

## Physical Activity Key to Healthy Children

Recently published information from the Mayo Clinic emphasizes the critical need for children to lead active lives. The emphasis should be on activity, not necessarily a structured exercise program. Physical activity burns calories, builds strong bones and helps children sleep well at night and stay alert during the day. These habits, once established, follow a child into adolescence and adult life.

### To increase your child's activity level:

- Limit the number of hours your child is allowed to watch television, play computer games or talk on the phone to less than two hours each day.
- Find activities your child likes to do. Free-play activities such as playing hide-and-seek, tag or jump-rope can be great for burning calories and improving fitness. If your child likes to climb, head for the nearest neighborhood park. If your child likes to read, walk or ride your bike to the public library. Artistic children may want to make a collage of items they have found on a hike.
- Make chores a family affair. Include your children in household chores and outdoor tasks. Kids like to work in the garden, rake leaves and even shovel snow.
- Vary the activities. Let each child take a turn choosing the activity of the day or week. Batting practice, bowling and swimming all count.
- Be active yourself. Take the stairs instead of the elevator. Go bike riding with your children. Never make exercise seem like a punishment or chore. Find fun activities the whole family can do together.



### Living the Active Life at the Park

Six year old Alexis Coronado, daughter of Annie and Adolfo Coronado, has no idea that anything is happening to her, other than having fun, on her family's outing at Kiwanis Park in Othello. She doesn't know that she's helping her body develop strong bones and muscles as she makes the rounds at the park. The monkey bars are her favorite! She can't see her body creating Vitamin D from the sun's rays. Vitamin D helps the body absorb calcium and phosphate resulting in strong, healthy bones and teeth.

She does know, after playing for a while, that she is getting hungry and soon it is time to go home. She sits down to the table with a healthy appetite and, later in the evening, the tired little girl is ready to go to bed after a good workout at the park!

## Clinic Hours

<b>Othello Family Clinic</b> Monday–Thursday Friday Pharmacy, M–F Appointments: 488-5256	9 a.m. to 8 p.m. 9 a.m. to 6 p.m. 9 a.m. to 6 p.m.	<b>Wahluke Family Clinic</b> Monday–Friday Pharmacy, M–F Appointments: 932-3535	9 a.m. to 6 p.m. 10 a.m. to 6 p.m. 932-3535
<b>Othello Family Dental Clinic</b> Monday–Friday Appointments: 488-5256	7 a.m. to 6 p.m.	<b>Wahluke Family Dental Clinic</b> Monday–Friday Appointments: 932-3535	8 a.m. to 5 p.m. 932-3535
<b>14th Avenue Medical Center</b> Monday–Friday Appointments: 488-6644	8 a.m. to 5 p.m.	<b>Othello EyeCare</b> Mon, Wed, Thur, Fri Tuesday Appointments: 488-2020	8 a.m. to 5 p.m. 10 a.m. to 7 p.m. 488-2020

## JCAHO Accreditation

JCAHO (Joint Commission on Accreditation of Healthcare Organizations) Accreditation is recognized in the healthcare industry as an international standard comparable to the Good Housekeeping Seal of Approval. CBHA received this accreditation in March of 2002. Only 18% of all healthcare facilities in the nation are accredited.

This accreditation is granted only after a strict onsite review and inspection of a healthcare facility. Cleanliness, patient care policies and practices, adherence to local, state and federal laws and regulations are all taken into account.

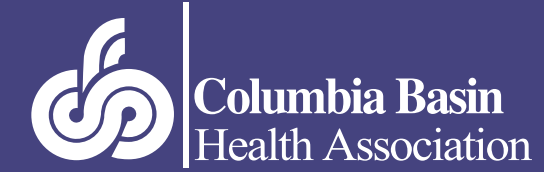


## Our Mission

Columbia Basin Health Association assures equal access to quality health care to all persons regardless of age, sex, color, ethnicity national origin, or the ability to pay.

## Our Vision

“To be a model of excellence in patient satisfaction in community and migrant health care and a community leader in initiating and developing collaborative relationships.”



Spring 2008



# Hometown Health

## In this Issue...

- Pg 2.....Autism, continued
- Pg 3.....Childhood Obesity
- Pg 4.....Autism Diagnoses Rise  
Autism Symptoms  
New Law Helps Autistic Children  
New CBHA Providers
- Pg 5.....Physical Activity for Children  
Living the Active Life

## CBHA Board of Directors

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## Autism... A Difficult Diagnosis



Max Booker, seven and a half year old son of Angie Booker and Quinton Booker, was born August 22, 2000. There were no problems with his birth, and he progressed in the first few weeks in a manner similar to that of her other sons – Britton and Chess. Angie's concern began when Max was about three weeks old and intensified as he grew. “He never looked at me,” Angie recalls. “He didn't coo or respond to us. He didn't like to be touched.”

