

COMMUNITY WELLNESS

NEWSLETTER



What if...

Looking backwards for 125 years really puts how we live today into perspective. Some interesting occurrences in 1889 that might make us laugh or pause for reflection:

- * President Grover Cleveland signs a bill to admit the Dakotas, Montana, and Washington as states.
- * Eastman Kodak sells its first Kodak camera.
- * The first dishwasher was marketed in Chicago.
- * The first ship-to-shore message was received.
- * The first US patent for a "mechanical tabulating machine" was issued.

Fun trivia and a look at how far we have come and changed. One other really important bit of history that is *not* trivial - the establishment of Florida's Department of Health. Last month was the 125th anniversary of the birth of the Florida Department of Health, with the subsequent opening of the Hillsborough County branch in 1936. All of this had its beginnings in Tampa, with a crusade led by Dr. John Perry Wall.

A former mayor of Tampa and the first American to reach the conclusion that mosquitos were carriers of Yellow Fever, Dr. Wall lobbied the Florida legislature for fifteen years to pass a law establishing a board of health.

The game changer was a time of panic - the Yellow Fever outbreak of 1888. The epidemic began during the summer in southern Florida and rapidly spread northward. Residents of Jacksonville compared it to the plague of the middle ages, as stores were boarded up, hotels and schools closed and cities became ghost towns. Neglect of the sick and helpless was commonplace, often including one's own family members, with some people resorting to violence to keep possibly infected people away.

Unlike other outbreaks of the disease during the previous half-century, 1888 was also a campaign year. The soon-to-be Governor of Florida, Francis P. Fleming, lost his brother to Yellow Fever a few days before the November election.

With political and public sentiment at a peak, Dr. Wall relentlessly continued to push for action. Immediately after his inauguration, Governor Fleming called a special session of the legislature. Fifteen days later, a bill passed establishing and financing the Florida State Board of Health on February 20, 1889. Dr. Wall's one-man crusade of a decade and a half was finally successful.

The Florida Department of Health has grown to provide much more than just protection from mosquito-borne diseases. Does this really matter to the residents of and visitors to Florida and Hillsborough County? What if...

- You could not get a legal record of your birth or of the death of a family member?
- There was no epidemiological and environmental health teams to investigate diseases and identify the source to stem contagion.
- Surveillance for disease outbreaks was not conducted daily.
- Research for health and medical advances was limited.
- Doctors, pharmacists, nurses, and many other healthcare professionals were not licensed.
- There were no inspections for safe drinking water, wells, public pools and beach water quality.
- Protection for exposure to deadly Rabies and other vaccine-preventable diseases were not provided.
- There were no special shelters for those with medical needs during emergencies and disasters or support for disasters in other states.
- There was little education about disease, risk factors or prevention to help individuals make wise decisions for themselves and their families. What if?

As your Florida Department of Health in Hillsborough County, we are proud to serve our community. Very often our work is carried on quietly behind the scenes with the intent to minimize disruption of daily life. People often think they are not "customers" because they don't enter our offices or clinics, but they are! We are a statewide family whose sole purpose is to protect, promote and improve the health of all people in Florida through integrated state, local, and community efforts.

Portions excerpted from *Hillsborough County Health Department History*, <http://www.hillscountyhealth.org/about.htm>, February 2014.

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Disturbing News

Talk to a woman, or even a man, about breast cancer and you can sometimes see fear in their eyes, and rightly so. But mention heart or cardiovascular disease, and somehow there is the perception, especially among women, that this is not a problem they have to consider. The truth is, heart disease still kills more people in the US than any other disease.

