



## How Do We Change?

It's that time of year when most people look at another year's passing and the beginning of the new with resolutions to start fresh and are galvanized with energy. Why are some people successful at making desired changes and others, with good intentions, can't quite do it?

Changing almost anything is a process. In a model that was originally developed in the 1970's to better understand how smokers are able to give up tobacco, the Stages of Change explains intentional behavior change that utilizes both cognitive and performance-based components. Change begins in the mind and requires time, with stages that are predicable. It does not happen in just one step!

### *Stage 1: Pre-contemplation*

An individual at this step has no intention of changing behavior in the near future (measured at about 6 months). They don't want to make changes, don't recognize they have a problem or that there is a need to change. Sometimes characterized as "resistant", "unmotivated", or "defensive", people at this point tend to avoid information, discussion, or thought with regards to the targeted behavior. This stage is often called "denial". But we all start here.

### *Stage 2: Contemplation*

Progress! At this stage, a person begins to weigh the costs of making a change (i.e. time, effort, finances) and is more open to considering the benefits. Will it be worth it? Being more aware of the negative consequences of not making a change and even seeking information, the person may still feel the short-term efforts aren't worth the long-term benefits. Even though a firm commitment has not been made, this is a great time to think of goals and try to visualize the results. Humans tend to seek pleasure and avoid pain, so the more pleasure or satisfaction that can be ascribed to the change, the more likely action will be taken. It could take a couple of weeks or a lifetime to move on to the next stage. A good description of people at this stage - ambivalent and sometimes procrastinating.

### *Stage 3: Preparation*

Congratulations! If you are in this stage, you've arrived at the place where you've decided to change (within the next month). Perhaps you make that long-delayed appointment with the doctor, enroll in a fitness class, make efforts to improve your skills or education, become a volunteer, or decide to walk every morning before work or school.

Preparation is an important step. It is the research phase - taking small steps to confirm that "yes, this seems doable" and a time for gathering more information about what will need to be done, what resources there are, who could be a "buddy" in the process. Regardless of what change you are planning, it's viewed as a transition rather than stable stage so having others to encourage you is important. People often skip this stage because of initial enthusiasm and move straight to Action - a bad move that could cause failure because adequate research or acceptance of what it is going to take to make this change is not done.

### *Stage 4: Action*

The action stage is, you guessed it, action! An individual is now in the process of changing behavior, a habit, lifestyles - whatever you want to call it. But change means change in the mind, as we make decisions, and in actions, as those decisions come to life. This stage is about 6 months, so the risk of relapse is greatest. As with Preparation, having techniques to stay motivated are key to meeting goals and staying on course. A person is mentally reviewing their commitment to themselves and developing plans to deal with both controllable and uncontrollable situations. During this stage, people benefit from some short-term goals to keep motivation alive.

### *Stage 5: Maintenance*

Success! Sustained changes have become blended into one's lifestyle. People who reach maintenance stage frequently remind themselves of how much progress they have made. They constantly make adjustments to maintain changes. Acquiring new skills to deal with unplanned situations, they can avoid relapse by anticipating situations that could be a problem and planning how they will deal with them in advance. They remind themselves that their efforts are worthwhile and are patient with themselves if they take a baby-step backwards once in a while. It is always good to re-evaluate once success is achieved to make sure old habits are not subtly creeping in.

Change isn't easy or we could all do it without blinking. As you consider another year of opportunity, be pro-active and put "change" on your radar. Be ready to put 1st things 1st, but don't sabotage yourself by skipping steps. Just begin with the end in mind! Happy 2014 and consider how different (in a good way) you might be this time next year!

