

## This Crosswalk— HiAP Success Story



Do you recognize this crosswalk? It's newly added, sometime between September and December 2018. It's also an example of Health In All Policies (HiAP) in action.

Health in All Policies is an approach to encourage non-public health sectors and partners to consider health in their decision making for policies, plans, programs, and projects, and in this case, for designing communities and roads.

When the Florida Department of Transportation planned to redo Jackson Street and Kennedy Boulevard and add protected bike lanes on Jackson Street, there was no plan to improve the crosswalk in front of the DOH building at our main downtown location (Jackson Street and Twigg Street). It was downright dangerous for clients and employees to cross Jackson Street. As someone who had to cross this intersection long before and while pregnant with my daughter, I was personally frustrated. I was frustrated on behalf of coworkers who shared that their last step of getting ready for work was "taking their life into their hands to cross the street from the employee parking lot." This is a reality for our clients too, as the spots in our small, onsite lot and in the surrounding parking spaces can fill up very quickly, often before 9am, and they are forced to park across Jackson or down Kennedy Boulevard at times.

I learned by surprise, when I went to the DOH-Hillsborough downtown/main location for the first time since late September, that a crosswalk with a flashing beacon was added to the Jackson and Twigg intersection.

This can be attributed to many things, including comments made to the Metropolitan Planning Organization's (MPO) Bicycle Pedestrian Advisory Committee (BPAC) and MPO staff on my concerns for our staff and our clients' safety crossing this specific intersection...a few comments that built on 3+ years of educating MPO staff, partners and community members on Health in All Policies. Champions beyond myself that include Dr. Leslene Gordon and Walter Niles, key supporters and leaders, in building internal top-down leadership support for our agency to begin a HiAP initiative in 2015. The support of senior leaders, key among them Cindy Morris, who continues to be on the lookout for HiAP resources and success stories in our local community. Myself, these colleagues and others who've worked on HiAP and Health Impact Assessments, specifically Rachel Chase, Dr. Ayesha Johnson and Daragh Gibson. Additionally our community partners—staff of the MPO and Planning Commission, fellow members of BPAC and the other MPO Committees where staff are/have been members: Technical Advisory Committee, School Transportation Workgroup, Transportation Disadvantaged Coordinating Board, Community Advisory Council, and Vision Zero; and grassroots organizations like Walk Bike Tampa, who have partners in promoting Safe Streets and Health in All Policies in the City of Tampa. There are countless others who have been champions for public health and safe streets who helped make this difference.

How very cool! Something that we did make, and will make, a difference. This made my day, week and year.

Margaret Mead said to "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." This "small" group of state employees, partners and community are making a difference to make Health in All Policies a reality for Tampa.

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## Other Affairs of the Heart

During February, you should expect to see many articles on heart health in observance of American Heart Month. I want to step out of the typical box and focus on the heart in a different way. I want to consider the heart and mind, and, for want of a better term, their symbiotic connection. In some ancient literature, the heart and mind are seen as one. And, really, when you are sad and lonely, is this a feeling from your heart or your brain or both? In terms of science, the heart and mind are clearly two different organs. But the poet in me sees the connection, especially when it relates to loneliness and isolation, both of which have real health consequences.

An article in the Wall Street Journal, referred to Baby Boomers as the loneliest generation, and that, “One in 11 US adults age 50 and older lacks a partner, spouse or living child, one in six baby boomers lives alone.” Some say many boomers are aging in isolation. How can that be? They are, after all, called boomers because so many babies were born between 1946 and 1964. Social scientists define a person as socially isolated if they live alone, have less than monthly contact with friends or family and don’t belong to a group (religious congregation, club, work or volunteer organization, etc.). Other researchers use terms like social disconnectedness and perceived isolation to describe this condition. Why does loneliness matter? Because loneliness is linked to functional decline and early mortality. It has been observed in several studies that social isolation may have as large an impact on mortality as high blood pressure, smoking, obesity and a sedentary lifestyle, and the elderly are at greatest risk. The possible mechanisms leading to the poor outcomes are complex but may involve the cardiovascular system, immune function, disrupted sleep, glucose regulation, dementia and/or depression. It has been estimated that social isolation costs Medicare \$6.7 billion each year. Over the centuries, social networks like family and community have enabled us to survive, literally and figuratively.

