

Central District Health Department

Women
Infants
Children

The WIC Informer

Back Issues of this publication are available on our website: cdhd.idaho.gov

In This Issue:

Low Fat Milk - The Healthy Choice

Buying In Season Fruit and Vegetables

Idaho Diabetes Rates More Than Triple In Past Decade

Economic Benefits of Breastfeeding

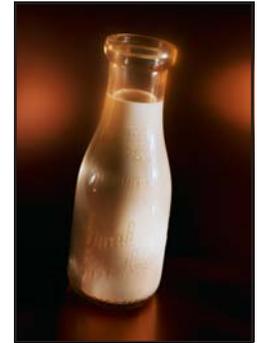
Recipes

How To Help Children Do Well

Low Fat Milk - The Healthy Choice

Make low fat milk the healthy choice for you and your family. Low fat milk has:

- same amount of calcium as whole milk
- same amount of protein, minerals and vitamins as whole milk
- less fat, so fewer calories



What is the calorie difference in milks?

Whole Milk	150 calories per 8 ounce cup.
2 % Milk	121 calories per 8 ounce cup.
1 % Milk	102 calories per 8 ounce cup.
Non-fat or Skim Milk	86 calories per 8 ounce cup.

Beginning in October 2009, children 2 to 5 years of age and women will only have a choice of low fat milk on their WIC vouchers. *Whole milk will only be available for children 1 to 2 years of age.*

So, if you are using whole milk, you might want to start the move to lower fat milk.

Step 1: To transition to a lower fat milk, you can mix each glass of milk that you drink with half of it as whole milk and the other half of the glass with 2 % milk. Gradually reduce the amount of whole milk and increase the amount of 2 % until the glass of milk is all 2 % milk.

Step 2: Stick with 2% if you like it, or switch gradually to 1% or non-fat using the same way above.

If you are sensitive to lactose, you can try low fat or fat-free lactose reduced milk.

Buying In-Season Fruit & Vegetables

A wise buying decision is to purchase fresh fruits and vegetables when they are in season. Foods purchased in season are more nutritious, better quality, and are generally cheaper than a frozen or canned product.

In season fruits and vegetables for winter (Dec. – Feb.) are:



Fruit	Vitamins
Apples	
Broccoli	A & C
Brussels sprouts	C
Cabbage	C
Grapefruit	C
Kale	
Oranges	C
Radish	
Spinach	A
Tangerine	C
Sweet potatoes	

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.**

The WIC Program is an equal opportunity provider and employer.



Clinic Locations & Hours

Ada County

Central District
Health Department
707 N. Armstrong Pl.
Boise, Idaho 83704
Tel (208) 327-7488
Fax (208) 321-2243

Clinic Hours:

Mon 8:00-6:00
Tues 8:00-6:00
Wed 8:00-7:00
Thur 8:00-6:00
Fri 8:00-5:00

Boise County

Contact Ada County Office
to schedule an appointment
Tel (208) 327-7488
Fax (208) 321-2243

Elmore County

Mountain Home
Health Department
520 E. 8th Street
Mountain Home, Idaho 83647
Tel (208) 587-4409
Fax (208) 587-3521

Clinic Hours

Mon – Fri 8:00-5:00
1st & 3rd Wed 9:00-6:00

Valley County

McCall Health Department
703 N. 1st Street
McCall, Idaho 83638
Tel (208) 634-7194
Fax (208) 634-2174

Office Hours

Tues & Thurs 8:00 – 4:30

Cascade Medical Center
3rd Tuesday of every month
Contact McCall office to
schedule an appointment
Tel (208) 634-7194
Fax (208) 634-2174

*Clinics closed on
all government holidays*

Idaho's Diabetes Rates More Than Triple in Past Decade



The prevalence of diabetes in Idaho has more than tripled in the past decade, rising from 3 percent in 1995-97 to 9.8 percent in 2005-07. The data comes out of a new report from the Centers of Disease Control and Prevention that shows diabetes rates rising dramatically nationwide.

Approximately 86,000 Idaho adults are living with diabetes and an estimated 21,000 remain undiagnosed. Diabetes has many serious complications, including heart disease, stroke, kidney disease, blindness, and amputations.

The increase in diagnosed diabetes in Idaho is related to a number of factors, including the growing number of Idaho adults who are overweight and obese. Six in 10 Idaho adults are overweight or obese. One in four Idaho adults are obese, which means they weigh at least 30 percent more than their ideal body weight.

Health officials also urge adults who may be at risk for diabetes to work with their health care providers to manage their health. Those at risk for diabetes also include people who are older than 65, have high blood pressure, get little or no physical activity, have a family history of diabetes and have diabetes during pregnancy, or a baby weighing more than nine pounds.

“There is hope to turn this around,” says Mini Hartman-Cunningham, Idaho Department of Health and Welfare Diabetes Prevention and Control Program Manager. “We really need to remind people that an individual can address the issue of diabetes by eating a well-balanced diet lower in calories and engaging in regular, moderate exercise.” These practices coupled with modest weight loss can help prevent diabetes, delay the onset of disease, and help those already diagnosed with diabetes prevent further complications from the illness.