I was, therefore, very disturbed to read in a recent research report that 70 percent of Americans are unaware of all the symptoms of heart disease, and many are also not well-informed on the guidelines to prevent heart disease. I feel some concern hearing this news. But I also feel annoyed. It's one of those moments when I would want to say, "COME ON FOLKS, WE HAVE BEEN TAKING ABOUT THIS FOR A LONG TIME. WAKE UP AND SMELL THE COFFEE." But I guess as a public health professional it might come off as being rude, insensitive, and inappropriate. So let's pretend I didn't say that. But let's not pretend that this is not a problem. And while many want some magic potion or pill that will instantly reduce their risk of heart disease, cancer, diabetes etc., the truth is, the only "easy button" is behavior change and each individual has to press the button themselves. Yes, it's the same old recommendations. You know - be informed on your family medical history, eat right, exercise regularly, know your numbers - cholesterol, blood pressure, and body mass index (BMI), do relevant annual screenings and quit smoking.

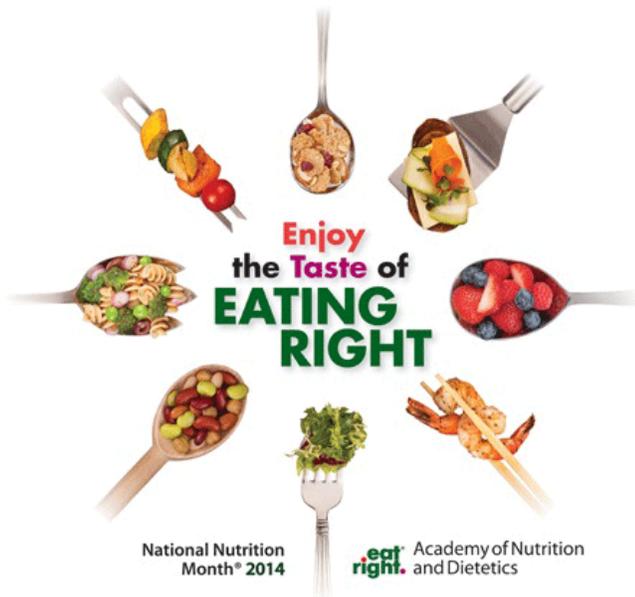
I recognize that it's not really easy, even for some of us who work in the health field. But considering the potential consequences, the choice to me seems obvious. Heart disease and a number of other chronic diseases are preventable. Only you can take the necessary steps towards prevention. If you are a care-giver to a family member who is not considering the risks related to poor health behaviors, then show them some tough love. You may want to use some words I pretended not to use.

Have a question or comment?

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Does Your Plate Need a Taste Lift?

While social, emotional and health factors play a role in the foods people choose to eat, the foods we most commonly eat are often those we enjoy the most. As we celebrate National Nutrition Month 2014® along with the Academy of Nutrition and Dietetics, we encourage you to make taste a priority when preparing nutritious meals.

Although what we eat is influenced by taste, it is important to balance the foods we like with those that provide the nutrients we need. Nutrient-rich foods and beverages provide vitamins, minerals, protein, carbohydrates and other essential nutrients that offer health benefits with relatively few calories. While taste drives most food choices, eating nutrient-rich foods that provide the most nutrition per calorie is one of the best ways to improve the way we eat. The good news is that taste and nutrition can work together, by combining the two we are able to create healthy meals that follow MyPlate recommendations.

Improving our overall health requires a lifelong commitment to healthful lifestyle behaviors, emphasizing sustainable and enjoyable eating practices and daily physical activity. When we practice healthy lifestyles, no food or beverage is “bad” when they are balanced within our individual energy and nutrient needs. However, we do need to choose more foods that include vegetables, fruits, whole grains, lean meats, poultry, fish, eggs, fat-free or low-fat dairy, beans, nuts and seeds in the appropriate amounts. While increasing these healthy choices, we should limit added sugars and fats such as regular sodas, fruit or sports drinks, and cut back on cakes, cookies, ice cream, cheese and fatty meats like sausages, hot dogs and bacon. There is no need to give these foods up entirely, but it is important to find ways to enjoy smaller amounts less often. The key to success for a healthy lifestyle is to enjoy the healthy foods we eat and the physical activities we engage in order to maintain these habits for years to come.