What to do about this at first appears obvious. We should provide opportunities to interact as our population ages. Some of this is already being done with the establishment of congregate meal sites for the elderly. However, in the years to come and with the growth of the over 65-year-old population, we will need to do more. The Florida Department of Health through several county health departments is attempting to do more through its initiative: Age-Friendly Public Health System. This initiative involves assessing in each community what the needs, gaps and assets are, and responding appropriately. In some cases, the response may be improvements in transportation systems that will allow the elderly to socialize; in other cases it could be a focus on social networks or interventions that use technology; or it could be changes in the healthcare system related to where and how we provide health services. The interventions to facilitate social engagement will vary based on the needs of our population, but despite challenges, these interventions must exist.

We often get concerned about lonely people during the holidays. To ensure the health of those growing old in our communities, our concern and heightened sensitivity need to extend beyond the few days in the Fall and Winter.

Have a question or comment? Email us: [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov)

Managing Editor: Mandy Chan

Copy Editors: Greg Champlin, Kelsey Christian, Jennifer Waskovich

# Healthy Meal Recipe

## Bruschetta Grilled Chicken

Yields: 4 servings

Prep Time: 20 mins

Total Time: 50 mins

### Ingredients:

#### For the chicken:

- 4 thin cut boneless skinless chicken breasts
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1 teaspoon Italian seasoning
- 1/2 teaspoon pepper
- 4 slices mozzarella cheese
- 2 tablespoons balsamic glaze

#### For the bruschetta toppings:

- 1 1/2 cups tomatoes dice
- 1/2 teaspoon garlic finely minced
- 1 tablespoon olive oil
- 1/4 cup thinly sliced basil leaves
- Salt and pepper to taste
- 2 tablespoons red onion mince

### Directions:

1. In a large bowl or re-sealable bag, mix together the olive oil, lemon juice, salt, Italian seasoning and pepper. Add the chicken breasts and marinate for at least 30 minutes or up to 4 hours.
2. Preheat grill or grill pan to medium high. Remove the chicken from the marinade and place on the grill. Cook for 4-5 minutes on each side or until done.
3. Place the cheese slices on top of the chicken. Cover the grill and cook until the cheese is melted, 2-3 minutes.
4. While the chicken is cooking, make the bruschetta topping. In a medium bowl, combine the tomatoes, garlic, olive oil, red onion, basil, salt and pepper. Let stand for 10 minutes.
5. Spoon the bruschetta mixture over the chicken. Drizzle with balsamic glaze and serve.



This recipe came from: <https://www.dinneratthezoo.com/bruschetta-chicken/>

## Beat Your Cravings: 8 Effective Techniques



The foods you crave are likely to be high in sugar, fats and carbohydrates — such as pizza, chocolate, cake, chips and ice cream. Cravings can derail your efforts at weight control and may lead to binge eating, but you can learn how to manage them and stay on course with these tips.

- **Enjoy a small portion.** Don't give up these foods. In your overall healthy diet, include a small

portion of the less healthy foods you crave. Better to enjoy a square of chocolate than to avoid it altogether.

- **Eat something healthy first.** It's often easier to eat less of the food you're craving if you're not ravenously hungry.
- **Keep the food you crave out of the house.** Buy the item only when you plan to eat it, or order it at a restaurant.
- **Change your mental picture.** When you experience a craving, replace the image of the food with a picture of yourself doing your favorite activity or some other pleasant image.
- **Distract yourself.** Food cravings usually pass after 20 minutes. Try taking a walk or talking to a friend.
- **Chew gum.** Chewing sugarless gum reduces hunger and cravings for sweet and salty snacks.
- **Get enough sleep and exercise.** These habits help lower your levels of the hormone ghrelin, which stimulates appetite. Lack of sleep can lead to food cravings and overeating.
- **Substitute a healthier option.** Satisfy your craving for something smooth and creamy with something low-fat or fat-free, such as yogurt, pureed fruit or buttermilk. Eat a piece of fruit as a healthy sweet snack.

