



NEWSLETTER

Volunteers Building Strong, Healthy, and Prepared Communities

National Diabetes Prevention Program

June 2015

The North Central Idaho Medical Reserve Corps was awarded a \$15,000 Challenge Award from the National Association of County and City Health Officials (NACCHO) to implement the National Diabetes Prevention Program (DPP). The program is developed by the Centers for Disease Control and Prevention (CDC) and is focused on healthy lifestyle changes.

The MRC Challenge Award funds MRC units to carry out innovative projects in their communities that can be replicated on a national level and align with one of four focus areas: disaster risk reduction; chronic disease prevention; partners for empowered communities; and mental and emotional well-being. Nearly 200 MRC units from across the United States completed the application, and the top 43 most promising applicants received awards totaling more than \$600,000 to implement the proposed initiatives.

The new funding from NACCHO will help Public Health—Idaho North Central District and the North Central Idaho Medical Reserve Corps implement the Diabetes Prevention Program locally. It is a year-long, evidence-based lifestyle program that teaches participants strategies for incorporating physical activity into daily life and eating healthy. The program emphasizes the need to make lasting lifestyle changes, rather



than simply participating in a one-time curriculum. With only two recognized Diabetes Prevention Programs in the State of Idaho, the grant allows us to fill a need in our area.

Diabetes is a serious and prevalent disease affecting 9.7% of the adult population within our five-county area, which is higher than Idaho's overall adult diabetes rate of 8.4%. An additional 9% of the adult population within our Health District has prediabetes, which indicates blood glucose is higher than normal, but not yet diabetes.

Nine North Central Idaho MRC volunteers completed a two-day Lifestyle Coaches training to become certified Diabetes Prevention Program instructors. There are currently three Diabetes Prevention Program classes running in our region with the help of these MRC volunteers.

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Public Health - Idaho North Central District
215 10th Street Lewiston, ID 83501

Beat the Heat!

Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defense is prevention.

- ◆ Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- ◆ Dress infants and children in loose, lightweight, light-colored clothing.
- ◆ Schedule outdoor activities carefully, for morning and evening hours.
- ◆ Stay cool with cool showers or baths.
- ◆ Seek medical care immediate if your child has symptoms of heat-related illness.

Just a few serious sunburns can increase you and your child's risk of skin cancer later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- ◆ Cover up with clothing that covers you and your child's skin helps protect against UV rays.
- ◆ Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.



Too much exposure to UV rays can also change skin texture and cause the skin to age prematurely. Find out more sun safety tips at the Centers for Disease Control and Prevention at www.cdc.gov.

Ryan Bender—MRC Coordinator

(208) 799-0393

rbender@phd2.idaho.gov

Healthy Summer Foods to Add to your Diet!

It's summer—that amazing time of year when fresh produce abounds. Many of summer's fruits and vegetables are brimming with secret health benefits. Check out these foods to see how they can benefit you this summer!

Corn—Nothing says summer like fresh sweet corn. And did you know that two antioxidants—lutein and zeaxanthin—in corn may act like natural sunglasses, helping to form macular pigment that filters out some of the sun's damaging rays.

Tart Cherries—They deliver a host of health benefits. You may have heard that drinking tart cherry juice can help you get a better night's sleep and quell post-workout pain. But did you know that compounds in tart cherries may also help you slim down and get leaner? The anthocyanins in tart cherries activate a molecule that helps rev up fat burning and decrease fat storage.

Tomatoes—There's no question that sunscreen should be your first line of defense against the blazing summer sun. But eating tomatoes could give you a little extra protection: consuming more lycopene—the carotenoid that makes tomatoes red—may protect your skin from sunburn.

Blueberries—Fresh blueberries straight from the berry patch are a special treat! Turns out the antioxidants in them may help ward off muscle fatigue by mopping up the additional free radicals that muscles produce during exercise,

Be sure to check out more healthy summer foods by Brierley Wright, Nutrition Editor of Eating Well, at www.eatingwell.com.



Thank you to those who have participated in recent MRC activities:

Full Scale Exercise (4/25/15)

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|-------------------|-------------------|-------------------|-------------------|
| Karin Banks | Nezbeth Bell | Amanda Bonner | Susie Bunt |
| Jennifer Cochran | Danielle Cochran | Shelby Coleman | Victoria Cruz |
| Julie Dodge | Blaine Feinman | Theresa Fowler | Sarah Garrett |
| Rachael Hammerly | Natalie Hayes | Matt Hilgers | Christina Johnson |
| Branda Krahn | Maria Lauer | Jeremy Lund | Katelynn Manley |
| Jennifer Mertens | Jonelle Pelobello | Danielle Peterson | Machelle Peterson |
| Zach Rathbun | Jerry Schutz | Krystal Sneve | Kim Stanearth |
| Kalissa VanHouten | Jennifer Walter | Tara Cochrane | Ty Williams |
| Julie Keller | Jeanne Laws | Samantha Delmer | Melinda Hatley |
| Kristina Austin | Dena Joepino | Valerie Albert | |

Special Olympics State Summer Games (6/20/15)

| | | |
|------------------|-----------|----------------|
| Carolyn Anderson | Nan Vance | Tammy Westfall |
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Kamiah Bus Crash—Full Scale Exercise

Although we are lucky to live in north central Idaho for its relative lack of extreme emergencies, we also know that emergency situations can occur at any time without notice. The response agencies who partner together to form the North Central Healthcare Coalition recognize the need to be ready to respond to emergencies both large and small. On Saturday, April 25, this regional partnership participated in an emergency response exercise to practice their coordinated response to a mass casualty incident.

The scenario involved a bus rollover at Riverside Park in Kamiah, Idaho. Medical Reserve Corps volunteers participated in the exercise as patient victims, providing a convincing element of urgency to the exercise. Crash site victims were transported throughout the morning by regional ambulances to area hospitals, including Clearwater Valley, St. Mary's, Gritman Medical Center, St Joseph's Regional Medical Center, and Syringa Hospital.

The coordination between the responding EMS agencies and the area hospitals was the key to a successful response. The goal was to surge the hospitals as they managed treatment and patient care for a multitude of crash victims. Agencies worked together to coordinate patient movement from the scene based on the level of care needed. Representatives from the hospitals noted that the opportunity to practice a regional response and coordinate information and patient care at this level is highly beneficial. St Joe's Emergency Department Director, Jason Steik, stated, "St. Joseph Regional Medical Center is thankful to have been able to participate in this interagency event. The exercise created a wonderful opportunity to practice and enhance our response in the case that something tragic like this were to actually happen. You always hope that this type of event would not happen, but planning and preparing for constant readiness is a necessary reality."

Idaho County Emergency Manager and Exercise Director, Jerry Zumalt, stated on the exercise, "A major incident in North-Central Idaho will require a coordinated, integrated response involving resources from many of our counties. An effective public safety response will be based on how well we have planned together and are prepared to share the resources and capabilities we are building."

Natalie Hayes was one of the 39 MRC volunteers that participated in the exercise. She played the part of an unresponsive patient in need of immediate triage by the responding EMS personnel. She was impressed by the professionalism the responding agencies portrayed throughout the exercise, "...throughout the exercise the emergency services made it seem real and treated us like actual patients. I am glad they fully participated and treated it like it was a true disaster." She was happy to participate in the exercise and finished by saying, "I just wanted the experience of being a part of a disaster drill to see how it worked. I would definitely do it again!"



MRC volunteers await EMS at the start of the exercise



MRC Volunteers posing for a picture before the exercise begins



EMS and Fire Personnel respond to the exercise bus crash in Kamiah, ID