



## Eat a Breakfast of Champions!!!



It should definitely NOT be the last thing on your morning-to-do list: **Breakfast**, that is. This is one meal you shouldn't skimp on and if you do, you will miss out on important nutrition to help jump start your day. After sleeping, it is important to 'break the fast' and re-fuel the body and brain. With the beginning of a new school year only weeks away, now might be a good time to add breakfast to your morning routine. *Be a good role model for your kids and take the time to eat a good breakfast yourself.* This simple action teaches your children that breakfast is important. Good eating habits start young and it is never too late to start making that investment in your child's health. 93% of Americans polled believe that breakfast is the most important meal of the day yet the number of adults and children who go without breakfast is alarming. While nearly 100% of preschoolers eat breakfast, that number

drops to 77% by elementary school, 50% by middle school, and sadly, only 36% of American teenagers eat a nutritious breakfast. Children and teens who eat breakfast have the following benefits:

- \* Better Concentration
- \* More alert
- \* More creative
- \* More physically active
- \* Have better problem-solving skills
- \* Have better hand-eye coordination
- \* Miss fewer days of school

Many studies have shown that adults and children who eat a nutritious breakfast weigh less than their breakfast-skipping counterparts. Skipping breakfast is **not** a good weight loss strategy. People who miss this important meal only eat more during the rest of the day and pack on needless calories. Adding lean protein to your morning meal may be just the boost you need. Your mom's

traditional breakfast of eggs and toast may have been correct after all. Eggs contain high quality protein and can help keep you satisfied until lunch. If you still think you don't have time for breakfast, consider some of these grab-and-go options:

- ⇒ fruit smoothie and low-fat yogurt
- ⇒ Whole grain cereal/fruit/low fat milk
- ⇒ Oatmeal with raisins and nuts and low fat milk
- ⇒ Low-fat yogurt and a healthy breakfast bar (check the label)
- ⇒ Hard boiled egg and a piece of fruit
- ⇒ Breakfast sandwich with whole grain English muffin, egg, low-fat cheese and a slice of lean ham.

So whatever your strategy, make a commitment to adding a healthy breakfast to your day.

~DW

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## Splish Splash for Exercise



Swimming is the perfect summer activity! It is very good for an aerobic and strength workout and also helps increase flexibility. It is a low impact exercise so it's easy

on your joints too. Swimming includes the whole family, from grandparents to children of all ages. Just find a nearby lake or a public pool. Swimming is a refreshing

way to cool off in the summer heat.  
~MP





Come to Pullman's

### National Lentil Festival

on **August 19th-20th** and enjoy the many activities. Visit our booth both days and make a delicious pedal-powered smoothie. You can also make your own colorful jump rope on the 20th. Look for us at the fun run and the parade in our vegetable costumes too! ~MP/JL

Breakfast just got easier with the help of your crock pot!! Consider using your crock pot to prepare breakfast ahead of time then enjoy a hot, healthy breakfast without the morning fuss!!

### Ham 'n Taters Breakfast Casserole

1 pound frozen tater tots  
1/2 pound diced, lean ham  
1/2 cup chopped onion  
1/2 cup diced green pepper  
3/4 cup shredded cheese  
6 eggs  
1/2 cup milk  
In crockpot, layer ingredients in order; tater tots, ham, onions, pepper and cheese. Repeat two more times, ending with cheese. Beat eggs and milk. Add salt and pepper to taste. Pour over layers in crockpot. Cover and cook on LOW for 10-12 hours. Serves six.

—from Mr Breakfast.com

### Quotable Quotes:

**A good laugh and a long sleep are the best cures in the doctor's book.**  
- Irish Proverb



## Super Food Spotlight: Tomatoes



One large sized tomato counts as 1 serving of vegetables and has only 33 calories. Tomatoes are cholesterol and fat free too. They also are a great source of potassium! One serving of tomatoes

provides these healthy nutrients:

Fiber: 2.2 grams

Fat: 0.4 grams

Protein: 1.6 grams

Iron: 2.7%

Vitamin A: 30%

Vitamin C: 39%

Tomatoes are best when they are bright, have shiny skins, and are firm. You can eat them by themselves or use them in fun and easy recipes!