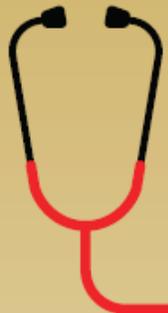
Experiment to see which strategies work best for you so that you can control your cravings — not the other way around.

Source: [http://diet.mayoclinic.org/diet/eat/beat-your-cravings?xid=nl\\_MayoClinicDiet\\_20181108](http://diet.mayoclinic.org/diet/eat/beat-your-cravings?xid=nl_MayoClinicDiet_20181108)



Bethel AME Church in partnership with Robles Elementary, Positive Spin, Greater Mt. Carmel AME Church, Tampa Family Health, Tampa Housing Authority, and University of South Florida sponsor

*Passport to a Healthy Future:*  
 Mind, Body & Soul  
**HEALTH FAIR**



A MLK Day of Service Activity



**Robles Elementary School**  
 4405 E. Sligh Avenue, Tampa, FL 33610

**Saturday, January 12, 2019**  
**10:00 am – 1:00 pm**



- Win Free Fruits and Vegetables
- Experience the Tasting Stations
- Compete in the Food Prep Challenge
- Visit and Learn From the Vendors
- Win Grocery Gift Cards
- Workout your Body With Retired Buccaneers
- Participate in the Exercise Challenge
- Take the Step Challenge
- The Grand Opening of the Robles Elementary Food Pantry

**For additional information**  
**contact Bethel AME at 813-321-6215**

# Gardening Grows Good Health

Blake Maihack and Rachel Chase

The new year is a time for reflection. Over the last few months, many of us got together with loved ones to eat and enjoy time together. The holiday season is also a special time of year when food and toy drives are in high gear to ensure that everyone has a special reason to celebrate. Unfortunately, for many people in our community, food insecurity doesn't just happen at the holidays, but is a daily challenge. According to the USDA, food insecurity affects 40 million people nationwide, and 16% of families with children. It has been shown that for any particular area, as income and home values drop, the number of fast-food stores increases. For these families, **food swamps** are a huge issue. A food swamp is a place where there are many fast-food options but not many healthy food options.

One way to combat food swamps and food deserts is with community gardens. Community gardens are areas in neighborhoods where residents grow fresh vegetables together, to be distributed throughout the community. For the last couple of years, DOH-Hillsborough has participated in a collaborative program with other community organizations called **Garden Steps**.

Garden Steps promotes walking, biking and other connections between community gardens in Tampa. The program has numerous garden sites, wayfinding signs, and is putting an emphasis on healthy food in food-deprived areas. The goal is for these programs to decrease hunger and chronic disease while promoting good nutrition and bringing people in neighborhoods together. In 2018, Garden Steps was one of 50 finalists for the Aetna Foundation's national Healthiest Cities/Counties challenge award. Sometimes, giving back is as easy as playing in the dirt in your own neighborhood.



To read more about community gardening in Tampa Bay visit:

<https://coalitionofcommunitygardens.weebly.com/>.

To read more about the Healthiest Cities & Counties Challenge visit: <http://www.healthiestcities.org>.

To read more about Plan Hillsborough's health-related activities visit: <http://www.planhillsborough.org/health/>.

# NEW YEAR, NEW YOU!

Adult Health Screening Event  
with fun for the whole family!



