Many citizens don’t know what the words “public health” really means. Most people think public health is only for the poor. While we do attend to the health needs of low-income families, we also provide many other services to practically all the citizens living in our six county area. Below are a few of the programs offered at Southwest District Health.

**Child Find:** The Child Find Program locates children, birth to three, who may be at risk for developmental delay. Families enrolled can choose to receive a variety of free services. Contact: (208) 455-5366

**Immunization:** The primary goal of the Immunization Program is to ensure the complete and timely vaccination of all children in Public Health District 3 to prevent the occurrence of vaccine-preventable diseases in this population. Contact: (208) 455-5447

**Oral Health:** This program provides hygiene services such as teeth cleaning, sealants and fluoride treatments, for CHIP or Medicaid enrolled pregnant women and their children. Contact: (208) 455-5391

**Food Protection Program:** Our Environmental Health Specialists regulate and inspect all Public Health District 3 food establishments, vendors and food processing establishments to ensure safety and sanitation. Contact: (208) 455-5400

If you are unable to reach a listed number or have an interest in other programs, please call our Health Educator: (208) 455-5321

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**Every Talk is a Success....**

“After taking this class, I began to see the importance of talking to my children and letting them know I am always open to listen. It made me realize that I don’t always say what I am thinking, and my children may not be saying what they are thinking either. I have used the skills I learned every day—no matter what we may be discussing.” Julie, mother of two, Payette, Idaho.

The Can We Talk Program is the result of thousands of conversations with parents, educators and children. The program was co-authored by Dominic Cappello. Mr. Cappello is also the co-author of “Ten Talks Parents Must Have With Their Children About Sex and Character” and was recently a featured guest on the Oprah Winfrey Show.
**Did You Know?**

- When it comes to their decisions about sex, teens say their parents are the most influential. \(^1\)
- More teens say they have gotten information or advice about sex in the past month from the media than from any other source. \(^1\)
- Nearly two-thirds of teens who have had sex wish they had waited. \(^1\)
- An overwhelming (82.4%) of area teens believe that at least 50% of teens were sexuality active (have had sex) by the end if their senior year at high school. \(^2\)

**Community Health Concern**

- In the six county area served by Southwest District Health, from 1991 through 1999, over 4,700 teens between ages 15-19, became pregnant. \(^3\)
- The most prevalent drug use among Canyon County youth surveyed is alcohol. Tobacco and marijuana are the next most frequently used drugs. \(^4\)
- The younger a girl becomes sexually active, the more likely she is to have unwanted or non-voluntary sex. \(^5\)

**SOURCES:**

1. National Campaign to Prevent Teen Pregnancy (www.teenpregnancy.org)

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**“Can We Talk?”**

“Finally, a community workshop which helps parents talk with their children about the relationship between sexuality, responsibility, and character development.” Barbra Eisenbarth, M.Ed., Department of Education HIV/AIDS Coordinator

**What Parents Learn**

Through a series of interactive workshops, parents will learn how to talk with their children about the following topics:

- Self esteem
- Mixed messages
- Peer pressure
- Puberty and sexuality
- Other real-life issues children face every day

Parents will also become more knowledgeable, comfortable, and better prepared to communicate their values with their children regarding character, healthy relationships, teen pregnancy, HIV/AIDS and other sexually transmitted diseases.

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**Guidelines**

We adhere to the following guidelines in the Can We Talk Program:

- Participants will share only what they want and are comfortable sharing.
- All questions are welcome.
- All feelings can be expressed and will be accepted.

**Now Is the Time**

A lot of adults grew up never having had the opportunity to talk with their parents about these important issues. Isn’t now a good time to sign up?

**Register Now**

FREE Can We Talk workshops are now being offered in your area. Instructors are available upon request. Participants will receive a Family Activity Book and a complimentary gift. To register, please contact the Can We Talk program instructor at (208) 465-8400 ext 44.

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“My mom handed me a book about puberty. I remember having many questions but felt embarrassed to ask her about any of them.”

Chris, father of three, Boise, Idaho.