Here are some practical ways to add nutrient-rich foods and beverages to your daily diet:

- Make oatmeal creamier by using fat-free milk instead of water. Mix in some raisins, dried cranberries, cherries or blueberries, to add natural sweetness.
- Make sandwiches on whole-grain bread; look for the word “whole” in the ingredients such as whole wheat or whole rye. Add slices of tomato and cucumber to lean roast beef, ham, turkey or chicken and an avocado slice instead of mayo.
- When eating out, look for nutrient-rich choices, such as entrée salads with grilled seafood and low-calorie dressing, baked potatoes topped with salsa, grilled vegetables and reduced-fat cheese or yogurt parfaits made with fresh fruits.
- Drink nutrient-rich, low-sugar beverages such as low-fat or fat-free milk, unsweetened iced tea or the occasional 100% fruit juice.
- Top foods with chopped nuts or reduced-fat sharp cheddar to get added crunch, flavor and nutrients.
- Spend a few minutes to cut and bag vegetables so they are in easy reach of every family member: some ready-to-eat favorites include red, green or yellow peppers, broccoli or cauliflower flowerets, carrots, celery, cucumbers, snap peas or radishes.
- Serve meals that pack multiple nutrient-rich foods into one dish, such as hearty, broth-based soups that are full of colorful vegetables, beans and lean meat. Try chili with a dollop of low-fat yogurt or sour cream and serve with whole-grain breads or rolls.
- For dessert, enjoy a tropical treat by blending mango, plain low-fat milk, ice and a splash of pineapple juice, or stir chocolate syrup into a cup of coffee-flavored yogurt, freeze and enjoy.

Achieving balance and building a healthier diet should be simple and stress-free. Selecting nutrient-rich foods and beverages first is a great way to make better choices that will fit within your daily eating plan. This March, during National Nutrition Month®, experiment with new flavors and flavor combinations and “Enjoy the Taste of Eating Right.”

If you need more help, a registered dietitian nutritionist or a dietetic technician, registered, have the ability to translate sound science into helpful nutrition information that you can understand and apply to your everyday life. Find one near you at eatright.org.

Source: Academy of Nutrition and Dietetics, National Nutrition Month 2014® found at: eatright.org



WALKABILITY DAY *Tampa Bay*

SATURDAY, MAY 3, 2014

Saturday, May 3, 2014 is a great opportunity for you, your family, neighbors and friends to determine the walkability of your neighborhood.

“Walkability” is the measure of how friendly an area is for walking. Of course, that also includes biking, skating, and jogging! Everyone benefits from walking and being active - improved fitness, reduced risks for certain health problems, enjoyment of the outdoors and a greater sense of community. But most of us want our walking and other activities to be safe and easily done.

How can you participate? Take a walk with your family or grab a friend and complete our checklist. If you notice problems, take heart! There are things that can be done and ways to make things better.



Visit <http://partnersinobesityprevention.com/walkability-day/>. On May 3, use the checklist on the following page and take your walk, then simply enter your answers online. Help us get more people like you to participate and to show your support! “Like” us on Facebook - Walkability Day and encourage others to participate.

Planning Your Walk

Share this information with others in your area so your entire neighborhood can benefit. Everyone can participate! Your walk can be as long or short as you choose. Fifteen to 30 minutes will allow you to take a serious look at your area.

The online survey will be open for 2 weeks before and after Walkability Day to be sure you have time to enter your checklist results.

First, choose a place to walk, like a route to school, a friend’s house or around several blocks.

Second, review the checklist before you go, so as you walk, you can note the locations of things that you’d like to change.

Third, walk! Take your checklist along, check it off as you go and make comments as needed.

Fourth, send us the checklist details from your walk. Online <http://partnersinobesityprevention.com/walkability-day/>.

