

COMMUNITY WELLNESS

NEWSLETTER



Buzz Words

Buzz words are interesting. Even if we don't realize it, we hear these all the time and they come and go. Some become so commonly used that they end up in revisions of dictionaries. Take, for instance, "hashtag". Many of us don't have clue about that, or we may have some idea but don't really understand exactly how they work. When you see a "hashtag", you know it's the symbol for "number" if you are 35 and older. If you're into web-based communicating, you know it's a way to send out to the world your very brief and likely under-appreciated thoughts about some topic or person. Often, we use buzz words without knowing what they really mean, but it sounds good and makes us appear cool and in-the-know.

Some buzz words we all ought to know and should be totally invested in encouraging: "built environments" and "health-in-all-policies". Why? The environment around us that is created and built by people, and policies which are put in place to create organized societies affect everyone, including those who travel through or visit the area. So when you consider that our "built" environments - buildings and roads, sidewalks and parks - for the most part, touch us all and become part of the fabric of our lives, you can understand that these things should be created in ways that enhance our lives and make them better.

"Health-in-all-policies" means exactly what it says. When developing policies and plans that affect large groups of people, like mass transportation, large developments, establishments, schools, hospitals, utilities, and neighborhoods - how they might negatively effect the population's health should be a major consideration. More than that, developing policies and plans that aim, from the beginning, to positively affect and improve the health of the population should be a priority.

While these buzz words and actions seem to be making deeper in-roads, work in these areas has been going on in our nation and the world for a while. Public Health has long understood the negative effects that happen when environments don't foster good health. As citizens and residents, we see it all the time but perhaps don't realize that our health status could be dramatically different if policies required the community's health to be a priority in planning. A great example is when roadways don't permit safe walking or biking. Transportation in automobiles and by the trucks or trains is a critical part of our nation's infrastructure and economy. But if a population is not healthy because they can't safely walk or bike to get physical activity, the cost to support poor health or care for injuries can be tremendous.

Thankfully, we are seeing change! The City of Tampa and Hillsborough County are both involved in making changes that are beneficial and supportive of good health. Read more about those efforts on page 17. Can we do more and can communities be more engaged in the process? Yes! One of hundreds of studies over the years providing good documentation of how ensuring healthy built environments and health-in-all-policies can make a positive difference, can be found at <http://www.activeliving.org/node/622>. A community-wide survey available during Walkability Day Tampa Bay this past May, allowed residents to rate their neighborhoods. This is a great example of how people can have an active part in providing information for developing and improving environments. Next spring, there will be another opportunity to do that, so get your neighbors and friends on board and be ready to participate.

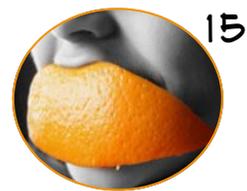
All of us value good health. Where we live, work, learn, and play must be healthy, too.

Cover Story: **Cindy Hardy, RN**
Community Health Nursing Manager

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Community Health Director

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More than Fuzzy Science

According to the International Food Information Council Foundation, Food and Health Survey: Consumer Attitudes toward Food, Nutrition & Health, consumers are “fuzzy on the details”. Survey results indicate that consumers understand that they have to make dietary and lifestyle changes to maintain and promote good health but the real specifics on how to do it correctly still eludes some. For example, while Americans are concerned about their weight and frequently check calorie information on product labels, nine out of ten of them are unable to estimate accurately their individual caloric requirement for the day. The survey further revealed that the average consumer is confused about the caloric contribution of various nutrients and how to interpret food labels.

After years of many versions of dietary guidelines, food guides, food pyramids etc., there is still much confusion about what and how much to eat. While that surely means job security for some in the business of healthcare, it also means that we must take seriously the need for clear and consistent communication via the media, researchers and healthcare providers. Consumers care about their health and they want to use health information so that they can be proactive in preventing disease but they are not all getting the message.

We need to take every opportunity to address this apparent communication disconnect. With the holidays fast approaching, many “teachable” moments may present themselves as our clients or patients prepare for (or recover from) the abundance of holiday culinary delights. Let’s take the time to provide health and nutrition advice that is accurate but also consistent within the context of people’s lives. After all, as providers of health-care, we are responsible for translating science-based information into messages our customers can and will use. I know I am preaching to the choir, when I say that information should be adapted to the knowledge and educational level, lifestyle, culture and specific needs of each person. But a reminder surely won’t hurt.

Have a question or comment?
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Nutrition Nuggets

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America Gets Cooking to Stop Diabetes

Diabetes is a chronic disease, which means it needs lifelong care and attention for a body to stay healthy. Nutrition is an incredibly important part of the treatment of diabetes because the food you eat - how you prepare it and how much or little you eat, can hurt or help you! Do you need to make a healthy lifestyle change?

Diabetes is one of the leading causes of death in the United States. It is a group of diseases indicated by elevated levels of blood glucose due to problems with insulin production, function, or both. Glucose is the body's main fuel source, and insulin helps carry the glucose to the body's cells. Left untreated, diabetes can lead to blindness, kidney failure, heart disease, stroke, and loss of limbs.

Holiday must: cranberry sauce with a *twist*



Tangerine Cranberry Relish

Rinse one 12oz package of fresh cranberries. Slice two unpeeled tangerines into fifths and put in food processor. Add all but ½ cup of the cranberries to the food processor until coarsely chopped. Add in the remaining ½ cup of cranberries. Stir in ¼ cup of sugar substitute. Cover and chill for one hour before serving.

Nutrition per serving (makes 12):
20 calories · 6 g carbs. · 2 g fiber · 1mg sodium

Types of DIABETES

Type 1:

- Body does not make enough insulin
- Can develop at any age
- No known prevention methods

Type 2:

- Body cannot use insulin properly
- Can develop at any age
- Risk factors include: being overweight, having family history, and/or having gestational (during pregnancy) diabetes
- Most cases can be prevented through a healthy lifestyle

Pre-diabetes:

- Sugar levels higher than normal, but not high enough to be classified as type 2 diabetes
- Without lifestyle changes, it will lead to diabetes
- 15-30% of people with pre-diabetes develop type 2 diabetes within 5 years
- Check to see if you have pre-diabetes: www.cdc.gov/Diabetes/Prevention

“CRYPTO”

CRYPTOSPORIDIOSIS

If you have children, no doubt you have been hearing a lot about an infection, commonly referred to as “crypto”. This illness is caused by tiny cryptosporidium parasites. When these enter the body, they travel to the small intestine. Later, they are shed in the person’s feces. Cryptosporidium is spread in recreational water, like pools and water/splash parks, but also lakes, and streams. Practicing good hand washing, and avoiding swallowing water when in recreational water, hot tubs, pools, lakes or streams is the best prevention.



