

Health Insurance at Your Health Idaho

On *Your Health Idaho*, insurance plans are easy to compare. *Your Health Idaho*, Idaho's official Health Insurance Marketplace, can help you understand the federal Affordable Care Act (ACA) and what it means for you and your family.

- Beginning January 2014, most Americans over the age of 18 will be required to carry a health insurance plan. Some Idahoans already have health insurance provided through their job or receive Medicaid or Medicare benefits. For everyone else, you will be required to buy a plan.
- All health plans will now cover a minimum set of services called essential health benefits. This includes visits to the doctor, prescription drug coverage, emergency care and many other services.
- Premium Assistance Tax Credits and cost-sharing options can reduce how much you have to pay.
- Visit *Your Health Idaho* at www>YourHealthIdaho.org

In-person assisters are available at Eastern Idaho Public Health District to help answer your questions or help with enrollment. Call 533-3196 (Toll free: 855-533-3160, option 0)

Appointment Reminder Calls

Our computer system is set up to make reminder calls the evening before your scheduled appointment; however, we ask that you not rely on these calls for remembering your appointments. Sometimes a phone number hasn't been updated in our system or the computer fails to make the calls. Thank you.

Cold & Flu Season

Cold & flu season is upon us! If you or your children are sick, please call to reschedule your appointment. You should have checks that go through the end of the month. If you are in need of checks, ask our staff when you call to reschedule and in many cases we can work something out. Thank you!



OFFICE CLOSURES

JANUARY 1	NEW YEAR'S DAY
JANUARY 20	MARTIN LUTHER KING JR DAY, <i>OBSERVED</i>
FEBRUARY 17	PRESIDENT'S DAY

WIC Newsletter

EIPHD

January/February 2014



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Join the Super Smile Team!

February is National Children's Dental Health Month. The American Dental Association's® (ADA) slogan this year is "Join the Super Smile Team!" The following information was adapted from the ADA's 2014 campaign:

Sipping, Snacking and Tooth Decay

The foods we eat and when we eat them may affect our general health and also our oral health.

Americans consume foods and drinks high in sugar and starches more often and in larger portions than ever before. "Junk" foods and drinks have gradually replaced nutritious beverages and foods for many people. A steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day. Common activities such as grazing on foods with low nutritional value and frequently sipping on sugary drinks may contribute to the tendency toward tooth decay.

When sugar is consumed over and over in large amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid can eat away the enamel on teeth.

Almost all foods have some type of sugar. Not all sugar can or should be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from

bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet for you and your kids.

Reduce your children's risk of tooth decay:

- Sugary foods and drinks should be limited and consumed with meals. Saliva increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- Limit between-meal snacks. If your kids crave a snack, offer them nutritious foods.
- If your kids chew gum, make it sugarless – It can increase saliva flow and help wash out food and decay-producing acid.
- Monitor what they drink – Instead of soft drinks or juice all day, children should drink water as their main beverage and also drink low-fat milk.
- Help your children develop good brushing and flossing habits.
- Schedule regular dental visits.

Sippy Cups and Your Child's Teeth

As soon as teeth appear in the mouth, decay can occur. One of the risk factors for early childhood caries (baby bottle tooth decay) is frequent and prolonged exposure of a baby's teeth to liquids, such as fruit juice, milk or formula, which all contain sugar.

Tooth decay can occur when a baby is put to bed with a bottle. Infants should finish their naptime or bedtime bottle before going to bed. Because decay can destroy the teeth of an infant or young child, you should encourage your children to drink from a cup by their first birthdays.

Many training cups, also called sippy cups, are

available in stores. Many are "no spill" cups, which are essentially baby bottles in disguise. "No spill" cups include a valve beneath the spout to stop spills. However, cups with valves do not allow your child to sip. Instead the child gets liquid by sucking on the cup, much like a baby bottle. This defeats the purpose of using a training cup, as it prevents the child from learning to sip. Talk to your child's dentist or a WIC staff member for tips on choosing a training cup. A training cup should be used temporarily. Once your child has learned how to sip, the training cup has achieved its purpose. It can and should be set aside when no longer needed.

Don't let your child carry the training cup around. Toddlers are often unsteady on their feet. Falling while drinking from a cup has the potential to injure the mouth. For sipping success, carefully choose and use a training cup. As the first birthday approaches, encourage your child to drink from a cup.

Talk to your dentist for more information. If your child has not had a dental examination, schedule a well baby checkup for his or her teeth. **The American Dental Association®** says that it is beneficial for the first dental visit to occur within six months of the appearance of the first tooth, and no later than the child's first birthday.

Adapted from the American Dental Association® at www.ada.org.