Sources accessed and excerpted:

-Motivational Interviewing and the Stages of Change, [www.samhsa.gov](http://www.samhsa.gov), 12/2013

-The Stages of Change, Virginia Tech Continuing and Professional Education, <http://cpe.vt.edu/home>, 12/2013

-Marc Perry, [5 Stages of Change - Which State Are You In?](#), revised 4/7/13, accessed 12/2013

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**Go Ahead. Make a New Year’s Resolution**

Leslene Gordon, PhD, RD, LD/N, Community Health Director

Rather than focusing simply on the leading causes of death, namely heart disease, cancer, stroke, etc., many of us in Public Health have been more concerned with the “actual causes of death”. These behavioral indicators are felt to be the real, root causes of death from heart disease, cancer, and the others. For example, we understand that lung cancer is a cause of death. But in many cases what causes the lung cancer is smoking. This is, therefore, seen as the real cause of the cancer and death. This perspective allows us to consider and gather data on “actual causes of death” indicators like tobacco use, overweight, obesity, and insufficient physical activity. This perspective also emphasizes the importance of changing behavior and the need for each of us to take some personal responsibility for our health status. No, we are not blaming the victim. What we are saying is that there are things each individual can do, as it relates to lifestyle, to improve their own health status.

So, as we enter this fresh new year, consider some changes in your lifestyle that you could make to improve your health. Fix your mind on or be determined to do something specifically related to your activity level, diet, or perhaps smoking. Being resolved to take some kind of action or making a “resolution” is one of the steps needed to be made to see changes that could benefit you and your family. We all kind of snicker at the thought of making a New Year’s resolution, because the feeling is that it’s not going to last. The fact is, whether it’s a new year or a new day, for most of us, behavioral changes start with a strong determination or commitment to make that change. So go ahead, even if internally you laugh a little. Make a New Year’s resolution.

**February is American Heart Month**



Year after year, we learn that some things never change, like heart disease. It remains the number one killer of most Americans.

Do you know your important numbers that are related to heart disease and that are good measuring sticks for heart health? Blood pressure and cholesterol are extremely important numbers to know. Other numbers that effect heart health are blood glucose (sugar), weight, BMI and waist circumference. Be a partner with your healthcare provider and be sure you understand your numbers and how you and any treatment prescribed can improve your risk for heart disease.

Prevention is possible. Individuals who control diabetes, high blood pressure and high cholesterol, avoid tobacco, moderately use alcohol, maintain a healthy weight, have a healthy diet, and get regular physical activity can reduce their risk of heart disease.

**If you think that you or someone you know is having a heart attack, call 9-1-1 immediately.**

**5 Major Warning Signs of Heart Attack**

1. Pain or discomfort in the jaw, neck, or back.
2. Feeling weak, light-headed, or faint.
3. Chest pain or discomfort.
4. Pain or discomfort in arms or shoulder.
5. Shortness of breath.

**Immunizations and Refugee Health Assessment clinics have moved!**

NEW LOCATION:  
8605 No. Mitchell Avenue  
Tampa, 33604

**Service by appointment.  
Call 813-307-7700**

(east of Nebraska Avenue off Seward, which is south of Busch Boulevard and north of Waters Avenue)

Have a question or comment? Contact us:  
[hillschdfeedback@doh.state.fl.us](mailto:hillschdfeedback@doh.state.fl.us)

Managing Editor: Cindy Hardy  
Copy Editors: Amanda Brokaw  
Emily Brown  
Nailah Ramsingh

# Extreme Recipe Makeover

January continues the holiday theme, with family gatherings and, for many households, football. Bowl games! So having some great tasting food that is HEALTHIFIED (no, it is not in the dictionary but it should be) can be a nice gift for friends and family that will make them appreciate your attention to their health.

## Hot Spinach-Artichoke Dip (original)

Makes about 4 cups, approximately 8 servings

### Ingredients

- 1 (10-ounce) package frozen chopped spinach
- 2 (13 3/4-ounce) cans artichoke hearts, drained and chopped coarsely
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1 cup freshly grated Parmesan
- 1 cup grated pepper jack cheese

### Directions

- Preheat the oven to 350 degrees F.
- Grease a casserole dish with nonstick spray.
- Heat the spinach in a microwave oven on high for 5 minutes and squeeze dry.
- Combine all the ingredients except the jack cheese in a large bowl and stir well.
- Scrape into the prepared casserole dish, sprinkling the jack cheese on top.
- Bake for 30 minutes.
- Transfer to a chafing dish and keep warm over a low flame.
- Serve with bagel chips.