~MP

Reference:  
[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).

## Baked Tomatoes



Try this fun, easy side dish that serves four.

Ingredients:

2 Tbsp. bread crumbs

1.5 Tbsp. grated parmesan cheese

1 Tbsp. ranch dressing seasoning mix

1/2 tsp. dried herbs  
2 large tomatoes

Preheat oven to 375.

Combine all ingredients except tomatoes. Cut tomatoes in half.

Top each half with 1 Tbsp bread crumb

mixture. Bake until light brown (~15 minutes).

Each serving provides a good source of vitamin A & C. ~MP

This recipe was adapted from [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).

## Palouse Empire Fair



We have exciting new activities planned for the Fair this year. We will be making delicious pedal powered fruit smoothies, so stop by to taste a sam-

ple or to pedal your own. While you're there, learn new exercises and take home a free exercise band. We will be bringing the dance pads again too, so plan to dance

to popular Disney songs with us!!

We hope to see you at the Palouse Empire Fair—**September 8th-11th**. Come join us and be a part of the fun! ~MP/JL

## Changes to School/Child Care Immunization Exemptions

On May 10, 2011, Washington State Governor, Christine Gregoire, signed a new immunization exemption law. The new law states that if a parent or guardian wants to exempt their child from school or child care immunization requirements, they must first get information about the benefits and risks of vaccinations from a licensed health care provider. The provider will sign the Certificate of Exemption form that parents have to turn in to the school or child care in order to exempt their child. Instead of signing the form, providers may choose to write and sign a letter verifying the same information.

Parents/Guardians who demonstrate membership in a church or religious body that does not believe in medical treatment do not have to have a health care provider sign the exemption form but do need to complete a portion of the immunization form to document their religious affiliation.

Unfortunately, Washington State has one of the highest school exemption rates in the nation. The reason for this is, in part, because the existing exemption policy made exemptions easy to claim. This law seeks to make certain that exemptions are based on true conviction and not convenience.

It is a fact that immunizations DO save lives. Diseases spread quickly in schools. Unimmunized kids are more likely to get a vaccine preventable disease and then can spread it into their communities. Washington state has, within the past few years, had outbreaks of Whooping Cough (Pertussis), Measles and Chickenpox. The new law goes into effect on July 22, 2011.

If you have any questions concerning this change, please don't hesitate to contact your health care provider or the Whitman County Health Department.

~DW



### Special Times in August August is:

National Peach Month  
National Picnic Month

August 3: National Watermelon Day

August 7: Friendship Day

August 8: Sneak-Some-Zucchini-Onto-Your-Neighbors-Porch Day

August 10: National S'mores Day

August 29: More Herbs/Less Salt Day

### Everyday Ways to Burn 100 Calories

- ⇒ Jogging in place for 12 minutes
- ⇒ Dancing at a moderate pace for 20 minutes
- ⇒ Vigorous house work for 20 minutes
- ⇒ Golfing for 20 minutes
- ⇒ Swimming at a leisurely pace for 15 minutes
- ⇒ Toss the Frisbee for 30 minutes with your kids

### Stress Busters: Taking Care of Yourself Tip #2:

#### Treat Your Feet

This nice treat is for your feet but will energize your whole body! Fill one large bowl with hot water and one with cold water. Submerge your feet in the hot water bath for a minute then switch quickly to the cold. Repeat several times. This draws circulation down to your feet and gets blood pumping through your



whole body!  
Revitalizing and cheaper than a latte!!



