and 98 percent respectively. In a nutshell, buying SPF greater than 30 or 50 does not provide a significant extra amount of protection. More importantly, a ‘one and done’ attitude towards sunscreen does not cut it. Sunscreen should be applied 15–30 minutes prior to exposure and reapplied every two hours to be effective.

While sun avoidance is always the most effective method of protection from overexposure, it's not always the most realistic. So when you do get out there to enjoy some fun in the sun, just remember to lather up!

Fight the Bite this Summer



Did you know that last year, six Idahoans were diagnosed with serious brain infections caused by the West Nile Virus (WNV)? It's been almost 10 years since the virus was first found in Idaho, but the message remains the same, in order to prevent West Nile Virus infection you have to Fight the Bite.

WNV is transmitted to people, birds and other animals by the bite of an infected mosquito. This virus can cause serious illness in people of any age, but especially in people over the age of 50 or those with other underlying medical conditions.

Here are some ways to Fight the Bite:

- Wear long pants and long-sleeved shirts if you are outside at night, when mosquitoes are most active
- Use insect repellent that contains DEET
- Remove standing water around your home so that mosquitoes don't have a place to breed

For more information about West Nile Virus and how you can protect your family during mosquito season, visit westnile.idaho.gov.

Boot the Bottle

Has your baby started sitting up with little or no support, reaching for things, crawling, or eating solid food? If so, they are ready to start developing more hand-eye coordination and learning to use a cup instead of a bottle. This usually happens around 6-12 months. Allowing a baby to use a bottle for too long can contribute to iron deficiency anemia, tooth decay and childhood obesity.

Slowly make the transition from bottle to cup. Try filling the bottle with only water, slowly decreasing the amount of milk in the bottle or taking away one bottle-feeding every few days. If your child is receptive they can have a ceremony to throw their bottle away themselves so they know it is gone, or have them give it to the "bottle fairy." Be consistent and encourage your child that they are a big kid now. Let them choose a fun new cup that is all theirs.

Expect to be patient and provide extra comfort during this time. Your child may be upset at first, but remember, they don't understand that you know what is best for them. Distract your child with hugs, toys, games, books and songs and they are likely to quickly forget about the bottle.

Some parents choose to introduce a sippy cup before a regular cup. This practice is okay as long as water is the only fluid offered in the sippy cup and milk or juice is offered in a regular cup at meals. This will help your child develop positive eating habits, have a good appetite for eating nutritious foods at meals and prevent tooth decay.



Breast-fed Babies May Be Smarter, Richer Adults, Study Suggests

But many factors determine IQ, not just mother's milk, experts note.

Breast-fed babies may be smarter, better educated and richer as adults, a new study by Brazilian researchers suggests.

"Breast-feeding is associated with improved performance in intelligence tests at age 30 and also has an important effect on a societal level by increasing educational attainment and income in adulthood," said lead researcher Dr. Bernardo Horta, of the Federal University of Pelotas.

"Taking into consideration these long-term benefits of breast-feeding as well as its short-term consequences, it is important to get more women to breast-feed their infants," he added.

The study was published March 17, 2015 in *The Lancet Global Health*.

However, one baby doctor not involved with the study said it's impossible to prove that breast-fed babies grow up to be smarter, more successful adults.

And Erik Mortensen, author of an accompanying journal editorial who's with the department of public health at the University of Copenhagen in Denmark, said the study only shows an association between breast-feeding and IQ, not proof of cause and effect.

But the link is very strong, Mortensen said. "It may not be a causal effect, but in my judgment, the overall evidence from other studies and the Brazilian study suggests that the effects are causal," he said.

Still, it's important for women to know that breast-feeding does not determine destiny, Mortensen added.

"Breast-feeding is only one of many factors which influence the development of intelligence. And it actually appears that factors such as parental intelligence, parental education and social class have a stronger influence on the development of offspring intelligence," he said.

For the study, Horta's team collected decades of data on nearly 3,500 infants born in 1982 in Pelotas, Brazil. The data included information on breast-feeding, as well as education, income and standard IQ test results at age 30.

The researchers found that infants who were breast-fed had higher IQs, more years of school and higher incomes as adults than those who weren't breast-fed. Moreover, the longer a baby was breast-fed — up to a year — the greater these benefits, the researchers said.

Written and published by HealthDay News (edited for length)



Reduce Your Child's Risk of Cancer

Parents have you heard of the second vaccine that can reduce the risk of cancer in our children?

The first was the Hepatitis B vaccine, which became available for children in 1991, protecting against liver cancer.

The second vaccine is Human Papilloma Virus vaccine (HPV). The HPV vaccine became available for girls in 2006 and boys in 2011.

There are three FDA-approved HPV vaccines: 2HPV, 4HPV, and as of 2015, 9HPV.

This vaccine is safe, effective and can protect against most cancers caused by HPV and genital warts.

The series of HPV vaccine is three doses and recommended for 11-12 year olds, but may be given as early as nine years through age 26 years for females and males. A catch-up schedule is an option.