Last, if you found problem areas, review the suggestions for safer walking, biking, and being out in your neighborhood until these issues can be addressed.

Where Does the Checklist Information Go?

All of the checklist information will be reviewed and evaluated by the Center for Urban Transportation at University of South Florida. Then, it will be compiled into a report for city and county officials as a reference for future planning. Remember you live in your neighborhood, your opinion is valuable! This is a great opportunity to share your findings about the walkability of your neighborhood. Encourage family, friends, neighbors and coworkers to complete a walk and share their results with us.

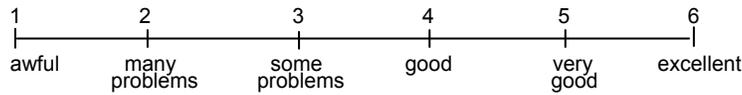
WALKABILITY DAY *Tampa Bay* PARTNERS



Neighborhood Walkability Checklist

ZIPCODE of your walk: _____

RATING SCALE



Location: Start street _____ to _____ to _____ End street _____

1. **Did you have room to walk?** Yes Some problems
- Sidewalks or paths started and stopped
 - Sidewalks were broken or cracked
 - Sidewalks blocked with poles/signs/shrubs/dumpsters
 - No sidewalks, paths or shoulders
 - Too much traffic
 - Something else _____

Location _____ Overall Rating _____

2. **Was it easy to cross streets?** Yes Some problems
- Road was too wide
 - Traffic signals too long or did not give time to cross
 - Need striped crosswalks or traffic signals
 - Parked cars blocked view of traffic
 - Trees or plants blocked view of traffic
 - Need curb ramps or ramps need repair
 - Something else _____

Location _____ Overall Rating _____

3. **Did drivers behave well?** Yes Some problems
- Backed out of driveways without looking
 - Did not yield to people crossing the street
 - Turned into people crossing street
 - Drove too fast
 - Sped up to make it through traffic lights or drove through traffic lights
 - Something else _____

Location _____ Overall Rating _____

No neighborhood is perfect. Until areas that may need attention can be addressed, use these suggestions:

- * Pick another route for now
- * Trim shrubs or trees that block the view of the street
- * Leave a nice note on parked cars that block views
- * Set an example & slow down.
- * Report unsafe driving to police.
- * Educate yourself & your family about safe walking/biking.
- * Organize parent groups to walk kids to school.
- * Ask schools for crossing guards.
- * Report scary dogs to Animal Control.
- * Report scary people to the police.
- * Plant trees & flowers in your yard.
- * Take a trash bag when you walk & help clean up the area.
- * Organize a community clean-up day
- * Start a neighborhood watch group

4. **Was it easy to follow safety rules? Could you & your child...**
- Cross at crosswalks or where you could see & be seen by drivers? Yes No
 - Stop and look left, right, and then left again before crossing? Yes No
 - Walk on sidewalks or shoulders facing traffic if no sidewalks? Yes No
 - Cross with the light? Yes No
- Location of problems _____ Overall Rating _____

5. **Was your walk pleasant?** Yes Some problems
- Needed more grass, flowers or trees
 - Scary dogs Scary people
 - Not well lighted
 - Dirty, lots of trash/litter Dirty air (automobile exhaust)
 - Something else _____
- Location _____ Overall Rating _____

6. **What does "walkability" mean to you?** _____

7. **What do you think would improve your neighborhood's walkability?** _____

A QUICK HEALTH CHECK: If you couldn't walk as far as you wanted to go, were tired or out of breath, couldn't handle the heat or sun, here are some tips for improving your activity and duration. As your endurance increases, the more you can do.