## Chickenpox: Is Your Child Protected?

Chickenpox. Most of us have experienced its discomfort. We either remember having the itchy blisters ourselves or we have cared for children who were miserable as a result of this common childhood viral disease. Though thought of as a harmless childhood illness, chickenpox-also called Varicella- can be dangerous; especially for teenagers and adults. Chickenpox is highly contagious. It is usually mild but it can be serious in infants and adults. A simple vaccination can prevent chickenpox. According to the CDC, prior to the vaccine about 11,000 people in the United States were hospi-

talized each year for complications of chickenpox and about 100 people died as a result of this disease. Most people who get chickenpox vaccine will not get chickenpox. However if someone gets chickenpox after being vaccinated, their case is usually quite mild. That person will experience fewer blisters, will be less likely to have a fever and will generally recover faster.

**Children** who have never had chickenpox should get two doses of chickenpox vaccine. For young children, **Dose #1** should be given at 12-15 months of age and **Dose #2** given at 4-6 years of age. (*Dose 2 can be given earlier but must be at least 3 months*

*after Dose 1).* **Persons over 13 years of age** who have never had chickenpox disease or have never received the chickenpox vaccine should receive two doses of chickenpox vaccine at least 28 days apart.

As with any vaccine, serious problems can occur. However, the risks of an adverse reaction from the chickenpox vaccine are extremely small. Common, mild reactions may include soreness/swelling at the injection site, fever, or a mild rash following vaccination. If you have questions about the chickenpox vaccine, please contact your healthcare provider or the Whitman County Health Department. ~DW

# Whitman County Healthy Department

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## Pullman Office

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### Tobacco Update

The Whitman County Health Department's Tobacco Prevention and Control Program just completed many compliance checks at local tobacco retailers. Supervised youth entered stores, and tried to purchase cigarettes in order to enforce laws that prohibit tobacco sales to minors. Only one store sold to our youth operative. A big thanks to those who checked ID carefully and refused to sell to minors. ~JL

Articles in this edition of the Healthy Palouse were contributed by Whitman County Health Department staff:

Debbie Wolfe RN,  
Julie Larsen RD,  
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Community Health Intern

### WCHD Staff: How We're Getting Fit!!

**Melissa Elkins**, public health nurse in the Colfax office, started her fitness journey eight months ago. Having tried other diets in the past, she has found the *Weight Watchers* program to be a good fit for her. She has learned that healthy eating is all about moderation and making good food choices. The less restrictive WW plan has allowed her to eat the foods she enjoys while teaching her to be more purposeful in her food choices. In addition to healthier eating habits, she also joined a local *Zumba* dance class and enjoys a very aggressive aerobic workout at least twice a week. Way to go Melissa!! Keep up the good work!!! ~DW



## The Dental Corner



Fluoride Varnish is offered by Medical Staff in the Health Department during WIC visits.  
Children age 0-6 = 3 visits.  
Children age 7-18 = 2 visits and  
Youth age 19-20 = 1 visit per year.  
Provider One services cards cover this expense. All others may pay \$18 for this service.



**ABCD** Outreach and Case Management will be offering local health jurisdictions some money to operate their dental programs at the local level. **ABCD** began in 1995 as a pilot program in Spokane and now operates in 34 Washington counties. A decade of published results confirms that this innovative program has increased utilization of dental services early in life, improved oral health and has achieved Medicaid cost savings. So effective July 1, 2011, we will continue to provide referral to children ages 0-6 that have Provider One service cards to local dentists in our area who work with Medicaid to serve our children. Other good news to follow this is that **Apple Health for Kids** coverage

program will stay open to all eligible children. Adult dental coverage changes this biennium to include pregnant women and those covered under certain long-term care circumstances. Changes will be effective October 1, 2011.  
\*For those who are not aware, **Washington State Medicaid and Health Care Authority** are now merged into one state agency effective July 1, 2011.  
\*The next **ABCD** coordinators meeting will be in Seattle on September 19 and will include Head Start program coordinators as well.  
\*The next **ABCD** coalition and steering committee meeting will be October 4th at the Whitman County Health Department in Colfax. ~VC