Image: Cryptosporidium sp. oocysts stained with Ziehl-Neelson modified acidfast, courtesy CDC.

What are the signs and symptoms of crypto?

Signs and symptoms of cryptosporidiosis usually begin within a week or two, but can be as early as 2 days after becoming infected with the parasite:

- ♦ Watery diarrhea (most common)
- ♦ Stomach cramps or pain
- ♦ Nausea
- ♦ Vomiting
- ♦ Fever
- ♦ Loss of appetite
- ♦ Weight loss
- ♦ Dehydration

In a person with a healthy immune system, the illness usually lasts 1 to 2 weeks; however, symptoms may come and go, with individuals beginning to feel better, and then becoming ill again. If a person has a compromised immune system like people with HIV/AIDS or other conditions, they are at greater risk for developing severe symptoms and a form of crypto that persists over a long time and may be difficult to treat.

How is crypto spread?

Crypto is spread through the feces of an infected person or animal. The parasite can also be in contaminate soil, typically from animal waste. Ways you may become infected:

- ♦ Drinking contaminated water
- ♦ Swimming in contaminated water and accidentally swallowing it
- ♦ Eating uncooked, contaminated food.

- ♦ Touching hands to mouth when your hand has been in contact with a contaminated surface or object.
- ♦ Having close contact with infected people or animals, especially their feces, which can be transmitted from your hands to your mouth. For instance, this may easily occur when changing a baby’s diaper and through sexual contact.

How is crypto diagnosed?

In order for a healthcare provider to determine that a person has crypto, they will typically ask for a stool sample for examination.

During late summer months, when more people and particularly children, are swimming in pools and in increasing popular splash pools, the number of crypto cases typically increase. Because of the high number of cases recently identified in Hillsborough County, healthcare providers are urged to consider testing for cryptosporidiosis when patients visit and have diarrheal illnesses. Recent investigations indicate that symptoms and the duration and severity of illness can vary greatly among people who are sick with crypto.

Who is at greatest risk for cryptosporidiosis?

Since crypto parasites are one of the common causes of diarrhea in humans, there are many people who are at increased risk for becoming infected:

- ♦ Anyone who is exposed to water contaminated by cryptosporidium parasites
- ♦ Children, particularly those wearing diapers, who attend child care centers

- ◆ Parents of infected children
- ◆ Child care workers
- ◆ Animal handlers
- ◆ People who engage in oral-anal sexual activity with people infected with crypto
- ◆ International travelers, especially those traveling to developing countries
- ◆ Backpackers, hikers, and campers who drink untreated, unfiltered water
- ◆ Swimmers who swallow water in pools, lakes and rivers
- ◆ People who drink from shallow, unprotected wells

How can crypto be prevented?

There is no vaccine to prevent infection by crypto. Prevention methods listed below must be used:



- ◆ Hand washing with soap and water is the best measure to prevent the spread of crypto. **Hand sanitizer is not effective against crypto.** Wash your hands and assist children to properly wash their hands after using the toilet, changing diapers, before preparing food, and before and after eating.
- ◆ Thoroughly wash fruits and vegetables (with uncontaminated water) that you plan to eat/serve raw. Avoid eating any food you suspect may be contaminated. If you are traveling in a developing country, avoid eating uncooked foods.



- ◆ People with diarrhea should not swim or share a bath with others while they are having diarrhea *and* for two weeks after their symptoms end. People will continue to shed the parasite in their stool for weeks after feeling better, and it can spread in bodies of water even without a fecal accident.
- ◆ Thoroughly wash hands after handling farm and domestic animals.
- ◆ Avoid fecal contamination during sexual activity.
- ◆ **Crypto is resistant to cleaning with bleach.** Because of the hard “shell” of the parasite, it is also resistant for a long period of time to chlorine used in pools. It is recommended that contaminated surfaces and items be soaked with 3% hydrogen peroxide for at least 20 minutes.

What is the treatment for crypto?

There is no commonly advised specific treatment for crypto. Most healthy people will recover within 2 weeks without medical attention; however, staying well-hydrated is very important, particular when diarrhea is present. If a person has a compromised immune system, the illness may last for a long time and require more support from a medical provider. Anti-parasitic, anti-protozoa and anti-motility drugs can help alleviate diarrhea but should be recommended or prescribed by your doctor.

Because crypto can be spread in shared pools, and other recreational water, it is important to recall where and when you may have been exposed so that health officials can track the source. Knowing when symptoms began, locations of possible exposure, international travel, and who close contacts are that may potentially become ill, is extremely helpful in stopping the spread of cryptosporidiosis.

If you need more information about crypto, please contact the Florida Department of Health - Hillsborough County Epidemiology Program at (813) 307-8010.

Sources: Excerpted

Epidemiology Staff, Florida Department of Health - Hillsborough, ***Epi Notes - Disease Surveillance Newsletter***, September 2014

Mayo Clinic Staff, ***Cryptosporidium Infection***, definition/CON-20030375. mayoclinic.org/eases-conditions/cryptosporidium/definition/CON-20030375, accessed 9/24.2014

WHAT ARE THE KIDS HAVING FOR LUNCH?

While most parents with children in public schools know they are fed meals during the day, many don't realize all of the amazing work going on to provide for school children's nutritional needs. Meeting all of the government guidelines for student nutrition and balancing costs, while providing visually appealing and tasty food that children will eat can be challenging! **Student Nutrition Services (SNS)** for Hillsborough County Public Schools is up to the task. Their goal – create an innovative, efficient, and cost effective student nutrition program that is nationally regarded as the best. A self-supporting operation, SNS is a \$125 million enterprise and each day, with a staff of over 1,400 employees, serves over 214,000 nutritious meals to students.

Some of the programs within SNS's responsibility:

- Free Meal Benefits [More info](#)
- Reduced Meal Charges Eliminated
- Free Breakfast Program for all Students
- Summer Food Service Program
- After-School and Dinner Program
- Fresh Fruit & Vegetable Program (FFVP)
- On-line MealPayPlus/Meal History [More info](#)



Part of the challenge of providing nutritious food is in getting children to try it. A newly-branded food sampling program, **Try it Tuesday**, gives children a chance to taste new recipes and complete a comment card to rate the foods for possible regular inclusion in the normal school menu rotation.