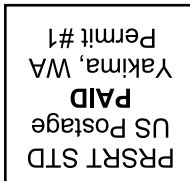
Angie began to fear that Max couldn't hear. To test that theory, she turned Max's back to the television set and then played his favorite video The Teletubbies. To her surprise, he turned his head around to see the television. He could hear. He was a healthy little child; he learned to crawl and walk at appropriate ages. But he didn't speak. Not a word. Relatives and friends tried to reassure Angie and Quinton by telling them Max didn't need to speak – brothers Britton and Chess “talked for him” they said.

“We knew something was not quite right by the time Max was two and a half,” Angie said. “We set out to get him enrolled in pre-kindergarten classes.” They found they didn't know the lingo the educators were using in regards to Max's specialized program and decided to enroll in education classes to gain more insight. A children's specialist was brought in early on to speak to the class about children with disabilities. They immediately recognized all the symptoms she was describing about autistic children. Angie and Quinton have since graduated from college. Angie is a language arts/social studies and reading teacher at McFarland Junior High and is currently working on her Masters degree.

Continued on page 2.

“Keeping Healthy Those who Feed the World”

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Continued from page 1...

Max was three and a half before he said his first word. By this time, he was enrolled in a pre-kindergarten class taught by Heidi Wagner at Lutacaga Elementary. "The Othello schools have a wonderful program," Angie says. "Heidi is a marvelous teacher and I'm very grateful

to her." On this particular day, Connie Simpson, speech language pathologist for the Othello schools, was working with Max. She held out some little goldfish crackers – a favorite with Max. She said the word "fish" and told Max she would give him one when he said the word. It took some time, but Mrs. Simpson was firm and Max finally said "fish." Angie will never forget that moment. "Tears were running down my face," she said. "I'd heard my son speak for the very first time."

Games involving food proved very helpful to Max. An M & M would be hidden somewhere in the room, and the only clue Max was given to find the candy would be to look at the therapist's eyes and see where she was looking. Slowly he gained needed skills. He learned to make regular eye contact with people, and his vocabulary grew. His brothers are his best teachers according to Angie. "They treat him like any other kid; he adores them and learns from them."

Today Max is doing exceptionally well. He interacts socially with his family and others. He attends school in Connell and is in the second grade. He rides the school bus with his brothers who are in third and fourth grade. "Max has an amazing sense of humor, is the class clown and the kids in his class love him and look out for him," Angie says. He struggles with sentence writing, and pronouns are hard for him. He excels in math and science. He is good with computers and enjoys helping the other children. Like most autistic children, Max is a visual learner, and he copies what his brothers do. He delights in completing large, complicated Lego projects such as the Star Wars series - sometimes working with fifteen hundred pieces.

Dr. Christopher Schuler, 14th Avenue Medical Clinic, is Max's medical provider. "Dr. Schuler knows Max well," Angie says. "He's very good with him and the interaction between the two is excellent." Because Max doesn't respond well to change, Angie always requests Dr. Schuler if Max becomes ill. "Clinic staff accommodates Max's condition knowing he will become overly anxious if the wait gets too long."

Angie believes that Max realizes he's somewhat different from other kids. Trust is a big thing with autistic people, and she is careful to explain things to him and always tells him the truth. She never promises anything she can't deliver. She is very grateful for the progress he has made. "We have learned a great deal on our journey thus far in helping Max achieve his potential," she says. "If there are parents out there dealing with similar issues with their children, I'd be very happy to meet with them. My phone number is 509-488-4902. There are numerous resources available. The key to helping autistic children is early intervention."



Rigo and Jessica Ozuna enjoy spending time outside with their son Kal-El.

# Childhood Obesity

## World's Greatest Health Threat... Children also at risk

An International Congress on Obesity, meeting in Australia in the fall of 2006, identified obesity as the world's leading pandemic threatening to overwhelm health systems around the world with illnesses such as diabetes and heart disease. It is seen as a larger threat than global warming and bird flu. Twenty five million U. S. children and adolescents are overweight or nearly overweight.

### What causes children to be overweight?

It is true that children need extra nutrients and calories to fuel their growth. However, a problem occurs when more calories are taken in than is needed to support their growing bodies. The added weight increases their risk of obesity and weight-related health problems. A diet laden with fast foods, baked goods and vending-machine snacks contributes to weight gain.

Inactivity also contributes to weight gain, for example, watching television/ playing video games instead of engaging in physical activity. Genetics may play a role if the child comes from a family of overweight people – especially if in an environment where high-calorie food is always available and physical activity isn't encouraged. Psychological issues may also play a role.

