

Healthy Palouse

www.whitmancounty.org

Whitman County Health Department

April/May 2011

Spring into Exercise

Spring into a new season by enjoying the great outdoors in Whitman County! Now that the snow is gone, go outside and be physically active while enjoying fresh air, sunshine, and warmer weather.

Whether you are training for Bloomsday, trying to lose those last 10 pounds, aiming to look better, or just wanting to make a healthy lifestyle change, there are many activities that you can do outdoors in your own neighborhood.



Think of your own outdoor activities or try some of the following ideas:

- Walk or run around the block, or just down the street
- Go for a bike ride
- Get your garden ready to plant
- Mow the lawn—it is getting to be that time of year again
- Make up an aerobics routine to do outside on sunny days
- Play with your kids in the backyard.
- Walk your dog daily

Remember to start your new exercise program gradually. Work your way up to longer and harder exercise sessions. Drink plenty of water before, during, and after you work out.

If you get bored while exercising, try working out with a friend. You can visit while exercising. Listening to music is another great way to beat boredom.

Any time that you can spend exercising outside should improve your health and help you feel better, so make outdoor activities a priority this spring.

Don't Wait for Weight Training

Don't worry if you don't have access to fitness center weight machines because membership is too expensive or you live in a rural community. You

can strengthen the same muscles by using dumbbells or exercise bands. Cans of food and milk jugs filled with water are even cheaper weights. Don't forget about

body weight either. You can do many exercises at home, like push-ups, by working against your own weight. Why wait for a better time to start getting healthier?

Inside this issue:

Super Food: Asparagus	2
Recipe: Asparagus Gratin	2
Want WIC?	2
Infant Immunizations	3
Kindergarten Vaccines	3
Smoke-Free Homes	4
What Are We Doing?	4
The Dental Corner	4

Pullman's Farm Fresh Market will be starting in May again this year. Local farmers will be selling a variety of fruits and vegetables, fresh from their gardens. Watch for more details about the dates, time, and location in our *June/July Healthy Palouse*.

Family Fair is coming up on Saturday, April 16 from 10:00-3:00. The Fair will be held at Lincoln Middle School; there is no admission charge. Vendors will have many educational and fun activities for children and adults. We are doing a puppet show that you won't want to miss. Plan to stop by our booth and say "Hi".



Super Food Spotlight: Asparagus

Asparagus is one of the first spring crops. You can grow asparagus or buy it at any grocery store in spring. Spears should be odorless and bright green, with smooth skin and tight tips. Look for stalks that appear to be freshly cut.

A serving of 5 typical spears provides the following healthy nutrients:

- Fiber: 2 grams
- Vitamin A: 10%
- Vitamin C: 15%
- Iron: 2%
- Calcium 2%

One serving contains just 20 calories. It is fat, sodium, and cholesterol free too.

Asparagus can be served in a variety of ways as part of any nutritious meal or snack in spring.

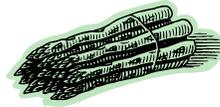
Reference: www.fruitandveggiesmorematters.org

Recipe: Asparagus Gratin

Try this easy, healthy, and fast recipe from localfoods.about.com

Ingredients:

- 1 lb asparagus
- 3/4 cup shredded parmesan cheese
- Lemon juice
- Black Pepper



Preheat oven to 450°

Wash asparagus and remove tough ends.

Place asparagus in a 2-quart, shallow baking dish.

Sprinkle with cheese.

Bake 5-10 minutes, or until asparagus is tender and cheese is lightly browned.

Sprinkle with lemon juice and pepper to taste.

Serve hot.

Makes 4-6 servings.

Want WIC?

The Women, Infants, and Children (WIC) nutrition program doesn't just provide food to families in Washington. Participants receive health screening, expert nutrition care

and developmental information, as well as regular growth assessment. The Whitman County Health Department offers WIC services in Pullman, Colfax, and Tekoa. If you are

breastfeeding or pregnant, or have a child under 5 years of age, call our office today to find out if you meet all of the qualifications for services. We would love to help you.

National Infant Immunization Week

Since the start of widespread vaccination programs in the United States, the incidence of formerly common childhood diseases has declined dramatically. Vaccinations have saved lives by protecting millions of children from fatal diseases.

