

JANUARY/FEBRUARY 2022 • VOLUME 17 ISSUE 1

# COMMUNITY WELLNESS



## AMERICAN HEART MONTH IN FEBRUARY

Heart disease is a leading cause of death in the United States for both men and women, however, you can do a lot to protect your heart and stay healthy.

Heart-healthy living involves understanding your risk, making choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. Coronary and other types of heart disease cause heart attacks, but by taking preventive measures, you can lower your risk of developing heart disease and also improve your overall health and well-being.

When it comes to food, heart-healthy eating involves choosing certain foods, such as fruits and vegetables, while limiting others, such as saturated and *trans* fats and added sugars.

Your doctor may recommend the heart-healthy Dietary Approaches to Stop Hypertension (DASH) eating plan because it has been proven to lower high blood pressure and “bad” LDL cholesterol in the blood. Your doctor may recommend the heart-healthy [Dietary Approaches to Stop Hypertension \(DASH\) eating plan](#) because it has been proven to lower [high blood pressure](#) and “bad” LDL cholesterol in the blood.



The Florida Department of Health in Hillsborough Chronic Diseases division offers a **free** blood pressure management class, BP for Me. To learn more about the program visit [here](#) or see page 14 in the newsletter.

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# Talking to My Self

**LESLENE E. GORDON, PHD, RD, LD/N  
COMMUNITY HEALTH DIRECTOR**

I know it's common to say that time flies. But honestly, what happened to 2021? I am sure that I am not unique in thinking that I have lost the last two years, never to get them back, which may be a good thing considering the whirl wind of disturbing national and international issues. In facing this new year, I feel the need to graduate from former new year's resolutions to New Year Affirmations. It may make for a more manageable new 2022. This does not mean I am excluding my personal spiritual approaches for addressing life's challenges, I am just trying a new way to put them in to practice. Positive affirmations are positive self-talk, positive phrases or statements used to challenge negative or unhelpful thoughts. Have I had some negative thoughts in the past year? You bet!

OK, so before you start thinking this is a bit of "hogwash", let me say upfront that there is actually real neuroscientific research on self-affirmation theory. There is MRI evidence suggesting that certain neural pathways are increased when people practice self-affirmation. It is sometimes referred to as cognitive restructuring. Some researchers have found that when we choose to practice positive affirmations, "we're better able to view otherwise-threatening information as more self-relevant and valuable". According to self-affirmation theory, your affirmations must reflect your core personal values. It would not be helpful if you're just repeating random happy thoughts to yourself that are not in line with what you believe to be honest and meaningful.

Positive affirmations are not designed to be cures for anxiety or depression, and they are not intended to replace clinical treatment of those conditions. But they can help individuals respond in a less defensive and resistant way when they are presented with difficulties, threats, feel uncomfortable, feel pressure, or feel excluded. Studies suggest that positive affirmations can even make us "less likely to dismiss harmful health messages, responding instead with the intention to change for the better".

Some affirmations that feel good to me today: I choose to rise above negative feelings and negative thoughts; through my work, I make a positive contribution to my community; I am working every day on the best me that I can be; this pandemic is one isolated moment, not my entire life, things will get better; I am on a journey, ever growing and developing.

What about you, are you okay with talking to yourself? I hope so, because we do it all the time anyway, whether it is aloud or silent, positive or negative. Will some new positive thoughts replace old resolutions so easily broken each year? Could affirmations possibly help you overcome the previous year and redirect you to a more resilient you in 2022? It might be worth a try.

“  
*Some affirmations that feel good to me today: I choose to rise above negative feelings and negative thoughts*  
”

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

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## Pasta with pumpkin sauce



*Try something  
new with  
your pasta*

### Ingredients

2 cups whole wheat bow-tie pasta  
2 teaspoons olive oil  
1 medium onion, chopped  
4 cloves garlic, minced  
8 ounces fresh mushrooms, sliced  
1 cup fat-free low-sodium chicken or vegetable broth  
1 can pumpkin puree (15 ounces)  
1/2 teaspoon sage, rubbed  
1/8 teaspoon salt  
1/4 teaspoon ground black pepper  
1/4 cup grated Parmesan cheese  
1 tablespoon parsley, dried or 3 tablespoons chopped fresh parsley

### Instructions

- ◆ Cook pasta according to package directions.
- ◆ Meanwhile, place a large skillet over medium to high heat. Add olive oil, onion, garlic and mushrooms. Cook about 10 minutes or until onion is soft.
- ◆ Add broth, pumpkin, sage, salt and pepper. Reduce heat and simmer about 8 minutes. When pasta is finished cooking, drain and add it to the pumpkin mixture.
- ◆ Stir to combine ingredients and sprinkle with Parmesan cheese and parsley.