For a 3rd year in a row, Hillsborough County Public Schools provided Student Nutrition Services (SNS) a "food bus" to feed the county's migrant communities this past summer. Two school buses delivered meals into neighborhoods at various stops Monday through Friday from mid-June to early August, with SNS providing breakfast and lunch. This initiative provides nutritionally balanced meals to children regardless of age, disability, ethnicity, gender or national origin during the summer vacation when school breakfast and lunch are not available. All children 18 years old and younger are eligible.



Seeking to stand out as a leader in student nutrition, SNS brought Chef Ben Guggenmos on board in August 2010 to create new and healthy recipes while training the kitchen staff basic culinary skills. Chef Ben visits schools and teaches children the importance of good nutrition through healthy cooking demonstrations and hands on cooking lessons for all grade levels. As a licensed dietician and degreed chef, Chef Ben brings a wealth of culinary expertise. The son of a German Master Chef, he was born in Augsburg, Germany and grew up in Charleston, South Carolina where he began his culinary career. Chef Ben attended Johnson & Wales University, receiving a B.A. in

Food Service Management and a M.B.A in Global Leadership. After spending 2 years as the Club Manager for the New England Patriots, Chef Ben moved back to Charleston to work as the Catering Manager at the Citadel. In a life changing experience where he lost over 75 pounds, he wanted to rededicate his life to helping children make healthier food choices and pursued and earned a Bachelor of Science in Culinary Nutrition. Visit the [HCPS Nutrition Facebook](#) page to see Chef Ben in action.

Source: http://www.cfsites.org/sites/topcheftampabay/with_menu_tc12_ben_guggenmos_hills_co_schools.pdf

If you have a child in Hillsborough County public schools and haven't visited the Student Nutrition website, you are missing out on information and useful tools. Shown below is a copy of menu's for a week at a local high school from the website. "Fly-outs" show you photos of scheduled foods and the nutritional information of each. SNS will accommodate students that have special dietary needs. In order for a manager to make any changes, a signed **Diet Prescription For Special Meals** form must be provided. To obtain a copy, visit the SNS website (www.sdhc.k12.fl.us/sns) or contact the SNS Manager at your child's school.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p> <ul style="list-style-type: none"> Black Bean & Quinoa Quesadilla Southern Style Chicken Bites Fres Rstd Fres Crisj 	<p>30</p> <ul style="list-style-type: none"> BBQ Rubbed Chicken Big Daddy Pepperoni Pizza 	<p>1</p> <ul style="list-style-type: none"> Macaroni & Cheese Smoke House Burger Buffalo Chicken 	<p>2</p> <ul style="list-style-type: none"> Chef's Homemade Veggie Lasagna Cheesy Garlic Breadstick 	<p>3</p> <ul style="list-style-type: none"> Sweet & Sour Chicken w/ Yellow Rice All American Hotdog Herbed Green Beans Crisp Garden Salad
 <p>Classic Cheeseburger</p> <p>Cheeseburgers are an American classic! Ours are made with high quality beef and topped with flavorful, low-fat cheese. Students can also throw on tomatoes and lettuce to their liking. Kids love this burger, and it's no question as to why: it's delicious!</p>		 <p>1 each</p> <p>425</p> <p>17 g</p> <p>6 g</p> <p>0 g</p> <p>605 mg</p> <p>40 g</p> <p>2 g</p> <p>27 g</p> <p>Serving Size</p> <p>Calories</p> <p>Fat</p> <p>Saturated Fat</p> <p>Trans Fat</p> <p>Sodium</p> <p>Total Carbs</p> <p>Fiber</p> <p>Protein</p> <p>  Dairy  Wheat  Soy </p> <p>Show Special Diets Info</p>		<p>10</p> <ul style="list-style-type: none"> Baked Ziti Classic Cheeseburger Crisp Garden Salad Roasted Ranch Potato Wedges

Lunch Prices

Student Lunch	2.75
Adult Lunch	3.50

Sign up to receive this menu each month

SIGN UP

 MyPaymentsPlus™
K12 eManagement Solution

Pay for meals online ▶



Beginning this school year 2014 - 2015, all snacks meet the new Smart Snacks in school nutrition guidelines encouraging healthy snacking options for our students. For more information please visit: www.fns.usda.gov/school-meals/smart-snacks-school.



Student Nutrition Services
 2920 North 40th Street • Tampa, FL 33605
 Phone (813) 840-7092 • Fax (813) 840-7112
www.sdhc.k12.fl.us/sns

The Division of Food, Nutrition, and Wellness (FNW) administers the National School Lunch Program, School Breakfast Program, Special Milk Program, Afterschool Snack Program, Summer Food Service Program, Seamless Summer Option Program and Fresh Fruit and Vegetable Program for the State of Florida. The division is committed to ensuring that every child in Florida benefits from nutritious meals that foster better learning and a lifetime of good health. Program responsibilities include advocating changes in policy that ensure the most nutritious meal is provided to children and that all children in Florida are educated on the benefits of living a healthy lifestyle. The division is also responsible for developing, disseminating, evaluating and approving all pertinent program documents required for participation; providing technical assistance in the areas of implementation, facilities improvement and food service methods; on-site monitoring of programs for compliance with state and federal regulations; and providing financial assistance.

CONGRATULATIONS!

Our own **Mike Wagner**, Florida Department of Health - Hillsborough County's Specialty Care Center Manager, was recently awarded the 2014 John Barnett Service Award. This award was presented by the Metro Wellness & Community Centers in recognition of Mike's compassion and dedication to serving patients at the FDOH - Hillsborough County's **Specialty Care Clinic**.



HEALTH DEPARTMENT CLEANS UP



Keeping our environment unpolluted is important to everyone. That includes our waterways.

Saturday, September 20, health department staff from various divisions spent time in the community helping clean up our Hillsborough River.

Keeping trash out of the river creates and sustains healthy water, riverbeds and shoreline for our wildlife (and humans, too!).

Operation: REVEILLE

Ending Homelessness for all Veterans



On Veterans Day, November 11, 2014, the Tampa Hillsborough Homeless Initiative (THHI), in collaboration with the City of Tampa and Hillsborough County, will launch Operation: REVEILLE - Tampa Hillsborough County.

Federal, state, and local government agencies, faith-based organizations, housing providers, non-profit agencies and businesses will come together to connect homeless Veterans to permanent supportive housing, intensive case management, employment services, job training, legal assistance, mental health services, substance abuse treatment, social security, veterans benefits, financial counseling, health care, household supplies and other services.