- Start with short walks, working up to at least 30 minutes/day.
- Invite a friend who can hold you accountable.
- Walk along shaded routes where possible.
- Use sunscreen of at least SPF15. Wear a hat & sunglasses.
- Avoid activities outside during the hottest part of the day.
- Stay hydrated. Drink plenty of water.
- **REQUEST FREE PEDESTRIAN SAFETY PRESENTATIONS FOR NEIGHBORHOOD MEETINGS.***

*Walk-Wise can provide free education to your group. Visit their website to learn more:
<http://walkwisetampabay.com>



Or email: bond@ctr.usf.edu

YOU ARE ALMOST DONE! Online, visit: <http://partnersinobesityprevention.com/walkability-day/> and click the enter my checklist results link. If you are representing a group, like a neighborhood association or faith-based group, one person can enter all of the checklists for the group.

If you don't have access to a computer or mobile device, you may fax (813-307-8094) or mail your checklist to us: Community Health, FDOH-Hillsborough, P.O. Box 5135, Tampa, Florida 33675

NATIONAL PUBLIC HEALTH WEEK 2014

April 7 - 13, 2014

Public Health is the science of protecting and improving the health of communities through education, promotion of healthy lifestyles, and research for disease and injury prevention. Public health professionals analyze the effect on health of genetics, personal choice and the environment in order to develop programs that protect the health of your family and community.

Overall, public health is concerned with protecting the health of entire populations. These populations can be as small as a local neighborhood, or as big as an entire country.

The dramatic achievements of Public Health in the 20th century have improved our quality of life: **an increase in life expectancy, world wide reduction in infant and child mortality, and the elimination or reduction of many communicable diseases.**¹

In 1999, the Centers for Disease Control and Prevention named the **ten greatest public health achievements of the 20th century.** These advances have been largely responsible for increasing the lifespan of populations; over twenty-five of the 30 years can be accredited to public health initiatives, while medical advances account for less than 4 years. Furthermore, since 1900, the average life expectancy for Americans has increased by about 30 years.

¹Turnock, BJ. Public Health: What it is and How it Works, 3rd Edition, Sudbury, MA: Jones and Bartlett Publishers, 2004., <http://www.whatispublichealth.org/contact.html>, accessed February 2014.

Portion Distortion

20 YEARS AGO



333 Calories

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* **Based on 130-pound person*

TODAY



590 Calories

257 MORE CALORIES

350 MORE CALORIES

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CHILD PASSENGER SAFETY

**BUCKLE UP
EVERY AGE, EVERY TRIP**

If you are 45 or older, you may remember when seat belts were not used in cars. Today, all cars have safety restraints.

Child safety seats are hard-won victories for the safety of children in automobiles. The first real outcry for better protection of occupants in vehicles was a 1965 protest by physicians at a New York Auto Show. The first child safety restraints were designed and developed by Ford and GM in 1968, and in 1971 the National Highway Traffic Safety Administration (NHTSA) adopted the first federal standard for child seating systems. Improvements have continued over the decades and today, the evidence is clear that buckling up when in a motor vehicle, whether an adult, child or infant, saves lives.

Good news: 43% decrease in motor vehicle deaths among children age 12 and under during 2002-2011.

Bad news: 9,182 children age 12 and under died in crashes in same time period. One in 3 children who died in crashes in 2011 were not buckled up.

Hardest hit: Almost 1/2 of all Hispanic children (46%) and black children (45%) who died in crashes were not buckled up, 2009—2010. This data comes from CDC evaluation of Fatality Analysis Reporting System, with data collected by the NHTSA.¹

A recent study by the NHTSA showed that among 5 states that increased the required car seat or booster seat age to 7 or 8 years, car seat and booster seat usage tripled, and deaths and serious injuries decreased by 17%.



Motor vehicle injuries are a leading cause of death among children in the United States.² But many of these deaths can be prevented. Buckling children in age- and size-appropriate car seats, booster seats, and seat belts reduces serious and fatal injuries by more than half.³

Recommendations for children:¹

Car seats, booster seats, and seat belts in the back seat: on every trip, no matter how short.