\* Nutrition information does not include bagel chips.

#### \*Nutrition Info per 1/2 cup serving

Calories: 247  
Total fat: 20 g  
Carbohydrate: 8 g  
Dietary fiber: 2 g  
Protein: 8.5 g

<http://www.foodnetwork.com/recipes/paula-deen/hot-spinach-artichoke-dip-recipe/index.html>



## Hot Spinach-Artichoke Dip (Healthified!)

Makes about 6 cups, approximately 12 servings

### Ingredients

- 1 (10-ounce) package frozen chopped spinach
- 2 (13 3/4-ounce) cans artichoke hearts, in brine, drained and chopped coarsely
- 1 package low-fat cream cheese
- 2 cups nonfat sour cream
- 1/2 cup grated Parmesan
- 1 cup low-fat mozzarella cheese, grated
- 1 Tablespoon lemon juice
- 1 Tablespoon fresh black pepper (to taste)
- 1 garlic clove, finely chopped
- Onion powder and chili pepper flakes (optional)

### Directions

- Preheat the oven to 350 degrees F.
- Grease a casserole dish with nonstick spray.
- Heat the spinach in a microwave oven on high for 5 minutes and squeeze dry.
- Combine all the ingredients except the mozzarella cheese in a large bowl and stir well.
- Scrape into the prepared casserole dish, sprinkling with mozzarella cheese on top.
- Bake for 30 minutes.
- Transfer to a chafing dish and keep warm over a low flame.
- Serve with bagel chips.

\* Nutrition information does not include bagel chips.

#### \* Nutrition Info per 1/2 cup serving

Calories: 180  
Total fat: 9.5g  
Carbohydrate: 13g  
Dietary fiber: 3g  
Protein: 10.5g

<http://www.food.com/recipe>



## Global Health Influenza Prevention Especially Important in Pregnant Women

While the influenza season is well underway in Florida and other parts of the country and globe, it is not too late to receive good protection from influenza vaccination.

It is especially important for pregnant women to be vaccinated due to the increased risk of complications associated with contracting the flu while pregnant.

According to information released on December 17, 2013 by the Florida Department of Health, several reports of pregnant women with influenza-like illness from around the state have been received, including one confirmed death and four severe cases in which women have been admitted into critical care units at hospitals.

The flu vaccine is safe and will protect the mother, the unborn child, and due to maternal antibodies, will protect the baby or babies during the first months after birth. Pregnant women are also reminded to be immunized by a flu injection rather than nasal spray vaccines. While the nasal spray is effective for people ages 2 through 39, they are not recommended for use in pregnant women.

“It is highly advised that pregnant women receive the influenza vaccination either before or during pregnancy,” said Dr. Celeste Philip, Deputy Secretary for Health and Deputy State Health Office for Children’s Medical Services. “Flu can be a serious health concern for the expecting mother and their unborn child. Pregnant women should take all precautionary steps possible to protect themselves and their babies against influenza this season.”

Symptoms of the flu include headache, fever, severe cough, runny nose or body aches.

Influenza vaccine is offered in many community locations, including doctor’s offices, clinics, retail stores and pharmacies, health centers, and by many employers and schools. Visit [www.flshot.healthmap.org](http://www.flshot.healthmap.org) for locations nearest you.

Healthcare providers, the latest Centers for Disease Control and Prevention recommendation on providing flu vaccine to pregnant women can be found at [www.cdc.gov/flu/protect/vaccine/pregnant.htm](http://www.cdc.gov/flu/protect/vaccine/pregnant.htm).

## PRE-CONCEPTION (pre-pregnancy) HEALTH

Most women know they need to see a doctor and make lifestyle changes while they are pregnant but being in good health before pregnancy is equally important and can improve the chance of having a healthy baby.

### Steps to take *before you get pregnant* <sup>1</sup>

> Even if you feel well, your doctor or midwife can help by discussing your current health, medications, health history, family’s health history (because there may be conditions that could be passed along to the new baby). They may provide blood tests or vaccines and help stabilize any long-term health problems, like asthma or diabetes.