Serves 4

## Proper Portions

### You can use your hand as a reference while estimating portions:

- The palm of your hand is generally the size of a 3-4 oz serving of fish, poultry or meat.
- Your fist is about 1 cup. This is the recommended serving of a fruit or vegetable.
- The distance from the tip of your thumb to the thumb knuckle is about a tablespoon. Remember this when eating peanut butter or salad dressing.
- 1 oz of nuts is about the same size as a small handful.

Use these tips when you serve your next meal, pour cereal, or snack on some popcorn!

Also, try filling half of your plate with fruits and vegetables before adding any other foods. This is another great way to control your portion sizes while increasing your fruit and vegetable intake. Fill the other half of your plate with whole grains and lean protein for a balanced and delicious meal.

# Department of Health's Response to Increasing Rates of Childhood Obesity

Childhood obesity rates have increased during the pandemic. A recent study found that during the pandemic, children became overweight and obese at a faster rate than before the pandemic (Lange et al., 2021). Elementary-aged children had more significant weight gain than other groups. Family-based treatment of children with obesity has been most effective at helping kids and their families with obesity (American Psychological Association, 2018). The American Psychological Association recommends focusing on changing behaviors in children such as increasing activity, improving nutrition, and decreasing screen time. Parents are important role models for healthy behaviors.



The Chronic Diseases division of the Florida Department of Health will be re-starting the Get Into Fitness Together- Learning Emotional Activity Program (GIFT-LEAP) for children aged five to nine years to address the rates of childhood overweight and obesity in young school-aged children. The pediatric GIFT-LEAP program focuses on teaching children where food comes from, eating a wide variety of fruits and vegetables during the day, promoting activity that is fun for children, and avoiding emotional eating. The program engages parents in the program through an interactive website with meal planning tips and meal preparation demonstrations. The Chronic Diseases division plans to enroll children in the program starting in December of this year. All children ages five to nine years old are invited to attend. Please have any interested parents or providers call DOH Chronic Diseases division at **813-307-8009** to enroll.

## References

- American Psychological Association, Clinical Practice Guideline Panel. (2018). *Clinical practice guidelines for multicomponent behavioral treatment of obesity and overweight in children and adolescents: Current state of the evidence and research needs*. <https://www.apa.org/obesity-guideline/clinical-practice-guideline.pdf>
- Lange, S.J., Kompaniyets, L., Freedman, D.S., Kraus, E.M., Porter, R., Blanck, H.M., & Goodman, A.B. (2021). Longitudinal trends in Body Mass Index before and during the COVID-19 pandemic among persons aged 2-19 years—United States, 2018-2020. *MMWR Morbidity Mortality Weekly Report*, 70(37), 1287-1283. <http://dx.doi.org/10.15585/mmwr.mm7037a3>

# When to check with your doctor first

Regular exercise is one of the keys to long-term weight control. Although moderate physical activity, such as brisk walking, is safe for most people, health experts suggest that you talk to your doctor before you start an exercise program if any of the following apply:

- You have heart disease.
- You have asthma or lung disease.
- You have diabetes, or liver or kidney disease.
- You have arthritis.

You should also check with your doctor if you have symptoms suggestive of heart, lung or other serious disease, such as:

- Pain or discomfort in your chest, neck, jaw or arms during physical activity
- Dizziness or loss of consciousness
- Shortness of breath with mild exertion or at rest, or when lying down or going to bed
- Ankle swelling, especially at night
- A heart murmur or a rapid or pronounced heartbeat
- Muscle pain when walking upstairs or up a hill that goes away when you rest



Finally, the American College of Sports Medicine recommends that you see your doctor before engaging in vigorous exercise if two or more of the following apply:

- You're a man older than age 45 or a woman older than age 55.
- You have a family history of heart disease before age 55.
- You smoke or you quit smoking in the past six months.
- You haven't exercised for three months or more.
- You're overweight or obese.
- You have high blood pressure or high cholesterol.
- You have impaired glucose tolerance, also called prediabetes.