- **Rear-facing car seat** - from birth up to age 2 years (or until they reach the upper weight and height limit of that seat)
- **Forward-facing car seat** - ages 2 years and up to at least 5 years of age (or until they reach the upper weight and height limit of that seat)
- **Booster seat** - from age 5 years up until seat belt fits properly—recommended height for a seat belt fit is 57 inches tall
- **Seat belt** - once it fits properly without a booster seat through adulthood (when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).

Install and use car seats and booster seats according to the seat's owner's manual or get help installing them from a certified Child Passenger Safety Technician.³ Safe Kids USA is an organization dedicated to preventing accidental childhood injuries. They provide safety checks for car and booster seats. <http://www.safekids.org/coalitions>. In Hillsborough County, St. Joseph's Children's Hospital of Tampa is Safe Kids coalition facilitator. 813-615-0589.

- **Buckle all children aged 12 and under in the back seat.** Airbags can kill young children riding in the front seat. Never place a rear-facing car seat in front of an air bag.
- **Buckle children in the middle of the back seat when possible, because it is the safest spot in the vehicle.**
- **As a driver, set a good example by always using a seat belt.**

*Using car or booster seats that have been previously used can be unsafe. For a good checklist to help you determine if a used car or booster seat is unsafe to use, visit <http://www.cpsafety.com/articles/usedseat.aspx>

Recalls of child safety seats can be found online: <http://www.cpsc.gov/>

For more information on safety in motor vehicles, check http://www.cdc.gov/motorvehiclesafety/child_passenger_safety/cps-factsheet.html and <http://www.safecar.gov>

MMWR, *Vital Signs: Restraint Use and Motor Vehicle Occupant Death Rates Among Children Aged 0-12 Years—United States, 2002—2011*, Vol 63, February 4, 2014)

² CDC. [Web-based Injury Statistics Query and Reporting System](http://www.cdc.gov/ncepi/injury/) [online]. National Center for Injury Prevention and Control, Centers for Disease Control and Prevention (producer). [2011 Sept 30].

³ Durbin, D. R. (2011). [Technical report—Child passenger safety](http://www.pediatrics.com). *Pediatrics*, 127(4). Advance online publication. doi:10.1542/peds.2011-0215

Why Go Smoke-Free?

The no-cost amenity that saves time and money



Are you interested in a policy that can help you save time and money, increase occupancy, and even improve the health of your tenants? Affordable and popular, smoke-free housing is gaining traction, be a part of the movement!

SAVES TIME AND MONEY

- At the end of a lease, smoke-free units require less turnover time due to fewer preparation and repainting needs.
- Smoke-free policies can eliminate the need to repair or replace infrastructure damaged by burns or nicotine stains.



WHAT TENANTS WANT

- In one Florida survey of 421 managers of smoke-free properties, 99.5% of managers agree that smoke-free policies do not hurt occupancy and 30.1% believed that they increased their occupancy.
- There are more than 500 smoke-free housing properties and 73,000 smoke-free units across Florida.
- More than 80% of adults in Florida are non-smokers and the vast majority of tenants – four out of five – would prefer to live in smoke-free housing.

DIABETES ALERT DAY

How can you take an important step to stop an epidemic and avoid becoming a statistic? On **March 25, Diabetes Alert Day**, take our one-minute Diabetes Risk Test and find out if you are at risk for type 2 diabetes. Share the test to help others who also may be at risk.

How did you do? Don't forget to **ASK** your health care provider how to begin the path toward a healthier you. A good way to start is to **ACT** on your results by increasing your level of awareness of the quality and quantity of the foods you eat and amount of physical activity you do. Why focus on food and physical activity? Making healthier food choices within your means and taking steps to increase your level of physical activity to 150 minutes per week or more are proven ways to decrease risk of developing diabetes, lower blood pressure, raise good cholesterol levels and improve your mood!

Finally...as you begin your journey towards better health and nutrition, it is important to seek out a system of support that will encourage you when you find yourself slipping back into old behaviors. This is especially true for anyone who has diabetes already. Everyday will not be a perfect day. However, having supportive people who know what your goals are can make every day possible.