> **STOP** smoking, alcohol and drugs, and limit caffeine. These can increase the chance that you will miscarry when you do get pregnant. Smoking during pregnancy can increase risks of low-birth weights. Alcohol, even in small amounts, can harm a growing fetus and can cause intellectual and learning disabilities, behavioral issues, and facial and heart defects. Drugs not prescribed by your doctor can be dangerous to take at any point in life. Drinking more than 2 cups of coffee or 5 cans of soda a day can increase the chance of miscarriage.

> Eat a balanced diet and try to get to your ideal weight even before you become pregnant. Being overweight during pregnancy can increase your risk for high blood pressure, diabetes, miscarriage, stillbirth, and birth defects. Reduce empty calories and artificial sweeteners; eat foods high in protein and fruits, vegetables, dairy, and whole grains. Limit fish and seafood that contain mercury, which can cause birth defects if eaten in large amounts.

> Take vitamins and Folic Acid. Your doctor can advise how much is best for you and you can start **BEFORE** you get pregnant. Don’t take herbal supplements because there are no good studies about their safety during pregnancy.

> Exercising before you get pregnant may help your body deal with all of the changes you’ll go through during pregnancy and labor. Talk to your doctor about the kind and amount of exercise that is good for you once you become pregnant.

> Be as stress-free as possible and get plenty of rest and relaxation.

\* Hillsborough County’s infant mortality rate is 7.9 per 1000 live births (2010-2012), which is higher than the overall Florida State rate of 6.3.<sup>2</sup>

<sup>1</sup> MedlinePlus, Steps to take before you get pregnant, [www.nlm.nih.gov/medline/ency/patientinstructions/000513.htm](http://www.nlm.nih.gov/medline/ency/patientinstructions/000513.htm), 12/4/13

<sup>2</sup> Florida CHARTS, [www.floridacharts.com](http://www.floridacharts.com)

**Florida Department of Health  
HILLSBOROUGH COUNTY**

**Florida Breast and Cervical Cancer  
Early Detection Program  
Quick Facts**



As part of the Florida Breast and Cervical Cancer Early Detection program, the health department in Hillsborough serves as regional contract management for funding services in Hillsborough, Polk, Hardee, and Highlands counties. During the State fiscal year of July 1, 2012 through June 30, 2013, all performance indicators were met in the eleven (11) core areas:  
Indicator type:

- ▶ Screening for Pap tests and Mammograms (2)
- ▶ Cervical Cancer Diagnosis (5)
- ▶ Breast Cancer Diagnosis (4)

Tracking for quality of service, timely care, and completeness and accuracy of data serves to ensure proper care coordination.

Florida consistently meets every CDC quality indicator and exceeds program screening goals.

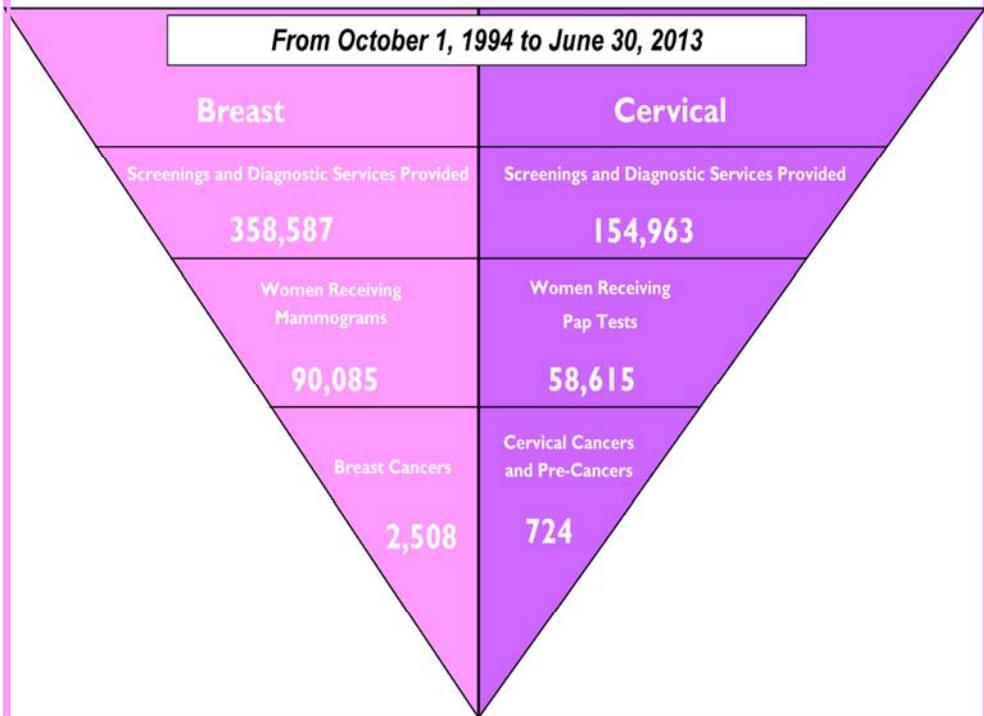
For information about eligibility and receiving a Pap test or Mammogram, visit our website: [www.hillscountyhealth.org](http://www.hillscountyhealth.org) under Health Services or call: 813-307-8015 extension 7112 or 7109.