With any virus, we want to protect our children before exposure occurs. Talk to your primary care physician, call Central District Health Department, or call The Shot Line (321-BABY) for more information. Then, please schedule that appointment.

Let's close the door on this disease and make the future healthier for our children.



Becoming Supplement Savvy

Most nutrition experts encourage people to eat a well-rounded, nutritious diet with an abundance of fruits, vegetables, whole grains, nuts, lean meats and low fat dairy products. Such balance ensures one meets the recommended daily intake of vitamins and minerals for optimal health. However, about half of American adults report taking dietary supplements to either improve or maintain their overall health, despite a growing body of research indicating most healthy adults do not benefit significantly from them.

As a consumer it's important to know that supplements are not regulated by the Food and Drug Administration (FDA) in the same ways that prescription and over the counter medications are regulated.

So how can consumers ensure they are purchasing a safe, quality product? One option is to look for products that have undergone third party certification. These products are randomly selected and tested for purity, disintegration, and whether they contain the listed ingredients in the quantity stated. Some certified products will have a special seal indicating that the supplements have undergone rigorous testing.



Third Party Certification Programs:



NSF International



U.S. Pharmacopeia (USP)



ConsumerLab.com (CL)

Choosing dietary supplements that have one of the above seals can help provide peace of mind that the product you're taking contains what's stated on the label, that it will dissolve properly once ingested, and that it's free of contaminants. However, the seals do not guarantee the products' safety or effectiveness. It is always best to check with your physician about the potential risks or benefits of taking a dietary supplement, especially if you are taking prescription medications.

As Mark Bittman, an American food journalist for the New York Times so eloquently stated, "It's not the Beta Carotene, it's the carrot!"



How Does Soda Impact Children's Health?



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 by exhibiting good habits.

A quick and healthy recipe is to keep a pitcher in the refrigerator with "fruit infused water." If you fill the pitcher with water, chop up some fruits, veggies, or herbs and put it in the water and let it set. The longer you leave the ingredients in the water the more flavorful it will be. Oftentimes kids will enjoy "special" drinks such as fruit infused water.

Tanning Beds Increase Risk of Skin Cancer

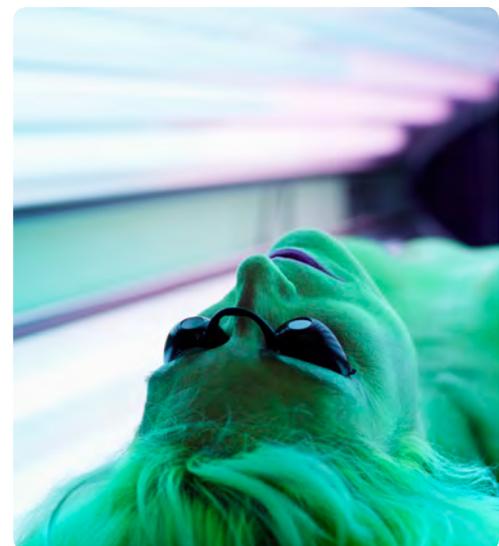
It's bad news to get a tan, whether it comes from a weekend at the lake, a tanning bed, or through incidental exposure. Tans are caused by harmful ultraviolet (UV) radiation from the sun or tanning lamps. The cumulative damage caused by UV radiation can lead to premature skin aging as well as skin cancer. People who first use a tanning bed before age 35 increase their risk for melanoma, the deadliest form of skin cancer, by an alarming 75 percent.

In 2014, the United States Food and Drug Administration (FDA) moved tanning lamps from the low risk to moderate risk category of harmful medical devices. There is significant evidence that early and frequent use of tanning beds increases the risk of skin cancer.

The FDA guidelines have prompted more states to enact legislation. Several states have completely banned indoor tanning for minors: California, Delaware, Hawaii, Illinois, Louisiana, Minnesota, Nevada, Oregon, Texas, Vermont, and Washington. Effective July 1, Idaho legislation prohibits use of tanning devices by any minor under the age of fourteen (14) years and requires written parental consent for any minor between the ages of fourteen (14) and eighteen (18). The new regulations support the science that teens and young

adults may be especially vulnerable to developing skin cancer if they use tanning beds.

Talk to your children about the risks of using tanning beds and prohibit use. You might not think about it, but you are modeling behavior for your kids all the time. So model healthy behavior by not using tanning beds, and while outside, seek shade, wear sunscreen, protective clothing, a broad-brimmed hat, and sunglasses.





Seniors and Dehydration

As the summer months approach, many people engage in cookouts, outdoor activities and family get-togethers. Warmer temperatures and more activity cause the body to require more water. Medical centers report that 40 percent of heat-related fatalities are in people over 65 years of age, with dehydration being one of the top reasons for hospitalizations in older adults. Seniors are more prone to dehydration due to medications, reduced kidney function, and diminished ability to sense thirst.