OPERATION: REVEILLE GOALS

- ♦ Rapidly re-house 50 homeless Veterans
- ♦ Bring together a wide range of partners
- ♦ Develop a system of service that ensures a Veteran never sleeps on the streets or in an emergency shelter in Hillsborough County

<http://www.homelessofhc.org/index.php/homeless-count-2013/142-operation-reveille>

DETAILS

DATE:

November 11, 2014

LOCATION:

Port of Tampa
TERMINAL #6
1101 Channelside Drive, Tampa 33602

TIME:

8:30 AM - 5:00 PM

POPULATION:

Homeless military Veterans currently living on the streets, in emergency shelters, or places not meant for human habitation

ELIGIBILITY:

Persons that have served in the military and are currently sleeping on the streets, in an emergency shelter, or places not meant for human habitation.

AN HONORABLE DISCHARGE STATUS IS NOT REQUIRED TO PARTICIPATE.

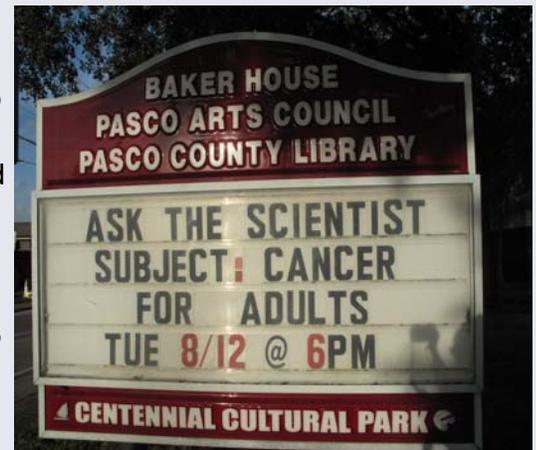
Veterans residing in transitional or permanent housing are not eligible for Operation: REVEILLE.

TBCCN QUALITY CANCER EDUCATION

Khaliah Fleming, MPH, CHES
TBCCN Outreach Core, Co-Director
Community Health Educator

The **Tampa Bay Community Cancer Network (TBCCN)**, housed at the H. Lee Moffitt Cancer Center in Tampa, FL, provides quality programming and effective cancer education to medically underserved populations in the Tampa Bay Area. Funded by the National Cancer Institute's Center to Reduce Cancer Health Disparities, TBCCN is a network comprised of community and academic entities as well as the cancer center. Tasked with addressing cancer disparities, the TBCCN outreach core strives to provide culturally and linguistically appropriate education and information to promote awareness centered on cancer prevention, early detection, treatment, and survivorship. Additionally, the outreach core aims to provide linkages to a variety of resources and services pertinent to the cancer education needs of various communities.

One avenue for providing vital information and resources to the community is through TBCCN's *Ask the Scientist* educational sessions. These sessions bring medical researchers into the community and provide a unique opportunity for community members to engage in interactive dialogue about a specific cancer-related topic. Discussions occur at community sites such as libraries, schools and churches and are a great way to foster educational discussions, disseminate timely up-to-date information, and provide specific cancer-related education to all in attendance. Previous session topics include Research 101, Long-Term Effects of Cancer Treatment, Social Media and Information Navigation, and Colorectal Cancer Awareness. Facilitated in collaboration with TBCCN community partners and organizations, the topics are identified by community members and those of the partnering organizations.



To date, sessions have been conducted in collaboration with *Sistahs Surviving Breast Cancer*, *Latinas United for a New Beginning (LUNA)*, and the Centennial Park Library. (photo: Sistahs session, Dr. Stacy Davis presenting)

In order to assess an increase in awareness and knowledge, education session attendees are asked to complete a pre and post assessment. Favorable evaluation results to date reflect that these sessions are providing beneficial information.

To learn more about additional educational and outreach events conducted by TBCCN, or to request an *Ask the Scientist* session, please contact Khaliah Fleming, MPH, CHES, Health Educator/TBCCN Outreach Core Co-Director, 813-745-8864 or Khaliah.Fleming@moffitt.org

November is American Diabetes Month®

This year the American Diabetes Association encourages everyone to cook up better health and well-being. *America Gets Cooking to Stop Diabetes* is an exciting initiative to inspire people to enjoy a healthy and active lifestyle. Food that is nutritious and delicious is an important part of the journey toward better health for individuals with diabetes, as well as everyone else. Throughout the month, the American Diabetes Association is empowering people and providing them with ideas they can put into action — tasty recipes, healthful cooking tips, and easy ways to be more active.



What we've been up to:

The Florida Department of Health - Hillsborough County is doing their part as well to prevent and control diabetes. If you, someone you love or a patient has diabetes or pre-diabetes, we encourage you to take advantage of our free classes. Both our Diabetes Self-Management Education (DSME) and Diabetes Prevention (DPP) programs are offered throughout the county.

Both programs cover information on reducing risk for diseases, healthy eating, being active and stress management along with other great topics. Classes are led by trained health professionals who want to see you succeed! In fact, we have great success rates. Participants in our DSME show better glucose control 6 months after the program. We are also delighted to have been awarded **Full Recognition for our DPP program** from the Centers for Disease Control and Prevention. *This recognizes that our program has met all of the standards and guidelines set for the program and makes us the first in the state to achieve this accomplishment.*

To take part in the American Diabetes Association's initiative to start living healthier lifestyle visit www.diabetesforecast.org/landing-pages/adm/ and join the Association's weekly challenges!

Get Moving Mondays

After the weekend, people are not as excited about getting up and going on a Monday. Get Moving Mondays will provide some easy tips to help Americans get moving and keep up an active lifestyle all week long.

Tasty Tip Tuesdays

Many people are afraid of losing the taste when they make a recipe healthier. Every Tuesday, the Association will take a traditional recipe and teach people how to substitute certain ingredients for healthier options without losing the taste.

What's Cooking Wednesdays

With Thanksgiving kicking-off the holiday season, keeping yourself on track and eating healthy is very important. Each Wednesday, you can vote on recipes that represent a healthy side dish, appetizer and/or dessert for a holiday meal. The winning dishes will be unveiled at the end of the month.

Get Together Thursdays!

Learn to incorporate healthy recipes for family and friends or any get-together.

Fact Check Friday

What do you know about nutrition and diabetes? Each Friday a question will be posted to test your diabetes knowledge. Challenge your friends, family and/or co-workers and help spread the message.