The National Breast and Cervical Cancer Early Detection Program as administered by the Centers for Disease Control and Prevention (CDC) funds the Florida Breast and Cervical Cancer Early Detection Program (FBCCEDP). This funding serves approximately **5.7 percent** of the eligible priority population in Florida.

**Eligibility Requirements:**

- Female aged 50 to 64, and
- Household income at or below 200% of the Federal Poverty Level, and
- Uninsured or no insurance that covers screenings.

**FBCCEDP provides a vital link to screening, diagnostic, and treatment services for Floridian women.**



**During Fiscal Year 2012-2013**

**Program Provided:**

- 29,723 breast screenings and diagnostic services
- 13,144 women with mammogram screenings
- 5,593 Pap tests and cervical diagnostic services
- 5,210 women with Pap tests

**Program Detected:**

- 269 breast cancers
- 47 cervical cancers and pre-cancers

October, 2013



Go Pink! Health department staff participated in the American Cancer Society's *Making Strides Against Breast Cancer* walk in Tampa.



**THE GOOD NEWS:** 38% of all breast cancers in the US could be prevented through healthy lifestyle changes. Early detection, early treatment, healthy lifestyles!

# CASE FOR WORKSITE WELLNESS & ECONOMIC GROWTH

Skyrocketing health care costs and escalating chronic disease rates place a huge economic burden on America's business, yet **75% of America's health care costs come from diseases that are preventable**. Health matters in the workplace: A healthier workforce brings higher productivity, fewer work days missed and lower health insurance costs.

Creating a healthier workplace makes a difference, but healthy people live in healthy communities and businesses flourish when they help build healthier communities, too. *Prevention Means Business*, a new info-graphic produced by the Public Health Institute in partnership with the American Public Health Association, graphically illustrates the connection between healthy places and thriving businesses.

Thriving businesses, coupled with community infrastructure that supports accessible physical activity helps fuel healthy and growing economies.

The Florida Department of Health in Hillsborough County has resources to help your business be a healthier workplace.

Programs for weight management and improved fitness, diabetes self-management and diabetes prevention, and assistance in developing and implementing healthy vending, tobacco-free, and breastfeeding policies are available at no charge to your business.

Improve your bottom line by helping your employees stay healthy, reducing sick time and increasing productivity.

All you have to do is call. 813-307-8071

# PREVENTION MEANS BUSINESS

## POOR HEALTH IS BAD FOR BUSINESS

Chronic disease drives health care expenditures, which cuts into company profits and productivity.



**67%**  
of our workforce is overweight or obese



**1 IN 4**  
Americans has heart disease



**1 IN 3**  
Americans has high blood pressure



**\$73 B**  
annual cost of obesity among full-time employees



**50%**  
of company profits go towards health care costs



**\$153 B**  
loss to employers annually due to absenteeism from workers who are overweight or obese and have other chronic health conditions



**450 M**  
additional work days missed every year by full-time workers who are overweight or obese and have chronic health conditions



American  
Public Health  
Association

[www.apha.org](http://www.apha.org)

A healthy, thriving workforce makes for a healthier business. Investing in health—in the workplace and in the community—reduces health care costs, improves productivity and makes businesses stronger.

