



Two cents. Not worth much, and today, buy little to nothing. A [Wall Street Journal article](#) says the US Mint cut the cost of making the penny by nearly a third over the time period of 2013-2014, but the little coin still costs more than a cent to produce, about 1.7 cents.

So hearing the phrase, “my two cents worth” (a personal opinion or thought about an issue), causes wonder about whether my opinion or thoughts are worth anything at all to anyone other than myself! The origin of the phrase is a little fuzzy, but most sources agree that it started in by-gone times and prefaced personal advice or opinions that might be unsolicited and possibly unappreciated. So, are your “two cents” valuable? Let’s digress.

Recently, the Florida Department of Health in Hillsborough County, along with several local hospitals, collaborated to begin conducting a survey to help all of the organizations understand the community’s health concerns so that improvements can be made. Working together provides the potential to greatly increase the number of responses. Survey validity is driven by the number of responses, so the more surveys completed increases the confidence level that the results are most reflective of the greater population. The data collected will be used in various ways: to create, improve or increase services; support policies and environmental changes, and address new issues that have emerged.

As supporting evidence, assessments of community needs in the areas of health and wellness conducted in 2006-2007 and 2010-2011 by the Florida Department of Health in Hillsborough were used to refocus our efforts in health education to the community.

Chronic Disease Prevention has always, and likely will remain, a very important area of focus for your health department, since most deaths from disease are caused by chronic disease as opposed to infectious disease.

Based on responses to our community health surveys, which indicated that obesity was the most serious health problem in our community (both 2007 and 2011), our health education and promotion department began efforts to address this insidious and increasing problem. Outreach to neighborhoods, geared toward increasing awareness and knowledge of the importance of regular physical activity and improved nutrition, transformed into support groups for fitness and weight management offered throughout the county. It generated [Getintofitnesstoday.net](#) website for reliable resources to assist people in being healthier. And to address one of the most serious and growing co-morbidities of overweight and obesity - diabetes, our organization adopted and implemented evidenced-based programs to address the diabetes epidemic by providing free community classes that provide education on diabetes prevention for those at risk of developing the disease, and diabetes self-management for better control of the disease by those already diagnosed.

Back to the original question - are your “two cents” valuable? Absolutely! The opinions, thoughts, and ideas of community members is a critical component driving improvements to the health and wellness system. If you have the opportunity to complete one of the surveys, we encourage and appreciate your participation.

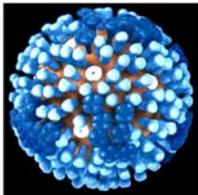
For more information about the community survey, how you can participate and where you will be able to access the results, contact the Florida Department of Health in Hillsborough County, 813-307-8015, extension 6607.

Cover Story: Cindy Hardy, RN
Community Health Nursing Manager
Florida Department of Health - Hillsborough County

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Have a question or comment? Email us:
DLCHD29WebsiteDistribution@flhealth.gov

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Nutrition Nuggets



VITAMIN C FOR YOU AND ME!
strawberry

You can eat strawberries with any meal! Add strawberries to your morning oatmeal or cereal, mix them into a spinach salad or wash and eat them fresh out of the carton.

Just half of a cup of fresh or frozen strawberries provides 160 percent of the recommended dietary allowance of vitamin C for children ages 1-8. Eating three or more servings of strawberries per week may help women reduce their risk of heart attack by as much as one third.

Did you know?

- On average, there are 200 tiny seeds in a strawberry.
- Strawberries are available from November until the beginning of April, with peak season months in February and March.
- Strawberries are a member of the rose family.
- In addition to vitamin C, strawberries also contain antioxidants, fiber and folate which are important for overall health and can help reduce chronic disease.

Florida is known for being the largest producer of strawberries during the winter, and the primary growing area is Plant City.

Shopping, Preparing and Storing

- Choose strawberries that are plump, fragrant and firm, with no signs of bruising, leaking or mold on the bottom of the container and no greenish white shoulders at the stem.
- Never hull strawberries until they have been washed or they will absorb too much water and become mushy and waterlogged.

Cooking Tips

- There are many modern and traditional recipes for strawberries, but the best way to enjoy them is how nature intended, simply prepared and fresh.
- Strawberries taste best at room temperature. Set them out on the counter about one hour before eating for the best flavor.

STRAWBERRY POPS

- 12 Strawberries
- 1/2 cup low-fat strawberry yogurt
- 12 4-inch lollipop sticks
- 1 cup whole-grain cereal, lightly crushed

Rinse strawberries and remove tops. Dip berries in yogurt, then roll in cereal. Insert sticks into the narrow end of the strawberry. Serve immediately.