April 23-30, 2011 is National Infant Immunization Week. Take this opportunity to make sure your

infant is caught-up on his or her many immunizations. Contact your medical provider if you have any questions.

Sorting through the immunizations your infant needs can be confusing but it is important to make sure they are all completed correctly. A brief breakdown of infant immunizations looks like this:

Rotavirus: 3 doses

Hib: 4 doses

PCV 13: 4 doses

Hepatitis A: 2 doses

Hepatitis B: 3 doses

DTaP: 4 doses by 18 months

Polio: 3 doses by 18 months

MMR: 1 dose at 12 months

Varicella: 1 dose at 12 months

Annual **flu** vaccinations are also recommended for all children over 6 months of age.

Thinking about quitting tobacco? May 31 is World No Tobacco Day. Make this your quit date. If you aren't ready to quit completely, then quit for the day only.

Vaccines help teens and college students too. People in this age group should get a tetanus/diphtheria/pertussis (Tdap) booster, meningococcal (MCV), and human papillomavirus (HPV) vaccines. Boys, ages 9-18, can now get HPV vaccines as well.

It's Time for Kindergarten Immunizations

Immunizations protect the health of your child, and the health of others. State law requires that children entering Kindergarten must have these vaccinations:

- **5** doses of DTaP - 5th dose must be given on or after 4th birthday
- **2** doses of MMR given on or after 1st birthday
- **4** doses of Polio - 4th dose must be given on or after 4th birthday
- **3** doses of Hepatitis B
- **2** doses of Varicella given on or after 1st birthday **OR** blood test showing immunity to Varicella **OR** proof of previous health care

provider diagnosis. Parent reported history of the disease is **NOT** acceptable anymore.

Call your health care provider or the Whitman County Health Department to schedule an appointment for your child's Kindergarten immunizations.

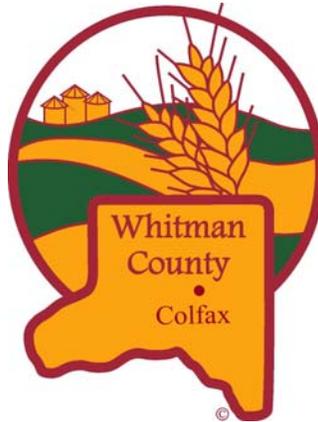


The Smoking in Public Places law prohibits smoking within 25 feet of doorways and windows to public places. Help us enforce this law by reporting violations to our toll-free complaint line: 1-888-827-0157.

Colfax Office

310 N. Main St.
Suite 108
Colfax, WA 99111

Phone: 509-397-6280



Pullman Office

1205 SE Pro Mall Blvd.
Suite 203
Pullman, WA 99163

Phone: 509-332-6752

Smoke-Free Homes

As the weather turns nice again, make the decision to keep your home smoke-free. Smoke only outside, and wash your hands and change your clothes when you come back inside. Are you ready to take it farther to improve your health even more? Quit smoking altogether. Call the toll-free Washington State quit line, 1-800-QUIT-NOW, for personalized help quitting. Encourage a friend to quit with you to greatly improve your chance of success.

Articles in this edition of the Healthy Palouse were contributed by these Whitman County Health Department staff: Debbie Wolfe RN, Julie Larsen RD, Shannon Hatley RN, and Jessica Plummer.

What Are We Doing?

Marge, Pullman Clerical, stays active and healthy for her grandchildren; she enjoys spending time with them.

Marge maintains her weight by eating several healthy, small meals and snacks throughout the day. She states portion control helps her more than limiting the kinds of food she eats. Her weekly workout regimen consists of two nights of Pilates and two nights of Nia.

Stay tuned for more WCHD Health and Fitness news!



The Dental Corner



Is it time for your spring cleaning? Most dentists recommend having your teeth professionally cleaned every 6 months, or a minimum of once a year. If it has been longer than this since your last cleaning, consider making an appointment with your dentist to have your teeth

thoroughly cleaned.

If you have a Provider One card, dental visits may be covered under Medicaid for children up to 21 years old. For more information, contact your dentist or send an e-mail to Vicky at vickyc@co.whitman.wa.us

Three primary recommendations for a healthy mouth include brushing twice a day, flossing at least daily, and having regular checkups.

Start brushing and flossing today, and make a dental appointment for your spring cleaning now.