**Free adult admission to the Glazer Children's  
Museum for the first 120 adults\***

**\*To be eligible for the free admission ticket, an adult must complete  
all 3 health screenings and have a child present.**

**Saturday, January 12, 2019  
10 a.m. – 2 p.m.**

**Glazer  
Children's  
Museum**

**Glazer Children's Museum  
110 W Gasparilla Plaza  
Tampa, FL 33602**



## Heartburn or Heart Attack: When to Worry

**Severe heartburn and heart attack can be hard to tell apart. Understand how they typically differ, and learn when to get immediate help.**

You've just eaten a big meal and feel a burning sensation in your chest. Heartburn, right? Probably, but there's a chance the chest pain is caused by reduced blood flow to your heart (angina) or an actual heart attack.

Heartburn, angina and heart attack may feel very much alike. Even experienced doctors can't always tell the difference from your medical history and a physical exam. That's why, if you go to the emergency room because of chest pain, you'll immediately have tests to rule out a heart attack.

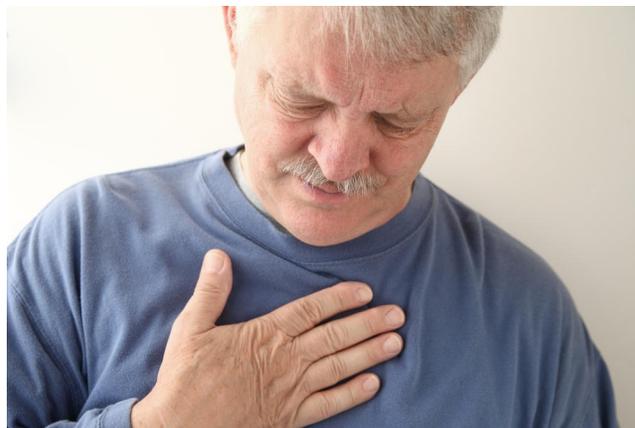
If you have persistent chest pain and you aren't sure it's heartburn, call 911 or emergency medical for help.

Call your doctor if you had an episode of unexplained chest pain that went away within a few hours and you did not seek medical attention. Both heartburn and a developing heart attack can cause symptoms that subside after a while. The pain doesn't have to last a long time to be a warning sign.

Heartburn is discomfort or actual pain caused by digestive acid moving into the tube that carries swallowed food to your stomach (esophagus).

### Typical features of heartburn include:

- Starts as a burning sensation in the upper abdomen and moves up into the chest
- Usually occurs after eating or while lying down or bending over
- May awaken you from sleep, especially if you have eaten within two hours of going to bed
- Is usually relieved by antacids
- May be accompanied by a sour taste in your mouth — especially when you're lying down
- May be accompanied by a small amount of stomach contents rising up into the back of your throat (regurgitation)



The "textbook" heart attack involves sudden, crushing chest pain and difficulty breathing, often brought on by exertion. Many heart attacks don't happen that way, though. The signs and symptoms of a heart attack vary greatly from person to person. Heartburn itself can accompany other symptoms of heart attack.

**Typical heart attack signs and symptoms include:**

- Pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back
- Nausea, indigestion, heartburn or abdominal pain
- Shortness of breath
- Cold sweat
- Fatigue
- Lightheadedness or sudden dizziness



The most common symptom of heart attack for both men and women is chest pain or discomfort. But women are more likely than men to experience some of the other symptoms, such as jaw or back pain, shortness of breath, and nausea or vomiting. Heart problems are more common among people who have high blood pressure, diabetes or high cholesterol. Smoking and being overweight are other risk factors.

A muscle spasm in your esophagus may cause chest pain similar to that of a heart attack. The pain of a gallbladder attack also can spread to your chest. With gallbladder disease, you may notice nausea and an intense, steady ache in the upper middle or upper right abdomen — especially after a fatty meal. The pain may shift to your shoulders, neck or arms. Again, if you are not sure seek medical attention immediately.

Resource: <http://www.mayoclinic.org/diseases-conditions/heartburn/in-depth/heartburn-gerd/art-20046483>

# The Gift of Giving Blood

So, you might ask yourself, “why should I give blood?” and “How could a pint of my blood help?”