HEART DISEASE IN THE UNITED STATES

About **610,000 people** die of heart disease in the United States every year—that's **1 in every 4 deaths**.¹ Heart disease is the leading cause of death for both men and women. Coronary heart disease (http://www.cdc.gov/heartdisease/coronary_ad.htm) Coronary Heart Disease (CHD) is the most common type of heart disease, killing over **370,000 people** annually.¹ Every year about **735,000 Americans** have a heart attack (http://www.cdc.gov/heartdisease/heart_attack.htm). Of these, 525,000 are a first heart attack and 210,000 happen in people who have already had a heart attack.²

HEART DISEASE DEATHS VARY BY RACE AND ETHNICITY

Heart disease is the leading cause of death for people of most ethnicities in the United States, including African Americans, Hispanics, and whites. For American Indians or Alaska Natives and Asians or Pacific Islanders, heart disease is second only to cancer.

HEART DISEASE DEATHS VARY BY GEOGRAPHY

During 2008-2010, death rates due to heart disease were highest in the South and lowest in the West.

¹CDC, NCHS. Underlying Cause of Death 1999-2013 on [CDC WONDER Online Database](#), released 2015. Data are from the Multiple Cause of Death Files, 1999-2013, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed Feb. 3, 2015.

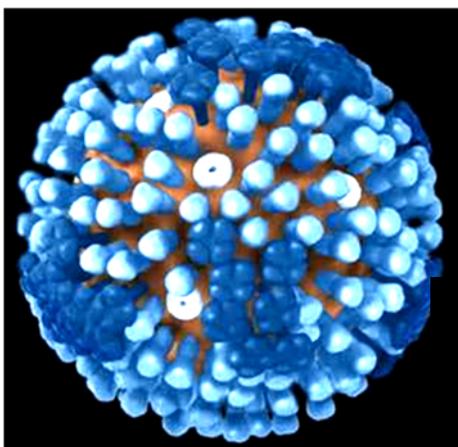
²Mozaffarian D, Benjamin EJ, Go AS, et al. Heart disease and stroke statistics—2015 update: a report from the American Heart Association. *Circulation*. 2015;131:e29-322.

10 TIPS FOR STAYING HEART HEALTHY

1. **Increase your intake of fruits and vegetables.**
2. **Exercise regularly.**
3. **Limit your sodium intake.**
4. **Cut back on the amount of saturated fat, cholesterol and trans fat in your diet.**
5. **Mind your portions.**
6. **Get more fiber.**
7. **Eat seafood twice a week.**
8. **Limit sweets.**
9. **Quit smoking.**
10. **Manage your stress.**



Source: Florida Department of Agriculture and Consumer Services,
www.freshfromflorida.com/Divisions-Offices/Food-Nutrition-and-Wellness/Living-Healthy-in-Florida/Healthy-Learning/10-Tips-for-Living-Healthy/Staying-Heart-Healthy



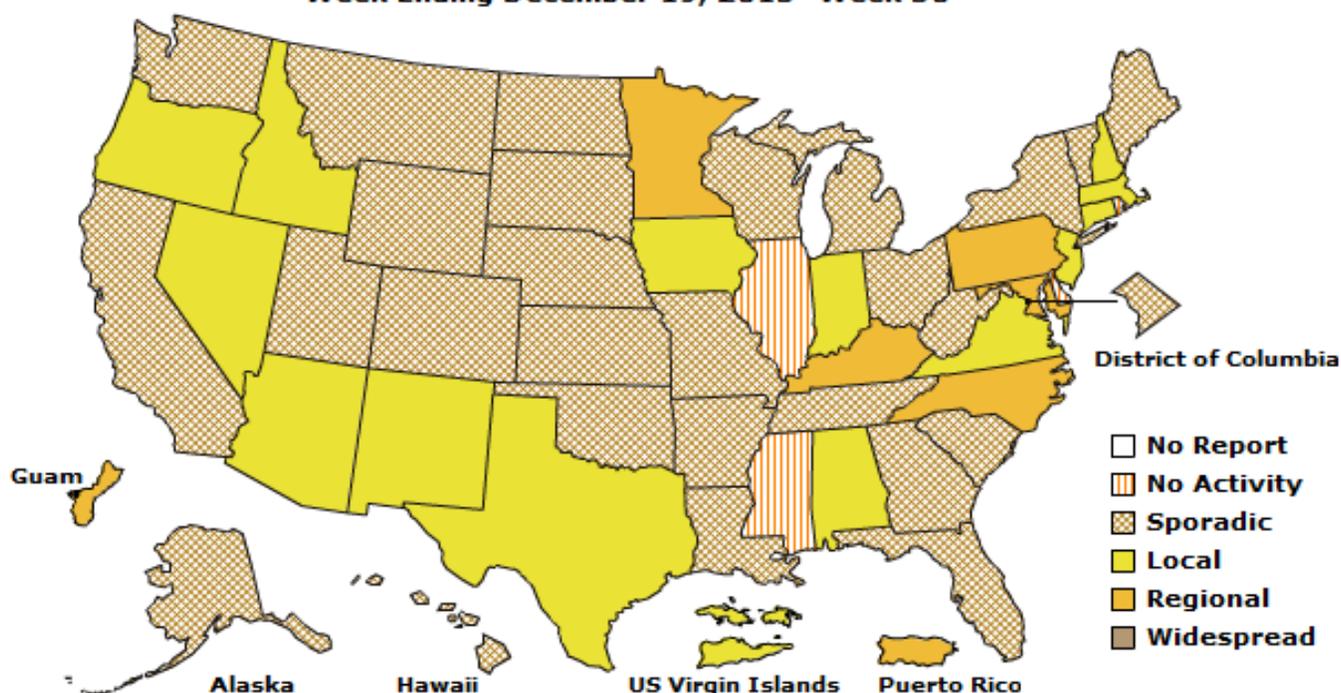
FLU SHOT FINDER :
www.floridahealth.gov/programs-and-services/prevention/flu-prevention/locate-a-flu-shot.html