Glenda F. Williams, MSN, MPH, RN, ARNP-BC
Community Health Nurse

Diabetes Risk Test

- I have been told I have high blood pressure
- My cholesterol levels are high
- I am **NOT** physically active more than 2 times a week
- I have or had a parent or sibling with diabetes
- I have been told I have pre-diabetes
- I had gestational diabetes or gave birth to a baby weighing more than 9 pounds
- I am 45 years of age or older
- I am a member of one of the following ethnic groups
 - American Indian or Alaska Native
 - Asian
 - Native Hawaiian / Pacific Islander
 - Black or African American
 - Hispanic/Latino of any race

If you checked three or more boxes above, then you could be at risk for pre-diabetes or diabetes.



1 in **3** adults are at risk for developing Type 2 Diabetes in the future. Which one are you?

FREE MEN'S HEALTH CHECK-UPS

MEN'S HEALTH FORUM

PRESENTED BY MOFFITT CANCER CENTER

FREE ADMISSION, FOOD, PARKING, PRIZES & SCREENINGS

- SKIN CANCER • BLOOD PRESSURE • DIABETES • CHOLESTEROL
- HIV/AIDS • PROSTATE EXAM VOUCHERS (MUST QUALIFY - LIMITED AMOUNT)

SATURDAY, MARCH 8, 2014
8:00 A.M. - 2:30 P.M.

Registration: 8:00 a.m. - 1:30 p.m. • Breakfast: 8:00 a.m. • Lunch: Noon
Screenings: 9:30 a.m. - 2:30 p.m. Exhibits: 8:30 a.m. - 2:30 p.m.

UNIVERSITY OF SOUTH FLORIDA

MARSHALL CENTER

4202 E. Fowler Avenue, Tampa, FL 33620
Enter campus at E. Fletcher Ave. and USF Palm Drive
between Bruce B. Downs Blvd. and N. 46th Street

To Attend: Call 1-888-MOFFITT (1-888-663-3488) Press 4 (Monday - Friday, 8 a.m. - 5 p.m.)

More information: MHFTAMPA.COM

SPONSORS



Get Into Fitness Today!

a FREE weight loss and wellness program:

Learn What to Eat,
Track Your Progress &
Discover New Tools and Tips



Don't wait! Get started today...

www.GetIntoFitnessToday.net



Now THREE easy ways to get started today!

- 1 Local support groups
- 2 Workplace wellness groups
- 3 Online program, resources and support

Registered Dietitians, Registered Nurses and Health Educators are all available to help you identify problem areas in your journey to getting healthier. Join others today who are reaching their healthiest weight and improving their nutrition and fitness levels.

Are you ready to give yourself a GIFT?

www.GetIntoFitnessToday.net

ON-GOING COMMUNITY ACTIVITIES

ALZHEIMER'S SUPPORT GROUPS: Alzheimer's Association of Florida support groups for family members, caregivers and others interested in learning more about the disease. Many groups throughout Hillsborough County, including Hispanic groups. Call 1-800-272-3900 for all the locations and more details. <http://www.alz.org/flgulfoast/>

LOCAL COMMUNITY MARKETS: www.tampabaymarkets.com

PARKS AND RECREATION:

Hillsborough County Parks, Recreation, and Conservation: www.hillsboroughcounty.org/

Plant City Parks and Recreation: <http://plantcitygov.com/>

Tampa Parks and Recreation: www.tampagov.net/dept_parks_and_recreation/

Temple Terrace Parks and Recreation: www.templeterrace.com/

ST. JOSEPH'S CHILDREN'S MOBILE CLINIC: FREE exams & immunizations. Call (813) 615-0589 for appointments..