Did you know that:

- Approximately 36,000 units of red blood cells are needed every day in the U.S.
- Nearly 7,000 units of platelets and 10,000 units of plasma are needed daily in the U.S.
- Nearly 21 million blood components are transfused each year in the U.S.
- The average red blood cell transfusion is approximately 3 units. (nearly 3 pints)
- The blood type most often requested by hospitals is type O.
- Sickle cell disease affects 90,000 to 100,000 people in the U.S. About 1,000 babies are born with the disease each year.
- A single car accident victim can require as many as 100 pints of blood.



As you can see there are many reasons why you should give blood. However, the number one reason people state that they give is to HELP others. You may wonder, *if I donate blood is there any benefits for me?*

Here are some of the benefits you gain for your humanitarian efforts.

## 1. You will get a free wellness checkup

Before you can donate your blood you have to be cleared as in good health, so you get a free wellness checkup which includes blood pressure, pulse, temperature, iron count and cholesterol screening. These wellness checkups have saved the lives of some donors by catching abnormalities early on.

## 2. Giving blood can reduce your risk of heart disease

Donating regularly helps your blood flow and keeps iron levels in check. In fact, some studies have shown that men who donate at least three times a year can drastically reduce their risk of having a heart attack or stroke.

## 3. Reduces the Risk of Cancer

High levels of iron have been linked to some kinds of cancer. Theoretically, donating blood frequently will reduce the risk of cancer by depleting your iron levels, so the body doesn't get too high in iron. More research is going on to find strong evidence on this one.

Source: <https://www.redcrossblood.org/donate-blood/how-to-donate/how-blood-donations-help/blood-needs-blood-supply.htm>

# Help us Achieve Vision Zero

Rachel Chase, MPH, Public Health Professional and Vision Zero hero

Last year, there were more than 152 traffic deaths in Hillsborough County. These people ranged in age from 80 years to 21 months, and included pedestrians, bicyclists and drivers. Traffic fatalities have been a major public health issue for Tampa Bay for many years, which ranks among the top 10 metro areas in the country for bicyclist and pedestrian fatalities (Dangerous by Design 2016).

**One traffic death is too many.** This belief is at the heart of the Vision Zero movement that aims to decrease traffic deaths and serious injuries in Hillsborough County to zero. The goal, which was adopted by the Tampa City Council, Hillsborough County Commission, Temple Terrace City Council, Plant City Commission and by the School Board of Hillsborough County in December 2017, is still being actively addressed today.

Over the past year, business, government and community leaders have developed numerous ways to raise awareness of Hillsborough's high traffic crash rate and what we can do about it. Below are some of the ways you can join Vision Zero heroes in keeping our streets safe:

## One Message, Many Voices:

- Share the message with family, friends, and colleagues
- Join the Speaker's Bureau
- Sign the online pledge or share your own story (see below)
- Speak at public meetings about your desire for safer streets (for example, in homeowner association meetings)

## Consistent and Fair:

- Provide comments about safety issues on high-crash roadways
- Support traffic enforcement officials and obey street laws
- Support public open street events by attending events when available

## Paint Saves Lives:

- Organize your neighborhood to create painting events for needed bike lanes or cross-walks
- Organize your neighborhood to create an intersection mural to draw attention to the road

## The Future will not be like the Past:

- Add road safety to your work culture
- Work with land planners to understand options for the roads you use
- Participate in or lead Vision Zero training opportunities
- Every day, residents of Hillsborough County are taking the Vision Zero pledge to be safer on the roads.
- This means they drive slower, avoid alcohol when driving, put down their phones while on the road, look both ways before crossing the street, use crosswalks, wear bright colors at night, follow traffic safety laws, and more. To take the Vision Zero pledge for yourself, visit <http://www.planhillsborough.org/take-action-for-vision-zero/>

For more information, please contact Gena Torres with the Hillsborough Metropolitan Planning Organization at [torresg@plancom.org](mailto:torresg@plancom.org) or 813-273-3774 x 357



Allison Nguyen, MPH, MCHES, Office of Health Equity Program Manager supporting a Vision Zero event.