INFLUENZA

Photo courtesy of Centers for Disease Control and Prevention

**A Weekly Influenza Surveillance Report Prepared by the Influenza Division
Weekly Influenza Activity Estimates Reported by State and Territorial Epidemiologists***

Week Ending December 19, 2015- Week 50



The most recent influenza activity map provided by the Centers for Disease Control and Prevention indicates sporadic activity, without providing the severity level. It is wise to remember that “flu” season in Florida peaks in late January and through February, so the number of cases is expected to rise.

It also means you are not too late to receive protection from influenza by receiving a flu vaccine. Hand-washing is critically important, since influenza is easily transferred from person to person through the air and from hands to face through touching. The best defensive action to take is being vaccinated.

It's up to you - help prevent the flu! (and it's not too late to be vaccinated!)

Our 11th Annual WORLD AIDS DAY 2015

Just a little history...

1981 - The first cases of HIV in the United States were identified.

1982 September - The Centers for Disease Control and Prevention uses the term "acquired immune deficiency syndrome" (AIDS) for the first time when describing the mystery disease. That same year, the first AIDS clinic opened in San Francisco.

Fast-forward to 1994 - Once the diseases were identified, HIV and AIDS quickly became an epidemic in the country. By 1994, AIDS was the leading cause of death among Americans ages 25 to 44.

And on to 2015 - Medical science continues to advance, identifying new treatments. Education plays a critical part in helping ensure prevention.

On Friday, 12/4/15, our health department tested **191** clients and provided education in many areas, including nutrition, human trafficking, and information on a new HIV medication, Genvoya. A Lunch 'n' Learn on the role of laboratory tests for HIV was also presented. GO DJ PRODUCTIONS and Pharmacy Solutions sponsored the music, with live performers (LOSO, EXIMIO and BIG Z). Many thanks to our speakers for making this a special occasion and to **Connect To Protect** for snacks and water throughout the day. The Health Department Specialty Care team, lead by Maritza Acosta, and our Facilities Staff made this a memorable day .



Number of infections identified			
Disease	2014	2015	Change
Chlamydia	6185	6342	2.54%
Gonorrhea	1570	1670	6.37%
Infectious Syphilis	178	192	7.87%
Early Latent Syphilis	129	127	-1.55%
Late Latent Syphilis	148	173	16.89%
Total	8210	8504	3.58%
Through week 44 (Nov 7, 2015)			
	2014	2015	
New HIV Infections	257	220	
Co-infection with another STI	243	217	

Facts About Folic Acid



FACTS

How much folic acid a woman needs

400 micrograms (mcg) every day.

When to start taking folic acid

For folic acid to help prevent major birth defects, a woman needs to start taking it at least one month before she becomes pregnant and while she is pregnant.

However, every woman needs folic acid every day, whether she's planning to get pregnant or not, for the healthy new cells the body makes daily. Think about the skin, hair, and nails. These – and other parts of the body – make new cells each day.