To find out more about diabetes please visit The American Diabetes Association web site at www.diabetes.org and the National Diabetes Education Program at www.ndep.nih.gov. To download a copy of the Idaho 5-Year Diabetes State Plan, please visit www.diabetesprogram.idaho.gov.

Economic Benefits of Breastfeeding

By Cindy O'Neil, RD, LD



Public health experts, such as the American Academy of Pediatrics (AAP), the American Dietetic Association (ADA), WIC, and the Surgeon General, endorse breastfeeding as the preferred infant-feeding method in most cases. Breastfeeding provides significant health benefits for mother and infant, and provides significant economic benefits to the family and society. WIC promotes breastfeeding because of its health benefits, not because of possible reduced food costs.

In 2001, the U.S. Department of Agriculture published an analysis of research that concluded significant economic benefits to breastfeeding. Consider what is spent nationwide every year:

1. \$3.6 - \$7 billion on conditions and diseases⁽¹⁾ that are preventable with breastfeeding. This figure includes Medicaid costs for formula-fed infants compared to breast-fed infants.
2. \$578 million per year to buy formula for WIC infants who are not breastfed. If all of the women in WIC breastfed for 1 month there would be \$30 million in savings. If 75% of the mothers in WIC breastfed for 3 months another \$48 million could be saved.

There would be additional economic benefits to the nation if more women breastfed, and breastfed longer. Beyond the expense of formula and medical care, there may also be indirect savings:

- For employers - Lower worker absenteeism
- For parents - Less wage reduction due to time away from work caring for an ill child.

The national recommendations of the Surgeon General in the *Healthy People 2010 Objectives* are: 75% rate of breastfeeding in hospital and 50% rate of breastfeeding at 6 months postpartum. In 2005, Idaho WIC breastfeeding rates were 80.1% initiation rate and 29.8% breastfeeding at 6 months postpartum⁽²⁾. Clearly Idaho WIC mothers achieved breastfeeding initiation objectives, but have considerable work ahead to reach *Healthy People 2010 Objectives* for 6 month postpartum breastfeeding.

Exclusive breastfeeding for the first six months with the gradual introduction of solids after six months is the preferred method of infant feeding. The health and economic benefits are clear. Still, WIC promotes breastfeeding because of the health benefits, not because of the economic benefits of decreased food costs.



Resources:

⁽¹⁾ Calculated only the costs of 3 diseases otitis media, gastroenteritis, and necrotizing enterocolitis.

⁽²⁾ Nutrition Surveillance Report 2005, Idaho WIC Program, Breastfeeding, p. 46

<http://www.eatright.org/ada/files/serve.pdf>

<http://www.ers.usda.gov/publications/fanrr13/fanrr13.pdf>

Recipes

Chicken and Sweet Potato Bake

Ingredients:

1 cut-up boiler-fryer chicken, skin removed
1 teaspoon ground ginger
½ teaspoon ground nutmeg
½ teaspoon pepper
4 medium sweet potatoes, peeled, cut into ½-inch slices, cooked
2 teaspoons grated orange peel
¾ cup apple juice

Preparation:

Mix together ginger, nutmeg, and pepper; sprinkle on all sides of chicken.

In shallow 2-quart baking dish, arrange chicken in single layer. Place sweet potatoes around chicken. Sprinkle with orange peel and pour apple juice over all. Bake in 400°F oven about 1 hour or until fork can be inserted in chicken with ease, basting with liquid in dish several times.

Note: Yams may be used in place of the sweet potatoes. Fresh ginger may be added on top.

Tortillas

1 ½ cup Masa Harina (corn tortilla flour)
½ cup flour
1 to 2 cups hot water

Mix both flours together; gradually add water until nice soft ball forms, not too sticky. Form into golf ball size, press in tortilla press, (You may use two flat pans if you don't have a press) between two sheets of plastic so it won't stick. Cook on flat pan that is nice and hot for 1 minute on both sides or until slightly brown on both sides.

Peanut Butter Enchiladas

3 cups of water
¾ cup peanut butter
¼ cup chili powder
Cheese
Chicken (optional)

Bring water to boil, add peanut butter, stir constantly, add chili powder. Stir until mixture blends together into a smooth creamy sauce. Reserve some sauce to pour over the top. Dip tortillas into the remaining sauce to cover both sides. Spread cheese on one side of tortilla and roll, set in pan. Do this until all tortillas are done or the sauce is gone. Pour extra sauce over tortillas that are rolled and sprinkle with cheese. Put in oven at 350 degrees until cheese melts or microwave for 3 to 4 minutes. Ready to serve.

How to Help Children Do Well

- Provide a secure environment in which they feel loved and wanted
- Praise them regularly
- Be specific
- Be a good listener
- Take a break when anger flares
- Set clear, consistent boundaries and limits
- Adapt discipline to the needs of each child
- Do not expect more from your child than is reasonable