## **When in doubt, check it out**

If you're unsure of your health status, have multiple health problems or are pregnant, talk with your doctor before starting a new exercise program. Working with your doctor ahead of time is a good way to plan an exercise program that's right for you. Consider it the first step on your path to physical fitness.

One last point: Exercise shouldn't cause pain. Pain is your body's way of saying something's not right. If you feel pain or significant discomfort during or after exercise, you may need to rest or adjust your workout. Know that you can benefit from exercise without becoming extremely sore or injuring yourself.

## Combat muscle loss with these training tips

As you age, it's fairly common to experience muscle loss, which can lead to a decrease of strength. And that makes it harder to take part in many daily activities, even simple ones such as walking and climbing stairs. However, according to experts, progressive-resistance strength training can help counteract the muscle loss that many people just accept as a natural part of aging.



With progressive-resistance strength training, you exercise your muscles against some type of resistance — such as lifting weights — and gradually increase the load or number of repetitions as you become stronger. The resistance can be from free weights, weight machines, elastic bands or your own body weight — like doing pushups. This type of strength training can also reduce your risk of obesity, heart disease, colon cancer, diabetes, osteoporosis, osteoarthritis, low back pain and depression.

If you have high blood pressure, heart or blood-vessel disease, arthritis, or another serious illness, talk to your doctor before starting a strength-training program. Otherwise, try these tips.

- Learn about proper technique for using free weights or weight machines. Work with a trainer virtually for tips — many offer free consultations.
- Do strength training two to three times a week, but not two days in a row.
- Exercise all your major muscles. Use enough resistance that your muscles are tired after eight to 12 repetitions. When this becomes easy, you can vary the type of resistance exercise you do, lift heavier weights, add a second set of repetitions or add a third day of training each week.
- Stop exercising if you become dizzy or excessively short of breath or you experience chest discomfort or sharp pain in your muscles or joints.

# TAKE CHARGE OF YOUR BONE HEALTH!

Did you know... Tampa Bay has the highest rate of fractures in the United States? \*

Take Charge of Your Bone Health! Register today for any of our FREE 1 hour virtual programs and learn ways to achieve your optimum bone health!



Learn your risk of getting a bone fracture in the next 10 years. Click on this link to fill out the Fracture Risk Calculator: <https://americanbonehealth.org/frc-tampa/>



## WHY HEALTHY BONES MATTER FOR PEOPLE WITH BREAST CANCER™

This free live virtual event brings insights and understanding into how cancer and cancer treatments affect bone health.

Monday, January 17th, 12:00pm

<https://americanbonehealth.org/whbmbc117/>



## WHY HEALTHY BONES MATTER FOR THE BLACK COMMUNITY™

This free live virtual event brings insights and understanding into how medical conditions, medicines, family history and lifestyle can cause bone loss and increase the risk of fractures.

Monday, February 28th, 6:00pm

<https://americanbonehealth.org/whbmbc228/>



## FREEDOM FROM FRACTURES™

Take charge of your bone health! Join us for this virtual program to learn more about how to achieve optimum bone health or how to help a loved one avoid bone fractures.

Tuesday, March 1st, 11:00am

<https://americanbonehealth.org/fff2231/>



Based on claims data from Symphony Health Solutions; data period Jan-2018 to Dec-2018. Tampa Bay Area is defined at Tampa-St. Petersburg-Clearwater statistical metropolitan area.



# Get into the habit: Pack your lunch



How often do you just grab whatever's available when you're hungry, even relying on a vending machine to supply your midday meal?