How a woman can get enough folic acid

There are two easy ways to be sure to get enough folic acid each day:

1. Take a vitamin that has folic acid in it every day. Most multivitamins sold in the United States have the amount of folic acid women need each day. Women can also choose to take a small pill (supplement) that has only folic acid in it each day.

CDC urges women to take 400 mcg of folic acid every day, starting at least one month before getting pregnant, to help prevent major birth defects of the baby's brain and spine.

About folic acid

Folic acid is a B vitamin. Our bodies use it to make new cells. Everyone needs folic acid.

Why folic acid is so important

Folic acid is very important because it can help prevent major birth defects of the baby's brain and spine (anencephaly and spina bifida) by 50% to 70%.

Multivitamins and folic acid pills can be found at most local pharmacy, grocery, or discount stores. Check the label to be sure it contains 100% of the daily value (DV) of folic acid, which is 400 micrograms (mcg).

2. Eat a bowl of breakfast cereal that has 100% of the daily value of folic acid every day.

Supplement Facts		
	Amount Per Serving	% Daily Value
Folic Acid	400 mcg	100%
Vitamin B12	6 mcg	100%
Pantothenic Acid	5 mg	50%
Calcium	450 mg	45%
Iron	18 mg	100%
Magnesium	50 mg	12%
Zinc	15 mg	100%

Not every cereal has this amount. Check the label on the side of the box, and look for one that has "100%" next to folic acid.

To learn more about folic acid and how to prevent birth defects, please visit the Centers for Disease Control and Prevention website at www.cdc.gov/folicacid or call 1-800-232-4636 (CDC-INFO).

National Center on Birth Defects and Developmental Disabilities
Division of Birth Defects and Developmental Disabilities



SCHOOL-BASED DENTAL SEALANT PROGRAM

The Florida Department of Health in Hillsborough County is continuing to provide the school-based dental sealant program to 2nd graders in 24 Title I elementary schools in the county during this 2015-2016 school year. Through December, 1,293 students have received dental screenings and 1,042 students needed and have received dental sealants. Of the students screened, 648 were found to have early care needs (untreated decay), and 30 students had urgent care needs (pain or infection).

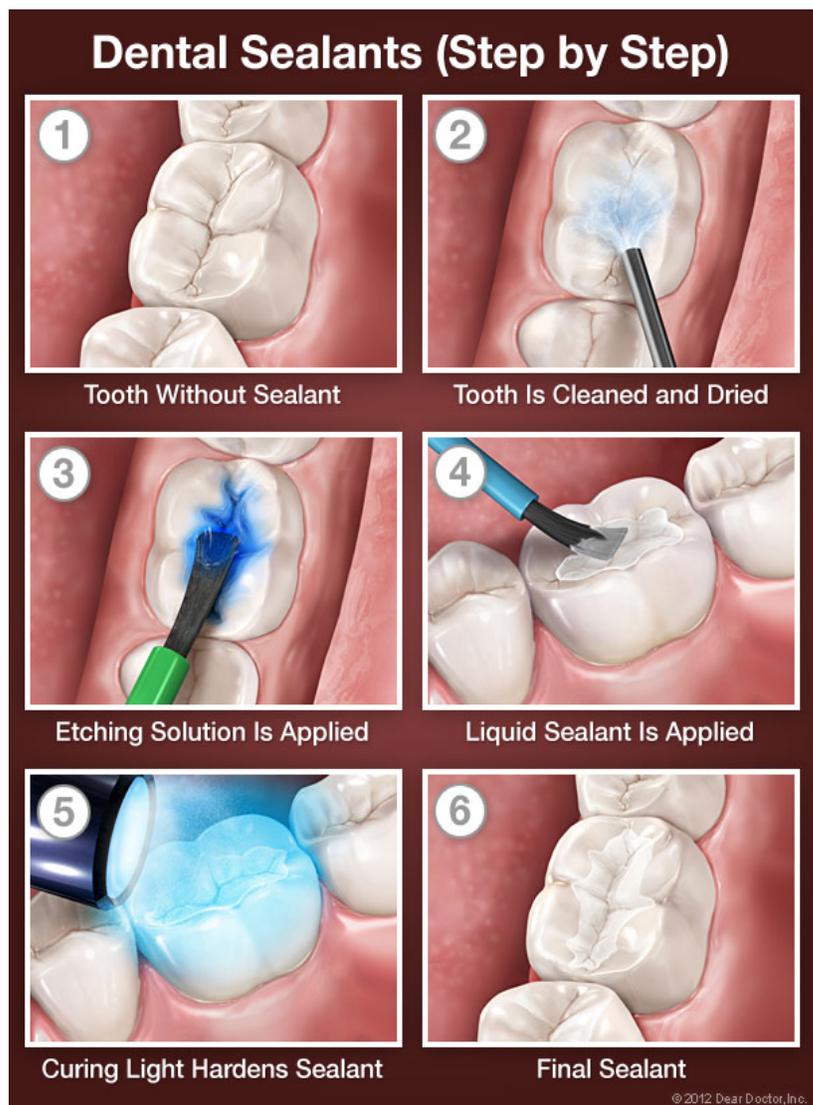
Findings from scientific studies clearly show that school dental sealant programs work to stop tooth decay.