## PREVENTION PAYS AT WORK

Even small investments in health within the workplace can create big returns:



### WORKPLACE WELLNESS

For every **\$1** spent on workplace wellness programs, employers can save up to **\$6**

### ADDRESS HEALTH RISKS

**1%** reduction in health risks would save as much as **\$83-103** annually in medical costs, per person.

### SAVE MONEY



Workplace wellness programs can reduce sick leave, medical costs and worker's comp claims by as much as:

**25%**

## HEALTHY COMMUNITIES = HEALTHY BUSINESSES

Building a healthier community saves lives and money.



### BIKING SAVES MILLIONS

Do you have bike racks? Are there bike lanes on your streets? Bicycle commuters saved Iowa \$13.2 million a year in health care costs and \$73.9 million for those who cycle recreationally.



### SMOKE-FREE SPACES SAVE LIVES

Are your shared community spaces and workplace smoke-free? Smoke-free strategies and education prevented 800 thousand deaths related to lung cancer between 1975-2000.



### HEALTHY OPTIONS. HEALTHY CHOICES.

Are healthy foods affordable and accessible at work meetings, in vending machines and in your community? Research shows that making the healthier option the default can lead to healthier choices.



### WALKABLE SPACES + ECONOMIC GROWTH

Do your workplace and community make physical activity easier? In one California city, \$10 million spent on more walkable public outdoor spaces spurred a \$125 million economic investment in the local downtown area, which led to the creation of 40 new businesses and 800 new jobs.



Full references available at [bit.ly/preventionmeansbusiness](http://bit.ly/preventionmeansbusiness)

# Get Into Fitness Today!

a FREE weight loss and wellness program:

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



Don't wait! Get started today...

[www.GetIntoFitnessToday.net](http://www.GetIntoFitnessToday.net)



Now **THREE** easy ways to get started today!

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

## We've got you covered!

1. Support groups - great for accountability! Offered at NO CHARGE!
2. GIFT in the workplace - an incredible bargain for worksite wellness - packages for business available FREE!
3. Online - always available when you need it and great resources! - You guessed it - It's FREE!

Our staff of registered dietitians, registered nurses, and health educators are available to help you identify problem areas in your journey to getting healthier. Join others today who have started a healthy lifestyle, lost weight and improved their nutrition and fitness levels.

*Are you ready to give yourself a GIFT?*

[www.GetIntoFitnessToday.net](http://www.GetIntoFitnessToday.net)

Want to speak to one of our health professionals? Just call 813-307-8071





# PROJECT SAFE

Smoke Alarms  
for Everyone



More than 3,000 people die in home fires every year. Many of these deaths occur in homes without working smoke alarms. If you live in unincorporated Hillsborough County and do not currently have a working smoke alarm,

**HCFR will install them for you at no cost.**

The majority of fatal home fires happen at night, when people are asleep. Contrary to popular belief, the smell of smoke may not wake a sleeping person. The poisonous gases and smoke produced by a fire can numb the senses and put you into a deeper sleep. Smoke detectors sound an alarm, alerting you to a fire. By giving you time to escape, smoke detectors cut your family's risk of dying in a home fire nearly in half. To keep your family safe, contact us to participate in Project S.A.F.E.