Weekend Challenge

Take the weekend and use it as an opportunity to get active!

Ready to stop diabetes? Learn more about how you can prevent or control your diabetes by joining one of our **FREE** classes today!

Visit: www.hillscountyhealth.org or call: 813-307-8071

Keep Gift Giving to Children SAFE

Holiday shopping starts early, so if you will be purchasing toys for babies and children, do your homework! The very best gifts are ones that are safe and hazard-free. Purchasing toys that are age and skill-level appropriate helps prevent injuries and makes the toys more enjoyable.

The [Consumer Product Safety Commission](#) is a one-stop shop for a treasure trove of information related to toys and other products and includes:

- ⇒ How to report an unsafe product
- ⇒ Product recalls
- ⇒ Regulations, Laws and Standards
- ⇒ How you can comment on rule-making and provide input for consideration



Another really important document is the [Resellers Guide](#). Garage sales, yard sales, hand-me-downs, and stores that sale secondhand or used toys and products all must follow regulations about what can be resold. Before you plan your trip to scope out good deals at neighborhood sales or businesses specifically reselling used articles, or if you are planning to resale articles, take some time to read the guide to make sure what you are buying or selling is acceptable.

<http://www.cpsc.gov//Global/Business-and-Manufacturing/Business-Education/>

For Kids' Sake



Dental Sealant Program for Schools Continues

Dental sealant is a thin, plastic coating painted on the chewing surfaces of teeth -- usually the back teeth (the premolars and molars) -- to [prevent tooth decay](#). The sealant quickly bonds into the depressions and grooves of the teeth, forming a protective shield over the enamel of each tooth.

Although thorough brushing and flossing can remove food particles and plaque from smooth surfaces of teeth, they cannot always get into all the nooks and crannies of the back teeth to remove the food and plaque. Sealants protect these vulnerable areas from tooth decay by "sealing out" plaque and food. Typically, children should get sealants on their permanent molars and premolars as soon as these teeth come in. In this way, the sealants can protect the teeth through the cavity-prone years of ages 6 to 14.¹

This year, the school-based dental sealant program will provide services to 48 Hillsborough County public Title I schools. Our partners, Suncoast Community Health Centers, Inc. and Tampa Family Health Centers, Inc. will roll out in their mobile units to provide sealants to 2nd graders. Parental permission is required. **Elementary schools:**



Alexander	Dover	Knights	Robles
Bing, E.L.	Edison	Lincoln Magnet	Ruskin
Broward	Forest Hills	Lockhart Magnet	Shaw
Bryan	Foster	Mango	Sheehy
Burney	Gibson	McDonald	Sulphur Springs
Clair Mel	Graham	Mort	Thompson
Cleveland	Ippolito	MOSI Partnership	Trapnell
Colson	Jackson	Oak Park	Washington, BT
Cork	James	Palm River	West Tampa
Corr	Just	Potter	Wilson
Crestwood	Kenly	Reddick	Wimauma
Cypress Creek	Kimbell	Robinson	Witter

¹ www.webmd.com/oral-health/guide/dental-sealants

“For peace of mind”

Florida Breast and Cervical Cancer Early Detection Program



This educational presentation has been developed for groups of women in faith-based and community settings to increase their knowledge about:

- **Breast cancer**
- **Cervical cancer**
- **Human papillomavirus (HPV)**

This FREE 45-minute presentation can be provided in English and Spanish at your church, organization or community meeting.

Participants receive:

- Information and assistance in locating breast and cervical cancer screening locations in your county (including Hardee, Highlands, Hillsborough and Polk)
- Mammograms and Pap Test applications for those participants who are eligible for the program

Call (813) 307-8071 for more information or visit us at:
www.hillscountyhealth.org





If you missed *CYCLOVIA* (*sigh clo VEE a*) on Sunday, October 19, you missed a great chance to have fun! Bikes galore and lots more.

What's Cyclovia? It's a Spanish word that means "cycle-way". It can include a bike path or the temporary closing of streets to automobile traffic so that cyclists and pedestrians can use the area for recreation. It's also been called "open streets" and is becoming more and more accepted and utilized to give people more room to be outside and have some fun being physically active without the normal safety concerns of sharing the road with moving cars and trucks.

The Kennedy Boulevard kickoff in downtown Tampa is just the tip of the iceberg. More Cyclovia events are coming in the future in various areas around Hillsborough County, the all kinds of activities, including bike safety, a chance to try your hand with a hockey stick, lots of cool information, food and more!

Whether we do it or not, we all know that getting physical activity every day helps keep us healthy and strong! It should be FUN and not something we dread. There are places all over Hillsborough County to have fun every day. With cooler temperatures headed our way, plan time to get active with friends, family or just by yourself.

Be ready for the next Cyclovia! Visit the website and vote for the next *CYCLOVIA* location and plan to volunteer!

<http://cycloviatampabay.com/>



FREE BICYCLE SAFETY CLASSES



Tampa BayCycle BikeSmart Classes

The Tampa BayCycle campaign, your SPOKESpeople for all things cycling, is offering free bike safety classes in conjunction with the launch of Coast BikeShare. A certified instructor walks participants through the basic "Top 10" tips of bike safety in an informal classroom style setting. Each participant will leave with bike gear such as a helmet, light set, vest or basket!

UPCOMING CLASS SCHEDULE

All classes last one hour and begin at 6:30 p.m. unless otherwise noted.

- Tuesday, Nov. 4 HCC Ybor Campus, Ybor Room (2001 N. 14th St.)
class begins at noon
- Tuesday, Nov. 4 HCC Ybor Campus, Ybor Room (2001 N. 14th St.)
class begins at 6 p.m.
- Wednesday, Nov. 5 Pour House (Channel District)
- Thursday, Nov. 6 Don Vicente de Ybor Historic Inn (Ybor City)
- Monday, Nov. 10 Kate Jackson Community Center
- Wednesday, Nov. 12 Kahwa Coffee Cafe (Downtown)
class begins at noon
- Wednesday, Nov. 12 Dr. Martin Luther King, Jr. Recreation Complex
- Monday, Nov. 17 Desoto Park Playground Activity Center
- Tuesday, Nov. 18 Sandra Freedman Tennis Complex
- Thursday, Nov. 20 Duckweed Urban Grocery (Downtown)

For a full list of classes, please check our website.