Reinvigorate your lunch, save money and eat healthier with the following packing tips:

- Pick foods from a range of food groups to maximize your energy. Choose fruits; vegetables; low-fat milk, yogurt or cheese; whole-grain bread, cereal, pasta or brown rice; and lean meat, chicken, fish, eggs or beans for your lunches.
- Think beyond the typical sandwich and chips. Stuff whole-grain pita bread with sliced chicken, cucumbers, red onion, low-fat feta cheese and a dash of light dressing. Make kebabs with cut-up fruits and pair with low-fat yogurt as a dip. Replace peanut-butter sandwiches with another nut or seed spread like sunflower-seed butter.
- No microwave? No problem. Keep hot foods hot with an insulated vacuum container such as a thermos. Fill with hot stew, chili, vegetable soup or leftovers for a satisfying meal on a cold day.
- Have easy brown-bag options handy. Pair low-fat cheese sticks and smoked turkey slices with whole-grain crackers, crunchy raw vegetables and a handful of grapes, or try whole-grain pasta salad — made with chicken, vegetables and shredded Parmesan cheese — with low-fat pudding and a crisp apple. Another option: Layer hummus, sliced tomatoes and reduced-fat sharp cheddar cheese over whole-grain bread for a taste-tempting sandwich. Add a handful of baked potato chips and a fresh pear for a satisfying meal.
- Revive leftovers. Don't let food from the day before go to waste — turn it into a tasty lunch! Pasta dishes can be enhanced with vegetables, such as a serving of broccoli or a handful of baby spinach. Bring salads to life by adding your favorite raw veggies or protein, such as a boiled egg, chicken or tofu.

Packing lunches can be challenging if you aren't already in the habit. Look within yourself to find barriers to success and plan solutions that work for you...and save money while you're at it!



# Support for Safe and Healthy Homes in Tampa Bay

By Katie French from Rebuilding Together Tampa Bay

Did you know the environmental health of your home can affect your child's health? Pests, mold, leaks, and dust collecting clutter can all lead to increased asthma episodes and worse allergy symptoms. But sometimes getting a handle on these environmental triggers can be costly.

To support families in addressing environmental trigger, Rebuilding Together Tampa Bay developed their program called Safe and Healthy Homes. If you own a home, have children and meet certain income requirements, you might be an excellent fit to get support to make those necessary environmental changes that can support the improvement of the health of your little ones.

Families who participate in this program learn about improving their home's health, managing asthma, and also receive critical home repairs that address environmental health and safety hazards.

To find out more about no-cost home repairs or to apply, please visit: <https://rttb.org/homeowners/>

## THE IMPACT OF CREATING HEALTHIER HOMES FOR CHILDREN

Rebuilding Together Tampa Bay's (RTTB) *Healthier Homes for Children* project provides free repairs to improve your home's air quality and training to create a safer, healthier future for your family!

### THIS IS THE STORY OF BRYANT & TREVON!



#### RTTB'S INTERVENTION

To help brothers Bryant and Trevon breathe easier at home, RTTB repaired areas of moisture leakage, mold, allergen entry, and dust mites, and created an allergen-safe zone in the house for the boys. Their mother says the repairs have **made a real impact on the quality of their lives.**



#### REDUCED SYMPTOMS

Bryant is 11 years old and was diagnosed with asthma. His last asthmatic episode was on March 28, 2019, sending him to the hospital. Since the home repairs, **Bryant wakes up every morning without asthma symptoms and has had NO visits to urgent care!**



#### REDUCED MEDICATION

Bryant was on 7 prescribed medications to control and treat his asthma. After the repairs, his doctor took him off all but 2! He only uses the remaining medications (nasal spray and pump) as needed, and **Bryant has not used pump in 2 weeks!**



#### ASTHMA PREVENTION

Trevon is 8 years old and suffered from allergies. Since the repairs were completed, Trevon has had **NO coughing or sneezing from allergies!** His allergy specialist said that, because of the intervention, **Trevon will most likely not develop asthma and that he no longer needs to take medication!**

FOR MORE INFORMATION:  
WWW.RTTB.ORG OR  
813-878-9000, EXT. 9



# Safe & Healthy Homes for Families



Safe & Healthy Homes<sup>®</sup>

Attention Hillsborough and Pinellas County Families! Rebuilding Together Tampa Bay (RTTB) wants to help make your home healthier and safer for your children at **NO COST TO YOU!**

## HOW CAN WE HELP?

If you are a homeowner in Hillsborough and have at least one child (age 0-14) or Pinellas County and have at least one child (age 0-18), you may be eligible for NO COST home repairs and education to help maintain a safer, healthier home.