## Hillsborough County Fire Rescue

Contact us at 813-272-6600 or by email [HCFRPublicRelations@HillsboroughCounty.org](mailto:HCFRPublicRelations@HillsboroughCounty.org)  
2709 E. Hanna Avenue, Tampa, Florida 33610

## Florida Breast and Cervical Cancer Early Detection Program

### “for peace of mind”

This educational presentation is available to groups of women in faith-based and community settings to increase knowledge about:

- Breast cancer
- Cervical cancer
- Importance of regular screenings
- Human papillomavirus (HPV)

*We can present at your church, organization, meeting or community location. ¡Hablamos español, tambien!*



In addition, participants will receive:

- > Information & assistance in locating breast & cervical cancer screening sites in Hillsborough and Highlands counties
- > Have a chance to ask questions
- > Take-away items for participating



**Please email or call to schedule your presentation TODAY.**  
**E-mail: [Angely.Avila@flhealth.gov](mailto:Angely.Avila@flhealth.gov) or call: (813) 307-8015 ext. 7113**



POP is a coalition of community partners that includes representatives from the business and healthcare sector, schools and non-profits, state and local governments, and concerned and interested individuals. We plan for actions and policy advocacy that can make our county the healthiest place to live, work and play and need input from every one. You can be part of the action!

<http://partnersinobesityprevention.com>

**Next POP meeting:**

January 22, 2014

8:30 - 10:00 am

The Children's Board

1002 E. Palm Ave  
Tampa 33605



Watch for more information coming soon on **WALKABILITY DAY.**  
Your neighborhood can participate!



If you have diabetes, getting annual (or more often) foot exams by a healthcare professional can identify problems with blood circulation, nerves and skin at an early stage so they can be treated. You should also examine your feet each day, checking for red spots, sores, or numbness. Make sure your shoes fit well. Diabetes can cause nerve damage throughout the body, but tends to be more common in the feet.

# HEALTHY & FIT FOR LIFE

PARENT & CHILD NUTRITION & PHYSICAL FITNESS PROGRAM

UNIVERSITY AREA DEVELOPMENT CORPORATION  
14013 N. 22nd STREET • TAMPA, FL 33613

This **FREE** five-week program designed for children (ages 7 – 15 only) and their parents, will focus on the importance of making nutritious food choices and getting regular physical activity. Join us and learn how to be healthy and fit for life!

**Thursdays for five weeks, beginning January 9, 2014  
6:30 PM – 8:00 PM  
One parent/guardian must attend with child(ren) ages 7-15 only.**

**WEEK 1: JANUARY 9, 2014**

**Health Screenings:** TGH nurses will conduct blood pressure, glucose, & total cholesterol screenings along with height, weight, & BMI measurements.

**Physical Fitness Activity:** Presented by a fitness professional.

**WEEK 2: JANUARY 16, 2014**

**Developing Healthy Eating Habits in Your Kids:** Nutrition lesson for parents presented by a nutrition professional.

**Pyramid Power:** Interactive nutrition lesson for children provided by MORE HEALTH.

**Take 10:** Physical fitness activity presented by a fitness professional.

**WEEK 3: JANUARY 23, 2014**

**Physical Fitness Activities for Parents & Children:** Fitness lesson presented by a fitness professional. Children will receive an exercise item to keep.

**WEEK 4: JANUARY 30, 2014**

**Parents Hold the Key to Children's Fitness Success:** A lecture for parents presented by a health professional.

**Walk Through Heart:** Interactive heart lesson for children provided by MORE HEALTH.

**Take 10:** Physical fitness activity presented by a fitness professional.

**WEEK 5: FEBRUARY 6, 2014**

**Healthy Eating on the Run:** A lecture for parents presented by a health educator.

**Mission Control:** Interactive Brain lesson for children provided by MORE HEALTH.

- A light meal will be served at the beginning of each class session.
- This program requires a five-week commitment. ■ Parking is free.



**CALL (813) 287-5032 TO REGISTER**

## DIABETES FACTS



More than **1 in 10** adults in **Hillsborough County** are living with diabetes.

Another **1 in 3** are at risk for developing Type 2 Diabetes.