Classes fill up quickly. Reserve your spot now at

TampaBayCycle.com



The Great American SMOKEOUT

As we celebrate the Great American Smokeout, all smokers are encouraged to join the millions of others around the country who have committed to a tobacco-free life. If you smoke, quitting is one of the most effective things you can do to improve your health, decrease risk for diseases and increase your lifespan.

According to the U.S. Surgeon General, Smoking is still the single largest preventable cause of disease, disability, and premature death in the United States. Each year, more than 440,000 people in the U.S. die from smoking or exposure to secondhand smoke, and more than 8 million Americans are living with a serious illness caused by smoking.

By quitting, smokers can reclaim their health. Benefits begin the day a smoker quits and continue for the rest of their life. For the Great American Smokeout, let's support our family and friends who are smokers by encouraging them to not smoke for a day and to make plans to quit smoking for good.

For individuals trying to quit, there is help. Call **1-877-U-CAN-NOW** for free assistance or visit www.TobaccoFreeFlorida.com for more information on avoiding or ending tobacco use.



The FDOH-HC encourages getting to your **Healthiest Weight** with **ORANGE SMILES!**



Partnering with USF College of Public Health in November's Food Day event, the Florida Department of Health in Hillsborough County provided information about *good nutrition*. Coupled with *regular physical activity*, these two important lifestyle habits can help an individual achieve and maintain a healthy weight AND help prevent chronic diseases like diabetes and heart disease.

Grab a Florida orange slice and put on a smile. With fresh fruits and veggies available year round in Florida, it's easy to get your 5-9 servings a day (or more)!

What's the Difference Between Dementia and Alzheimer's ?

The Alzheimer's Research Foundation says it is a common question. Sometimes the word "dementia" is used because the term "Alzheimer's" can sound more overwhelming and frightening. But, the terms Alzheimer's disease and dementia may mean two very different things. The National Institute of Neurological Disorders and Stroke defines dementia as: "... [A] word for a group of symptoms caused by disorders that affect the brain. It is not a specific disease. People with dementia may not be able to think well enough to do normal activities, such as getting dressed or eating. They may lose their ability to solve problems or control their emotions. Their personalities may change. They may become agitated or see things that are not there." ¹

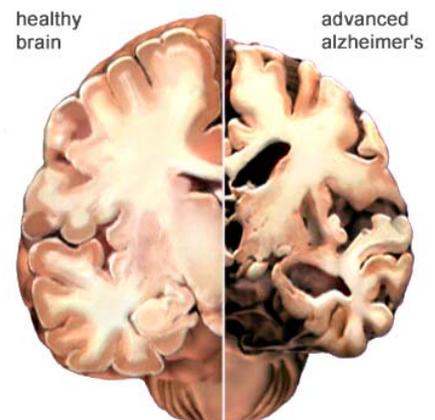
As our nation's population ages and people live longer, the numbers of those with neurodegenerative diseases seems very likely to increase. But there is aggressive research occurring! And many of the forms of dementia have medications and treatments that have proven very successful. Centers for Disease Control and Prevention provides the following information about **who has Alzheimer's Disease:** ²

- In 2013, as many as 5 million Americans were living with Alzheimer's disease.
- The symptoms of the disease first appear after age 60 and the risk increases with age.
- Younger people may get Alzheimer's disease, but it is less common.
- The number of people with the disease doubles every 5 years beyond age 65.
- By 2050, this number is projected to rise to 14 million, a nearly three-fold increase.
- One of the top 10 leading causes of death in the United States.
- The 6th leading cause of death among US adults.
- The 5th leading cause of death among adults aged 65–85 years.

What is known about Alzheimer's Disease?

- Scientists do not yet fully understand what causes Alzheimer's.
- There probably is not one single cause, but several factors that affect each person differently.
- Age is the best known risk factor.
- Family history—researchers believe that genetics may play a role in developing Alzheimer's disease.
- Changes in the brain can begin years before the first symptoms appear.
- Researchers are studying whether education, diet, and environment play a role in developing the disease.
- Scientists are finding more evidence that some of the risk factors for heart disease and stroke, such as high blood pressure, high cholesterol, and low levels of the vitamin folate may also increase the risk of Alzheimer's.
- Evidence is growing for physical, mental, and social activities as protective factors against Alzheimer's disease.

[Learn more about research in the 2012-2013 Alzheimer's Disease Progress Report.](#)



http://www.alz.org/braintour/3_main_parts.asp

The following are links to helpful information about dementia and Alzheimer's disease. While Alzheimer's is the most common, there are many other diseases that cause dementia.

[Alzheimer's Research Foundation](#) ^[1]

[CDC: Aging](#) ^[2]

[Alzheimer's disease](#)

[Other Forms of Dementia:](#)

[Creutzfeldt-Jakob Disease \(CJD\)](#)

[Dementia with Lewy Bodies](#)

[Frontotemporal Dementia](#)

[Huntington's Disease](#)

[Normal Pressure Hydrocephalus](#)

[Parkinson's Disease](#)

[Vascular Dementia](#)

[Wernicke-Korsakoff Syndrome](#)

Other related links:

[Memory Decline May Be Rapid Before Alzheimer's Onset](#)

[People With Dementia Have Shortened Life Expectancies](#)

[When a Picture Is Worth a Thousand Words](#)

[The Clinical Stages of Alzheimer's disease](#)

[Find Alzheimer's resources near you](#)

IMAGINE AND INVISION THE FUTURE!

Our landscape is changing. Both Hillsborough County and the City of Tampa have grand plans that will dramatically change our landscapes and mobility options, and create public spaces that will improve the quality of life. If you didn't take advantage of providing input into these plans, check out the websites to see what's going on!

HILLSBOROUGH COUNTY



<http://www.planhillsborough.org/imagine2040/>

Did you put in your  ?

Now you can request a presentation about the **IMAGINE 2040 PART 2** results.

Visit the website [Metropolitan Planning Organization for Hillsborough County](http://www.metroplanning.org/hillsborough) for more information.

CITY OF TAMPA



What is InVision Tampa?

In 2011, the City of Tampa began creating a master plan for several of Tampa's areas. The latest in the works is Julian B. Lane Riverfront Park, just south of I-275 and bordered by North Boulevard on west and the Hillsborough River on the east. The 40 year old, 25-acre park has a multi-use function, hosting a ball field, tennis and basketball courts and Boys and Girls Club, but the option for enjoying and utilizing the riverfront is limited.