## First-aid kits: Stock Supplies That Can Save Lives

A well-stocked first-aid kit can help you respond effectively to common injuries and emergencies. Keep at least one first-aid kit in your home and one in your car. Store your kits someplace easy to get to and out of the reach of young children. Make sure children old enough to understand the purpose of the kits know where they're stored.

You can buy first-aid kits at many drugstores or assemble your own. You may want to tailor your kit based on your activities and needs.

### A first-aid kit might include:

- Adhesive tape
- Elastic wrap bandages
- Bandage strips and "butterfly" bandages in assorted sizes
- Super glue
- Rubber tourniquet or 16 French catheter
- Nonstick sterile bandages and roller gauze in assorted sizes
- Eye shield or pad
- Large triangular bandage (may be used as a sling)
- Aluminum finger splint
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable nonlatex examination gloves, several pairs
- Duct tape
- Petroleum jelly or other lubricant
- Plastic bags, assorted sizes
- Safety pins in assorted sizes
- Scissors and tweezers
- Hand sanitizer
- Antibiotic ointment
- Antiseptic solution and towelettes
- Eyewash solution
- Thermometer
- Turkey baster or other bulb suction device for flushing wounds
- Sterile saline for irrigation, flushing
- Breathing barrier (surgical mask)
- Syringe, medicine cup or spoon
- First-aid manual
- Hydrogen peroxide to disinfect
- Aloe vera gel
- Calamine lotion
- Anti-diarrhea medication
- Laxative
- Antacids
- Antihistamine, such as diphenhydramine
- Hydrocortisone cream
- Cough and cold medications
- Personal medications that don't need refrigeration
- Auto-injector of epinephrine, if prescribed by your doctor
- Pain relievers, such as acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others)

Consider keeping aspirin in your first-aid kit, as well. Aspirin may be life-saving in an adult with chest pain. If you or someone else has new or unexplained chest pain or may be having a heart attack, call for emergency medical help immediately. Then chew a regular-strength aspirin. However, don't take aspirin if you are allergic to aspirin, have bleeding problems or take another blood-thinning medication, or if your doctor previously told you not to do so.

**Never give aspirin to children.**

**Emergency items:**

- Emergency phone numbers, including contact information for your family doctor and pediatrician, local emergency services, emergency road service providers, and the poison help line, which in the United States is (800) 222-1222.
- Medical consent forms for each family member
- Medical history forms for each family member
- Small, waterproof flashlight or headlamp and extra batteries
- Waterproof matches
- Small notepad and waterproof writing instrument
- Emergency space blanket
- Cell phone with solar charger
- Sunscreen
- Insect repellent

**Give your kit a check up:**

Check your first-aid kits regularly to be sure the flashlight batteries work and to replace supplies that have expired or been used up.

Consider taking a first-aid course through the American Red Cross. Contact your local chapter for information on classes.

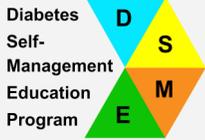
## Interested in receiving a copy of the newsletter?!

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at <http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html>.

The newsletter can be printed and mailed to your address for your convenience.

*To preserve your privacy*, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8071 or email to [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov).

The Florida Department of Health Hillsborough has **FREE** health education programs. If you are looking for a way to help you be a healthier you call **813-307-8071** to register!



**Diabetes Self Management Education**

If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity, better monitoring, medications and improved coping skills.

**Up coming classes:**

January 9, 2019	Wednesday	1:30—3:00 pm	St. Joseph hospital area
January 9, 2019	Wednesday	10—11:30 am	Plant City area <b>[Spanish]</b>
January 10, 2019	Thursday	10—11:30 am	Ybor City area
January 25, 2019	Friday	10:30—12 pm	University area
February 12, 2019	Tuesday	10:30— 12 pm	Sun City Center area
March 6, 2019	Wednesday	10:30—12 pm	Riverview area



**The Diabetes Prevention Program**

This program can help anyone who is overweight— pre-diabetic or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active and other coping skills for a healthy lifestyle change.