## HOW TO APPLY

Fill out an online application at [rttb.org/homeowner](http://rttb.org/homeowner). For more information, please contact the RTTB Intake Coordinator, Madelyn Figueroa-Beniquez, at 813-878-9000, ext. 9 or [madelyn@rttb.org](mailto:madelyn@rttb.org)

## PROGRAM REQUIREMENTS

- Owner Occupied in Hillsborough or Pinellas County
- County Household income at or below 120% Area Median Income
- Must live in a single family dwelling, condo, townhome, mobile & manufactured homes (must own lot).
- Property taxes must be current.

## PREVENTIVE REPAIRS INCLUDE

- Carpet steam cleaning
- Weatherization of doors and windows
- Installation of child proofing kits
- Replacement of smoke detectors and carbon monoxide detectors
- Replacement of AC return filters
- Minor mold remediation
- Lead paint testing



Funding Generously Provided By:





JANUARY, 2022

## Are you a pediatric provider in the Tampa area?

### Screenings for lead poisoning have declined since the pandemic.

What does this pandemic mean for our kids and how do we balance our focus?

During January–May 2020, 34% fewer U.S. children had (blood lead levels) BLL testing compared with those during January–May 2019, with an estimated 9,603 children with elevated BBL missed in 34 jurisdictions. COVID-19 has adversely affected identification of children with elevated BLLs, exposure elimination, and linkage to services. It remains important that providers ensure that young children receive appropriate lead testing and care management. (CDC, 2020).

By Colleen Lenfestey, RN, BSN, FCCM



Hello, I'm Jorge Flores and I am here representing the Lead Prevention Program with the Florida Department of Health in Hillsborough County.

813-559-4181  
Jorge.flores@flhealth.gov

The purpose of the Childhood Lead Poisoning Prevention Program is to reduce the prevalence of childhood lead poisoning in Hillsborough County. We educate health care professionals and the public about the hazards of childhood lead poisoning and identify and provide follow-up care to children with childhood lead poisoning. DOH provides education to health care professionals and parents about the screening guidelines and hazards of lead poisoning. This includes the provision of care coordination to children with high blood lead levels, and education to citizens and contractors about lead poisoning on lead hazards and remediation from residential neighborhoods.

Visit The Florida Lead Prevention Program  
<http://www.floridahealth.gov/environmental-health/lead-poisoning/index.html>

In 2017-2018, Hillsborough County had the second most pediatric lead poisoning cases in Florida.

## What can you do as a health care provider?

- Help the effort to increase lead screenings among children ages 1-5 especially if they already have Medicaid.
- Distribute brochures to parents and staff that the Florida Department of Health will provide you.
- Call or reach out to me at the Florida Department of Health in Hillsborough County to coordinate future screenings and presentations for staff and personnel.
- Post the Prevent Childhood Poisoning mini poster in your office so that parents are aware of the risks associated with lead poisoning.



Did you know that in 2018 lead poisoning cases were the second most reportable disease among children ages 1-5 in Florida?

**PREVENT CHILDHOOD LEAD POISONING**

**24 MILLION** homes in the U.S. contain deteriorated lead-based paint and elevated levels of lead-contaminated house dust. **4 MILLION** of these are home to young children.

**535,000** U.S. children ages 1 to 5 years have blood lead levels high enough to damage their health.

**EXPOSURE TO LEAD CAN SERIOUSLY HARM A CHILD'S HEALTH**

- Damage to the brain and nervous system
- Slowed growth and development
- Learning and behavior problems
- Hearing and speech problems

Exposure to lead can cause lower IQ, decreased ability to pay attention and underperformance in school.

**LEAD CAN BE FOUND THROUGHOUT A CHILD'S ENVIRONMENT.**

- When the paint peels and cracks, it makes lead dust. Children can be poisoned when they swallow or breathe in lead dust.
- Certain jobs and hobbies involve working with lead-based products, like auto glass work, and many care parents (including lead into the home).
- Contains water pipes may contain lead.
- Lead is sometimes in carbon imported from other countries or traditional home remedies.
- Lead can be found in some products such as toys and toy jewelry.
- Humans built before 1978 (when lead-based paints were banned) probably contain lead-based paint.