A blueprint for re-designing the park was crafted from ideas and opinions gathered at a series of public meetings. The new park will include a great lawn for special events and festivals; a play area with a splash pad; an "honor" walk for Phillips Field, Roberts City and surrounding neighborhoods; a community center and public boathouse; a garden; an oak-line promenade; a half-mile trail with exercise stations; an extension of the city's Riverwalk; a fishing area and a paddle learning area created by a floating boat dock. More opportunities for getting out and getting physically active. **WOW!**



For more information on **InVision Tampa**, visit the website: www.invisiontampa.com/Index.html.



10th Annual World AIDS Day

Free Educational Classes, HIV/STD Testing
and Immunizations (including flu shot)

Friday, December 5, 2014 | 7am-5pm

Florida Department of Health
in Hillsborough County
Specialty Care Center
1105 E Kennedy Blvd
Tampa, FL 33602
813-307-8064





American Association on Health and Disability

Frederick J. Krause Scholarship

The mission of the American Association on Health and Disability (AAHD) is to contribute to national, state, and local efforts to promote health and wellness in people with disabilities and identify effective intervention strategies to reduce health disparities for people with disabilities. AAHD accomplishes its mission through research, education, and advocacy at the national, state, and community levels.

Established in 2009, the AAHD Scholarship Program supports students with disabilities who are pursuing higher education. *Preference is given to students who plan to pursue undergraduate/graduate studies in the field of public health, health promotion, and disability studies, including disability policy and disability research.* Royalties from the *Disability and Health Journal* and private donations fund the AAHD Scholarship Program.

Eligibility:*

- ⇒ Applicants must be enrolled full time in an undergraduate school as a junior or above OR be enrolled part- or full-time in a graduate school
- ⇒ Have a documented disability and provide documentation of their disability.
- ⇒ Applications must be citizens or legal residents of the United States AND be enrolled in an accredited United States college or university (Applicants who have not yet graduated from high school will not be considered.)

* Preference will be given to students majoring in public health, disability studies or research, health promotion, or a field related to disability and health.

Deadline: November 15, 2015
Award Ceiling: \$1,000

www.aahd.us/initiatives/scholarship-program/

If you have any questions, please contact the American Association on Health and Disability through the link provided above.

The Florida Department of Health in Hillsborough County has teamed up with the Hillsborough County Tax Collector to offer birth certificates at more locations around the county. Beginning in February 2014, select Tax Collector offices began issuing Florida birth certificates, and **there are currently 4 offices providing this service.** For your convenience, birth certificates are available at the following locations:



Tax Collector Locations: (813) 635-5200

North Tampa Tax Collector

3011 University Center Drive #150
Tampa, FL 33612
Hours: M-F 8am - 5pm

Plant City Tax Collector

Strawberry Plaza
1834 Jim Redman Parkway (SR 39)
Plant City, Florida 33563
Hours: M-F 8am - 5pm

West County Tax Collector

Waters Crossing Shopping Plaza
6283 W. Waters Avenue
Tampa, FL, 33634
Hours: M-F 8am – 5pm

South County Tax Collector

3002 E. College Avenue
Ruskin, FL 33570
Hours: M-F 8am – 5pm

Please note that birth certificates issued at the tax collector locations are \$14 for the first copy, \$9 for each additional copy, and are subject to an additional convenience fee.

Florida Department of Health - Hillsborough Vital Statistics Offices: (813) 307-8002

University Area Vital Statistics

13601 N. 22nd St.
Tampa, FL 33613
Hours: M-F 7:30am - 4:30pm

St. Joseph's Women's Hospital

3030 W. MLK Jr. Blvd.
Tampa, FL 33607
Hours: M-F 8am - 4pm

Brandon Office

212 S. Moon Ave.
Brandon, FL 33511
Hours: M-F 8am - 4pm

That's right... I breastfeed!

Anytime, Anywhere



LATCH-ON!

The Hillsborough County Breastfeeding Task Force, along with breastfeeding moms and supportive dads and others enjoyed an outing to encourage breastfeeding. This group works to educate families and the community about the tremendous benefits of breastfeeding to both mother and child. The Task Force also works for supportive policies that help moms provide breast milk to their infants.

Breastfeeding:

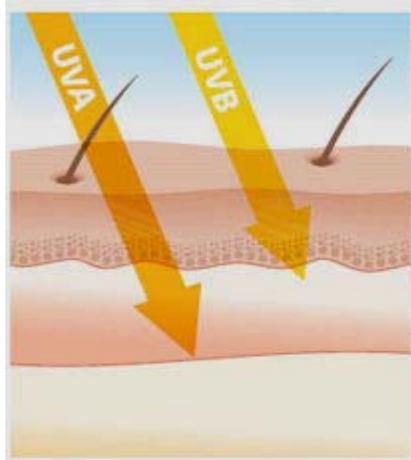
- * Helps babies build special bonds with mothers.
- * Breast milk is natural, healthy and free; and it's available anytime, anywhere!
- * Is a perfect food for babies and has many special qualities that cannot be reproduced in formula
- * Strengthens baby's immune system and reduces ear infections, allergies, diarrhea and constipation, and colds.
- * Helps baby's brain development and may improve IQ
- * Reduces mom's risk of developing breast and ovarian cancer

For more information and to get involved, visit the Task Force's website: www.hcbreastfeeding.org/ and their Facebook page: www.facebook.com/HCBTaskForce

Task Force members used the Latch-On event to encourage moms and families to get to their [Healthiest Weight](#). Breastfeeding helps moms return to their pre-pregnancy weight faster because it is a calorie burner and reduces babies' likelihood of developing childhood obesity.



UV Radiation and the Skin



Courtesy of [Skin Cancer Foundation](http://www.skincancer.org/)

Winter Skin Protection

Florida is all about the outdoors and fun in the sun. For many Americans, trips to Florida happen when the temperatures in other states get colder. But even in winter, protecting skin from ultraviolet rays of the sun is important!

Sunscreens can protect against both UVA and UVB rays—both contribute to skin aging and wrinkling, while UVB plays a key role in the development of skin cancers. When you purchase a sunscreen, make sure it protects against both these types of ultraviolet rays.

Don't forget that covering the skin and limiting outdoor time during peak sun hours (10 am to 4 pm in most locations) can reduce exposure, too. Babies and young children have far less tolerance for sun exposure than adults. Check with your health care provider about the best products to use on babies and young children.

Florida is a great place to have outdoor fun in winter but remember to protect the skin you're in!

WE DID IT!