### Don't like these numbers? We don't either!

Learn to better manage your diabetes if you already have it or how to prevent it if you are at risk. **Join a FREE class today!**  
[www.hillscountyhealth.org](http://www.hillscountyhealth.org) - Community Programs

813-307-8071



## January/February 2014

- 1/1 **HEALTH DEPARTMENT CLOSED**
- 1/9 Lifepath Hospice Adult Grief Support: New 8-week session, 6 pm, 11150 N. 53rd St., Temple Terrace 33617, (813)984-2100
- 1/18 **CHILDREN'S GASPARILLA Parade:** Bayshore Blvd from Howard Avenue to downtown Tampa, 3:30—6:00 pm. **Visit the Florida Department of Health—Hillsborough County tent!** <http://gasparillapiratefest.com/>
- 1/16-25 **Black Heritage Festival 2014:** Culture, entertainment, music, fun and more. Multiple venues. Visit the event website <http://tampablackheritage.org>.
- 1/20 **HEALTH DEPARTMENT CLOSED**
- 1/28 Hillsborough Parks, Recreation, and Conservation Department - Informational Workshop on obesity prevention, facilitated by Department of Children and Families. Mango Park, 11717 Clay Pit Road, Seffner, Florida 33584. Reservations recommended due to limited space. Contact: Jacquelyn Brown, (813) 635-3520 or email [BrownJF@HillsboroughCounty.org](mailto:BrownJF@HillsboroughCounty.org)
- 2/22-23 **Health Expo: 8 On Your Side** health and fitness expo, Tampa Convention Center , 333 S. Franklin Street, Tampa  
**Gasparilla Distance Classic:** website for registration [www.tampabayrun.com](http://www.tampabayrun.com)

**FLORIDA DEPARTMENT OF HEALTH—HILLSBOROUGH COUNTY Community programs offered at NO CHARGE to PARTICIPANTS**  
**\*\* Healthcare Provider Referrals accepted for Diabetes and Weight Management programs.**

**DIABETES PREVENTION:** At risk for developing type 2 diabetes? Prevent it! Weekly education & professional support. No fee to participate. Offered in various community locations. Call Nailah at (813) 307-8071 to register.

**DIABETES SELF-MANAGEMENT EDUCATION:** Learn to better manage your diabetes. Group setting led by healthcare professional at no cost to you. 6-week sessions in various community locations . Call Glenda at (813) 307-8071 to register.

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

**Business program packages for Employee Wellness available at no charge.**

**GIFT Online - available at no charge to users @ <http://www.GetIntoFitnessToday.net>**

**Baby Café:** Breastfeeding support group lead by Certified Lactation Counselors (CLC). No fee to participate. (813) 307-8074 for information.

**ALZHEIMER'S SUPPORT GROUPS:** Alzheimer's Association of Florida - for family members, caregivers & others. Hispanic groups available. Call 1-800-272-3900 for all the locations and more details. <http://www.alz.org/flgulcoast>

**BIKING & PEDESTRIAN SAFETY Presentations:** Adult Pedestrian, Bicycle Safety or In-School Pedestrian Safety for elementary, middle, or high school. Contact: Jason Jackman at Center for Urban Transportation [Jackman@cutr.usf.edu](mailto:Jackman@cutr.usf.edu)

**LOCAL COMMUNITY MARKETS:** ..... [www.tampabaymarkets.com](http://www.tampabaymarkets.com)

**PARKS AND RECREATION:**

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

Plant City Parks and Recreation: ..... <http://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/)

**ST. JOSEPH'S CHILDREN'S MOBILE CLINIC:** FREE exams & immunizations. (813) 558-1877 for appointments.

**MAIN OPERATOR  
and Director's Office**

**307-8000**

**COMMUNITY HEALTH**

Community Health Director

**307-8071**

*Epidemiology*

307-8010

*Health Education*

Breast/Cervical Cancer

307-8071

Community Health Advisors

X3502, 7112

Diabetes

X7103

Family Reunion Program

X7104

Florida KidCare

X7102

Weight Management

X3502

Health Literacy

X7103

Insulin Program

X7106

Lead Poisoning Prevention

X3502

School Health

X7108

Sterilizations

X8502

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**

**307-8031**

**NUTRITION/WIC**

**307-8074**

**PHARMACY**

**307-8072**

**(HIV/AIDS care clients only)**

**PUBLIC HEALTH**

**PREPAREDNESS**

**307-8015, X4405**

**PUBLIC**

**INFORMATION OFFICER**

**307-8015, X3304**

**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  
813-307-8071

[www.hillscountyhealth.org](http://www.hillscountyhealth.org)