**TAKE THESE STEPS TO MAKE YOUR HOME LEAD-SAFE.**

- Talk with your child's doctor about a single blood lead test. If you are pregnant or nursing, talk with your doctor about exposure to sources of lead.
- Renovate safely. Common renovation activities can create hazardous lead dust. If you're planning renovations, use contractors certified by the Environmental Protection Agency (EPA) ([www.epa.gov/lead](http://www.epa.gov/lead)) for information.
- Talk with your local health department about testing paint and dust in your home for lead if you live in a home built before 1978.
- Remove recalled toys and toy jewelry from children and discard as appropriate. Stay up-to-date on current recalls by visiting the Consumer Product Safety Commission's website: [www.cpsc.gov](http://www.cpsc.gov)

VISIT - [WWW.FLORIDAHEALTH.GOV/ENVIRONMENTAL-HEALTH/LEAD-POISONING](http://WWW.FLORIDAHEALTH.GOV/ENVIRONMENTAL-HEALTH/LEAD-POISONING) OR [WWW.CDC.GOV/NCEH/LEAD](http://WWW.CDC.GOV/NCEH/LEAD) TO LEARN MORE.

FLORIDA HEALTH

# GIFT @ Work

## A Worksite Wellness Program

### HOW IT WORKS



#### Increases In:

- Productivity
- Employee Morale
- Self-Esteem
- Overall Health Outcomes



#### Decreases In:

- Absenteeism
- Employee Turnover Rate
- Stress Levels
- Healthcare Costs



It is known that a productive company would not exist with unhealthy employees. Daily chores that we make can aid creating healthier, stronger, and happier versions of ourselves at work and at home. The Community Health Division within the Florida Department of Health in Hillsborough County is offering any businesses a corporate wellness program to improve the overall health of their employees.

If your business is interested, please call **(813) 559-4153** and learn how you can get started!

**EVERY DOLLAR  
INVESTED YIELDS \$6  
IN HEALTH-RELATED  
SAVINGS**



### 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).

# Want to be a healthier you? We can help!

The Florida Department of Health has **FREE** health education programs.

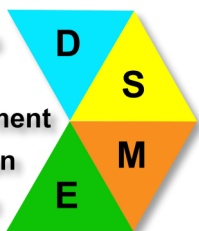
Call **813-307-8009** to register.

The logo for 'BP For Me' features the letters 'BP' in black, a red heart with a white pulse line, and the letters 'R ME' in black.

## BP For Me

This 4 week program is designed for individuals who have high blood pressure and want to improve their heart health and reduce their risk for complications.

Diabetes  
Self-  
Management  
Education  
Program



## 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 and self-monitoring, learning about medications, and practicing coping skills.

The logo for 'Prevent T2' features the text 'PREVENT T2' in green and blue, with a stylized human figure icon to the right. Below it, the text 'A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES' is written in smaller green letters.

## 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 positive coping for a healthy lifestyle change.



## Get Into Fitness Today

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



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

This program is designed to encourage children ages 5-9 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-olds in the program!

## 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 an appointment, call Sophia at **813-284-4529**

## Fl<sup>o</sup>rida KidCare FLORIDA KIDCARE

The State of Florida health insurance for children (birth through age 18, *even if one or both parents are working*).

To apply by phone, call **1-888-540-5437**, or

**TTY-877-316-8748**.

To apply online, visit: [www.floridakidcare.org](http://www.floridakidcare.org).



### FL HEALTH CHARTS

Have you ever wonder how healthy your community or state is? Or

how your own health status compares to other Floridians? If so, Florida Health Charts is a great resource that paints an accurate picture of the health status of our state — with factual information.

The website continues to provide the most up-to-date health statistics you'll find in Florida. Be sure to bookmark the new site: [www.FLHealthCHARTS.com](http://www.FLHealthCHARTS.com).

## PARKS AND RECREATION

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

Plant City Parks and Recreation  
<https://www.plantcitygov.com/parksrec>

Tampa Parks and Recreation  
<https://www.tampagov.net/parks-and-recreation>

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

Farmers Markets around Tampa Bay  
<https://www.americantowns.com/tampa-fl/local-food/>

# CONTACT US

**MAIN OPERATOR  
& 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 ..... 307-8009  
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  
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Office of Health Equity ..... 307-8066

### 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

(birth & death records) ..... 307-8002

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



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

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