### Early Intervention the Key

According to information published by the Mayo Clinic, parents should be on the alert and take proactive measures to help children maintain a healthy weight. Setting a good example is a good way to start. Emphasize what's positive – the fun of playing outside and the variety of fresh fruit you can get year round. Point out that he/she can bike for 20 minutes without getting tired. Food should not be offered as a reward for achievement. Instead, take your child to the park, bowling ally or a movie. Yearly exams for children are a must! Your physician will monitor your child's weight and height and health status. CBHA also employs a full-time registered dietician who is available to consult with patients.



## What's a Parent To Do?

### The WA State Department of Health recommends the following:

- Set a good example for your child – you are their best teacher!
- Eat regular meals, including breakfast. People who eat breakfast are less apt to be overweight.
- Eat together as a family as often as possible. Recent research shows that children who regularly eat meals with their family experience less problems overall.
- Turn off the TV while you eat.
- Limit junk foods.
- Eat because you are hungry, not because you are bored.
- Exercise regularly.
- Choose to drink water when you are thirsty.
- Eat a variety of healthy foods every day.

## Autism Diagnoses Rise Dramatically Since 1998

Exact Cause/Causes Remain Unknown

"Autism is the fastest-growing developmental disability in the U. S." says Dr. Andrew Zimmerman, director of medical research at the Kennedy Krieger Institute for Autism and Related Disorders in Baltimore. The Centers for Disease Control reports that one in every 150 American kids has some form of autism – an alarming increase. Experts are scrambling to figure out why. Basically, autism is a developmental disorder that involves an impaired ability to socialize and communicate. Symptoms can include repetitive behaviors such as head-banging, avoidance of physical or eye contact with others and communicating with gestures rather than words. It is more common in boys than in girls. Usually it is diagnosed in the first few years of life.

### What accounts for the increase?

It is true that the definition of autism has expanded rapidly in recent years and many different types of autism are now being identified and categorized. Still, according to Dr. Zimmerman, these changes in definition cannot explain the rise. Some experts think that maternal, obstetric or environmental factors might trigger an innate tendency – anything from autoimmune disorders to chemicals in the environment may be involved. A recent study released in January, 2008 suggests that a genetic flaw that occurs around conception may sharply increase the risk that a child will develop autism.

A recent study in California covering a 12-year study period from 1995 – 2007 found that the autism rate in children rose continuously during that time period. Previously, some advocacy groups blamed the preservative thimerosal used in childhood vaccines for the impaired social interaction typical of autism. The use of thimerosal in vaccines was discontinued in 2001. However, autism rates continued to increase from 2004 to 2007 leading researchers to conclude that the disorder is not caused by vaccinations. A majority of medical experts share this opinion. Research continues to find a cause for this baffling disease and reasons for the spiraling increase in children afflicted by it.

### What is the best treatment?

Early intervention is essential for successfully treating autistic children. A large range of treatments including elimination diets, secretin deficiency and chelation therapy are being tried throughout the nation. Experts caution that there is little solid scientific evidence for most treatments and urge parents to always discuss any treatment therapy with the child's physician before starting a new regimen.

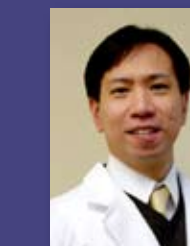
## Three Symptoms Usually Associated with Autism Diagnosis

- Impaired social interaction
- Problems with verbal and non verbal communication
- Repetitive actions or obsessive interests

## New Law Helps Autistic Children

Ryan's Law, effective July, 2008, mandates that insurance companies provide up to \$50,000 a year for behavioral therapy for autistic children up to the age of 16. It also prohibits insurers from refusing other medical care to children because of their autism. It doesn't, however, apply to people or companies who are self-insured.

## CBHA Welcomes New Medical Providers!



Francisco Chan, Jr., MD, completed a four year family practice residency at the University of the Philippines. He also completed a three year residency at JFK Family Practice in Edison, New Jersey. He specializes in family practice.

"I believe in the importance of maintaining not only physical health, but also mental, emotional and spiritual wellness. My goal is to build and establish a great and lasting relationship with my patients, and to be a positive influence to them, their families and the community."

Outside of work Dr. Chan enjoys the arts, musicals, performing in plays and playing the keyboard. He also likes to bowl, play badminton and cook various types of cuisine.



Aimee Werremeyer, DMD, received her Doctor of Dental Medicine degree from the Boston University Goldman School of Dental Medicine in Boston, MA. She specializes in general dentistry. "In general dentistry I see my patients on a

regular basis (every six months) and am able to work with them on a one-on-one basis. I feel like I really get to know them and aid in their oral health."

After being away from the area for a number of years, Dr. Werremeyer enjoys spending time with her family and friends in the Yakima area. She also enjoys crafts and often creates handmade items to give as gifts.