Recently, the Florida Department of Health - Hillsborough County became the first organization in Florida to be awarded Full Recognition for our Diabetes Prevention Program from the Centers for Disease Control and Prevention. This recognizes that our program has demonstrated effectiveness by achieving all of the requirements described in the *Diabetes Prevention Recognition Program Standards*. We are also excited to be the first health department in the nation to achieve this goal!



Nailah Ramsingh, a Health Educator, Nutrition and Dietetics Technician, Registered and Lifestyle Coach, has mentored and educated individuals at risk for developing diabetes for over 2 years. We anticipate she will achieve a Master Trainer status by February 2015 and will then be able to train others to be lifestyle coaches. Mandie Brokaw, also a Health Educator, a Registered Dietitian Nutritionist and Lifestyle Coach, helped develop our database and has provided support to the program.

Are you at risk for developing diabetes or have you already been diagnosed with diabetes? Take advantage of our diabetes prevention or diabetes self-management programs. Both programs are offered at no charge to the participant.

Find out your risk for developing diabetes.

Answer these quick questions. For each Yes, add the number of points listed. Each no is 0 points.

Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Are you overweight for your height?	5	0
Are you under 65 years old and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years old?	5	0
Are you 65 years old or older?	9	0

Add Your Score

If you scored ...	then your risk is ...
10 or more points	You are at increased risk for having type 2 diabetes. However, only your doctor can tell you for sure if you have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes where blood glucose is higher than normal).
3 to 9 points	Probably low for having diabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your doctor about your risk for diabetes.

CALL US. WE CAN HELP! 813-307-8071

Get to YOUR

Healthiest Weight



we can help!

www.GetIntoFitnessToday



FLORIDA DEPARTMENT OF HEALTH

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. No Fees!

[Use Flu Vaccine Finder](#)
to locate a provider near you!

[Baby Reminder app](#)
where's baby?
Look before you lock.

LOCAL RESOURCES (support groups, etc.) for Alzheimer's, Cancer, Parkinson's, and other conditions:

www.caregiver.com/regionalresources/states/FL/support/hillsborough.htm

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/flgulfc coast/>

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. Appointments required. [Contact Family Support and Resource centers for appointments.](#)

TANGO IN THE PARK: Free tango lessons. Thursdays 6—7 pm through March 2015. No partner, no experience, no special shoes required. (non-rubber soled shoes recommended. NO flip-flops). Curtis Hixon Park, 600 N. Ashley Street, Tampa

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.

ZUMBA IN THE PARK: Curtis Hixon north terrace. Wear appropriate athletic wear and shoes. **TUESDAYS 6-7PM. Free.** Call 813-221-3686 for more information. Curtis Hixon Park, 6-00 N. Ashley Street Tampa

NOVEMBER 2014

11/11 **OPERATION: REVEILLE - HELPING HOMELESS VETERANS** - See page 9 for details.
Port of Tampa, Terminal #6, 1101 Channelside Drive, Tampa 33602, 8:30 am to 5:00 pm

11/11 **HEALTH DEPARTMENT IS CLOSED.**

9/11 & 9/25 **Free presentations on Sexually Transmitted Diseases** FL Blue Center, 201 N. Westshore, Tampa 33609, 10:00 am to 11:00 am (across from Westshore Mall just south of I-275)

11/18 [National Memory Screening Day, Byrd Alzheimer's Institute.](#) Call (813) 974-4357 to schedule appointment for a **free screening.**

11/18 Free Vehicle Safety Check for Senior Drivers - Byrd Alzheimer's Institute. Reservations required. Call 813-396-0659

11/21 Byrd Alzheimer's Center at University of South Florida: **Free tours of the facility.** Reservations required. Call 813-396-0675 or email: sjeffer1@health.usf.edu. Tours 2:00 pm — 4:00 pm

11/27- 28 **HEALTH DEPARTMENT IS CLOSED.**

DECEMBER 2014

12/5 **World Aids Day, [1105 E. Kennedy Blvd., Tampa Specialty Care Clinic](#)** - "Get To Zero", Free screenings.

12/6 **Amor Sin Limitis health fair.** Free HIV screenings, Lowry Park Band Shell, 1101 W. Sligh, Tampa 10 am-2 pm.

12/25 **HEALTH DEPARTMENT IS CLOSED.**

12/31 **[NOON YEAR'S EVE AT LOWRY PARK ZOO.](#)** Stop by the FDOH-Hillsborough's table for great information!

JANUARY 2015

1/1/2015 **HEALTH DEPARTMENT IS CLOSED.**

DIABETES PREVENTION: Are you at risk for developing diabetes? Here's a FREE opportunity to prevent Type 2 diabetes. Weekly education & support. Call 813-307-8071 to register. **** [Healthcare Provider Referrals accepted.](#)**

***** Our program is the 1st in Florida to receive full CDC recognition for having met all standards!**

DIABETES SELF-MANAGEMENT EDUCATION: Learn to better manage your diabetes in small group settings by a healthcare professional. Free 6-week sessions offered through out the county. Call 813-307-8071 to register.

**** [Healthcare Provider Referrals accepted.](#)**

MAIN OPERATOR

and Director's Office 307-8000

COMMUNITY HEALTH

Community Health Director **307-8071**

Epidemiology 307-8010

Health Education 307-8071

Breast/Cervical Cancer... X3502, X7112

Community Health Advisors X7103

Diabetes X7104

Family Reunion Program X7102

Florida KidCare X3502

Weight Management X7103

Health Literacy X7106

Insulin Program X3502

Lead Poisoning Prevention X7108

School Health X8502

Sterilizations X3502

Office of Health Equity 307-8066

*** All numbers are area code (813).**

DISEASE CONTROL

HIV/AIDS Specialty Center 307-8064

Immunizations 307-8077

Sexually Transmitted Diseases .. 307-8064

Anonymous Testing 307-8064

Tuberculosis (TB) 307-8047

ENVIRONMENTAL HEALTH..... 307-8059

**HUMAN RESOURCES..... 307-8015
X3100**

NUTRITION/WIC 307-8074

PHARMACY

(HIV/AIDS care clients only)..... 307-8072

PUBLIC HEALTH

**PREPAREDNESS 307-8015
X4405**

PUBLIC

**INFORMATION OFFICER..... 307-8015
X4404**

VITAL STATISTICS 307-8002
(birth & death records)



MISSION:

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

Florida Department of Health
Hillsborough County
Health Education (71)
Post Office Box 5135
Tampa, Florida 33675-5135

www.hillscountyhealth.org