YOGA IN THE PARK: Curtis Hixon Park, every Sunday of the month 6 pm to 7 pm, weather permitting. Free but donations are accepted. Yoga as you watch the sunset! Bring mat & water. Call (813)-944-2291 for more information.

March 2014

- 3/8 Free HIV/STD Screenings, Men’s Forum, Marshall Center, University of South Florida, 10 am - 3 pm.
- 3/15 Hillsborough County 2014 Neighborhoods Conference, Hillsborough Community College, No. Dale Mabry Hwy. Registration required: <http://www.hillsboroughcounty.org/index.aspx?nid=2510>
- 3/24 Free HIV/STD & TB Screenings, Florida Department of Health - Hillsborough, 1105 E. Kennedy Blvd, Tampa, 7 am - 4 pm

April 2014

- 4/2 Free HIV/STD Screenings, Get Yourself Tested - University of Tampa, 401 W. Kennedy Blvd., Tampa 9 am - 3 pm
- 4/14 Free HIV/STD & Hepatitis Screenings, Florida Department of Health - Hillsborough, 1105 E. Kennedy Blvd, Tampa, 7 am - 4 pm

DIABETES PREVENTION: Are you at risk for developing diabetes? Here’s your opportunity to prevent Type 2 diabetes. Weekly education and professional support. No fee to participate. Community locations. Call Nailah at (813) 307-8071 to register. ** Healthcare Provider Referrals accepted.

DIABETES SELF-MANAGEMENT EDUCATION: Learn to better manage your diabetes in a comfortable small group setting lead by a healthcare professional at no cost to you. 6-week sessions offered through out the county. Call Glenda at (813) 307-8071 to register. ** Healthcare Provider Referrals accepted.

GIFT (Get Into Fitness Today) Weight Management Groups: Florida Department of Health - Hillsborough County. Locations county-wide weekdays, weekends, & evenings. Services available at no charge to participants. Call (813) 307-8071 for more information and to register. ** Healthcare Provider Referrals accepted.

**Business program packages for Employee Wellness available at no charge.
GIFT Online - available at no charge to users @ <http://www.GetIntoFitnessToday.net>**

Baby Café: A breastfeeding support group to learn from other moms, share concerns and receive professional breastfeeding guidance and advice from a Certified Lactation Counselor (CLC). No fee to participate.

<p>MAIN OPERATOR and Director’s Office 307-8000</p> <p>COMMUNITY HEALTH Community Health Director 307-8071 Epidemiology 307-8010 Health Education 307-8071 Breast/Cervical Cancer... X3502, X7112 Community Health AdvisorsX7103 DiabetesX7104 Family Reunion Program.....X7102 Florida KidCare.....X3502 Weight ManagementX7103 Health LiteracyX7106 Insulin ProgramX3502 Lead Poisoning Prevention.....X7108 School HealthX8502 SterilizationsX3502 Office of Health Equity 307-8066</p> <p>* All numbers are area code (813).</p>	<p>DISEASE CONTROL HIV/AIDS Specialty Center 307-8064 Immunizations..... 307-8077 Sexually Transmitted Diseases .. 307-8064 Anonymous Testing 307-8064 Tuberculosis (TB) 307-8047</p> <p>ENVIRONMENTAL HEALTH..... 307-8059</p> <p>HUMAN RESOURCES..... 307-8031</p> <p>NUTRITION/WIC 307-8074</p> <p>PHARMACY (HIV/AIDS care clients only)..... 307-8072</p> <p>PUBLIC HEALTH PREPAREDNESS 307-8015 X4405</p> <p>PUBLIC INFORMATION OFFICER..... 307-8015 X4404</p> <p>VITAL STATISTICS 307-8002 (birth & death records)</p>
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Florida Department of Health
Hillsborough County
Health Education (71)
Post Office Box 5135
Tampa, Florida 33675-5135
www.hillscountyhealth.org

MISSION:
To protect, promote, and
improve the health of all
people in Florida through
integrated state, county,
and community efforts.