Here are some ways to help seniors stay hydrated during the warm summer months:

- Ensure water and fluids are available at all times in the home and during activities.
- Drink at least eight ounces of water or liquid first thing in the morning.
- Promote the carrying of water or hydrating fluids during the day.
- Encourage seniors to take medications with at least eight ounces of liquid.
- Talk to caregivers about hydration and medication, especially hypertension medications.
- Consume water-rich foods such as fresh fruits and vegetables.
- Seniors can also set reminders to drink liquids during the day, such as during a daily television program.
- Make a game of it, during the day when a cue or phrase happens, everyone takes a drink of water or appropriately hydrating liquid.

With a little preparation, older adults can stay hydrated and healthy so they can enjoy the warm summer months and outdoor activities.

Healthful Snacking

Snacking can be a great way to help keep your energy up. It also can prevent you from getting overly hungry between meals. Snacking is also important for children since their stomachs are still growing and cannot hold enough food to last them until the next meal. Preparing healthy snacks for you and your children can seem difficult without good planning. Try to be prepared with healthy and easy snacks to avoid being tempted to grab fast food or choose other less healthy options in between meals.

Many of the marketed snack foods such as chips or fruit snacks are considered 'empty calories.' This means that the food does not have many vitamins, minerals, fiber, or other useful nutrients. They also are typically high in salt and fat, and do not leave you feeling full for very long. We also are more likely to graze thoughtlessly on these snacks over a longer period of time. This can mean taking in more calories than planned, which can lead to weight gain.

So, try to make your snacks count! One key thing to look for in a snack is at least two different food groups (grain, protein, dairy, fruit, or vegetable). By including different food groups into snacks, there is more variety in the nutrients that are provided. Protein is important in snacks because it is needed for kids' growing bodies and also helps keep you feeling fuller for longer. Pre-portion your snacks to avoid over-eating. And if you're often on-the-go, choose "grab-and-go" items such as an apple and nuts or vegetables and dip.



Grab-and-Go Hummus Cup

**You will need an 8-ounce or 12-ounce mason jar with lid or Tupperware*

- 8 thinly sliced carrot sticks
- 8 thin slices of sweet bell pepper
- 8 thin slices of celery
- 2 tablespoons Lilly's hummus

Directions: Place hummus in the bottom of an 8-ounce or 12-ounce mason jar. Wash and slice veggies to the equivalent height of the mason jar. Place veggies in the jar vertically with one end of each veggie dipped in hummus. Place lid on jar and place in the fridge until ready to grab and enjoy!

Source: healthygrocerygirl.com/veggie-hummus-cups/



Parents *as* Teachers

Now Serving Ada County

The Parents as Teachers (PAT) staff at Central District Health Department (CDHD) recently completed their national training and are ready to begin serving those in Ada County who are expecting a baby or have a child age three or younger.

The certification training focused on helping home visitors to increase parent-child interactions, answer questions about child development and improve the family's overall well-being. This free, home-visiting program began on June 1. In addition to personal visits, children served by the program will receive health screenings, and the entire family can participate in monthly group connections to share ideas and have fun.

To become a part of the early childhood community in Ada County, PAT staff members met with other early childhood organizations to form collaborations to assist families in Ada County. PAT looks forward to working with these partner agencies. PAT brochures are now available at many locations in Ada County as well as on the CDHD website.

PAT is located at the Central District Health Department, which also offers other services such as WIC, Immunizations and Oral Health. For more information about how the PAT program can help families be healthy, safe, and ready to learn, call (208) 327-8629 today.



Your Baby's First Teeth Matter



“What age should I take my child to the dentist?”

Children should see a dental professional starting when their very first tooth comes in or no later than their first birthday.

“Why are baby teeth important?”

Dental decay in baby teeth can result in pain and infection, and may cause serious health problems. It is important to keep the baby teeth healthy and allow them to stay in their place until it is time to make room for the permanent teeth. Healthy baby teeth allow for good nutrition, speech development and healthier permanent teeth.

“Where can I take my child to learn about healthy habits and get preventive services?”

If you have a family dentist or children's dentist already providing services to your family, check with them. If you do not have a dentist for your child, or your dentist prefers to see children when they are older, you can come to Central District Health Department's First Teeth Matter clinic. First Teeth Matter clinic is for children from the time their first tooth comes in to age three, and their caregivers.



“What does CDHD's 'First Teeth Matter' clinic offer to my child and me?”

Starting young has many benefits. We can help you to prevent cavities before they start. We will talk to you and do an individualized assessment to determine your child's risk for developing cavities. You will receive information on how to prevent cavities specific to your baby's needs and how to help them develop good habits that will help them have a healthy mouth for life. Your child will get a visual dental screening and a fluoride varnish application. A schedule for return visits will be suggested based on your child's level of risk. Your child's first dental visits will be easy and fun, allowing time to develop trust and confidence in going to the dentist. Once your child turns three years old, we will help you find a dental home, if you do not have one, to continue with their dental care.



Your child deserves to be cavity-free. We can help.

CALL US!
208-327-7450



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