**Up coming classes:**

Call for more information!

**Get Into Fitness Today!**



In 6 or 12 weeks participants learn about healthy eating, physical activity and ways to live a healthier life.

**Up coming classes:**

January 16, 2019	Wednesday	2—3pm	North Tampa area
February 1, 2019	Friday	11—12pm	Lutz area
March 4, 2019	Monday	10:30—11:30 am	Seminole Heights area

**Get Into Fitness Together– a Learning Emotional Activity Program (GIFT-LEAP)**

This program is designed for 5-9 to encourage children to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join their 5-9 year old's in the program!



**Up coming classes:**

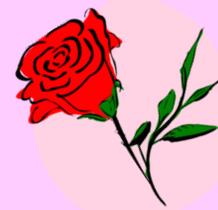
Call for more information!

**The Florida Department of Health Hillsborough  
Florida Breast and Cervical Cancer Early Detection Program**

We offer **FREE** mammogram & pap smear testing! For more information and to schedule an appointment, call **813-307-8082**

**Upcoming mobile mammography:**

*Tampa Family Health Center*  
To schedule and appointment, call **813-284-4529**, Sophia



Florida KidCare, the state of Florida health insurance for children (birth through age 18, even if one or both parents are working). To apply, call 1-888-540-5437, TTY-877-316-8748, apply online, print application and instructions. Visit: [www.floridakidcare.org](http://www.floridakidcare.org).



Farmers Markets around Hillsborough County..... [www.americantowns.com/fl/hillsborough-county-local-food](http://www.americantowns.com/fl/hillsborough-county-local-food)

**PARKS AND RECREATION:**

Hillsborough County Parks, Recreation, and Conservation..... [www.hillsboroughcounty.org/](http://www.hillsboroughcounty.org/)

Plant City Parks and Recreation..... [www.plantcitygov.com/](http://www.plantcitygov.com/)

Tampa Parks and Recreation..... [www.tampagov.net/dept\\_parks\\_and\\_recreation/](http://www.tampagov.net/dept_parks_and_recreation/)

Temple Terrace Parks and Recreation..... [www.templeterrace.com/](http://www.templeterrace.com/)

Do you ever wonder how healthy your community or state is? How does your own health status look compared to the rest of Floridians? If you are interested in statistics and data, Florida Charts is a great resource that paints an accurate picture of the health status of our state— with factual information.



The website has been updated with a new look. Twelve years ago, the site was founded and continues to provide the most up-to-date health statistics you'll find in Florida. Each month, over 24,000 visitors generate over 1 million hits to the 3,500 health indicators, 19 health profile reports and 10 query systems in FLHealthCHARTS. Be sure to bookmark the new site: [www.FLHealthCHARTS.com](http://www.FLHealthCHARTS.com).

**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 .....**307-8082**
- Diabetes .....**307-8071**
- Florida KidCare.....**307-8082**
- Weight Management.....**307-8071**
- Health Literacy.....**307-8071**
- Insulin Program .....**307-8082**
- Lead Poisoning Prevention .....**307-8071**
- School Health .....**307-8071**
- Sterilizations .....**307-8082**
- Office of Health Equity .....**307-8066**

\* All numbers are area code (813) unless otherwise indicated.

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**DISEASE CONTROL**

- HIV/AIDS Specialty Center **307-8064**
- Immunizations **307-8077**
- Sexually Transmitted Diseases **307-8058**
- Anonymous Testing **307-8058**
- Tuberculosis (TB) **307-8047**

**ENVIRONMENTAL HEALTH..... 307-8059**

**HUMAN RESOURCES..... 307-8031**

**NUTRITION/WIC ..... 307-8074**

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

**PUBLIC HEALTH  
PREPAREDNESS ..... 307-8042**

**PUBLIC INFORMATION**

**OFFICER ..... 307-8044**

**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  
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