Sealants are thin, plastic coatings painted on the chewing surfaces of the back teeth.

Sealants are put on in dentists' offices, clinics, and sometimes in schools. Getting sealants put on is simple and painless. Sealants are painted on as a liquid and quickly harden to form a shield over the tooth. The most important reason for getting sealants is to avoid tooth decay.

Fluoride in toothpaste and in drinking water protects the smooth surfaces of teeth but back teeth need extra protection. Sealants cover the chewing surfaces of the back teeth and keep out germs and food. Having sealants put on teeth before they decay will also save time and money in the long run by avoiding fillings, crowns, or caps used to fix decayed teeth¹

¹ <http://www.nidcr.nih.gov/OralHealth/Topics/ToothDecay/SealOutToothDecay.htm>



Dental health plays an important role in the overall health of individuals. This early intervention, afforded by dental sealants, along with education for the family, sets children off on a path to improved dental hygiene and health.

BASIC RADON FACTS

The U.S. Surgeon General recommends ALL homes be tested for radon gas.

Breathing radon in your home can cause lung cancer

Radon is a naturally occurring radioactive gas released in rock, soil and water that can build up to dangerous levels inside any home; this means new and old homes, well sealed and drafty homes, and homes with or without a basement. Radon gas is odorless and invisible and the only way to know if your home has a radon problem is to test for it.

Breathing radon can increase your risk of lung cancer. Radon is the number one cause of lung cancer among people who do not smoke. It is the second leading cause of lung cancer for people who do. EPA estimates that radon causes more than 20,000 deaths from lung cancer each year in the U.S. If you smoke and your home has a high radon level, your risk of lung cancer can increase even more.

Radon has been found in every state

Homes with high levels of radon have been found in every state. In fact, radon levels can vary greatly from home to home--even levels next door can be very different.

Radon is measured in picocuries per liter of air (pCi/L), a measurement of radioactivity. In the United States, the average indoor radon level is about 1.3 pCi/L. The average outdoor level is about 0.4 pCi/L. The U.S. Surgeon General and EPA recommend fixing homes with radon levels at or above 4 pCi/L. EPA also recommends that people think about fixing their homes for radon levels between 2 pCi/L and 4 pCi/L.

You should test for radon

Testing your house for radon is easy. If your house has a radon problem, it can be fixed. Fixing a radon problem reduces the risk of lung cancer for you and your family.

A simple test will tell you if your home has a high radon level. Most radon tests last between 2 and 7 days. It's as easy as opening a package, and putting the test kit in the right place. After sending the test kit back to the address in the package, the company will send your radon test results in about 2 weeks.

Radon is a serious health risk. It can be reduced easily and cost-effectively. Take action today. Encourage your friends and family members to do the same!

Many local home improvement or hardware stores sell test kits. Test kits can be ordered online too. Sometimes you can get a test kit from your state radon office. You also can hire a qualified tester to do a radon test for you. Your state radon program may keep a list of these professionals.

Kansas State University, under a cooperative agreement with EPA, provides national radon program services, including selling radon test kits and answering toll-free radon hotlines. For more information about radon testing call 1-800-SOS-RADON (1-800-767-7236) or visit www.epa.gov/radon/radontest.html

You can fix a radon problem

Help is available to fix a radon problem. You can call your state radon office to find qualified radon mitigators in your area. Also local companies with radon mitigators are in the phone book or online. The cost to reduce radon depends on how your home was built and how you use it. Most homes can be fixed for about the same cost as other common home repairs.

New homes can be built with radon-resistant features

Building new homes with simple and cost-effective radon-resistant features can reduce radon entry. Contact your builder or visit www.epa.gov/radon/rrnc/index.html for more information.

Every home should be tested before, or soon after, you move in. Even homes built with radon-resistant construction features should be tested. If high radon levels are found, it is easier and costs less to reduce radon levels in homes that are built radon-resistant.

How to Get Radon Test Kits

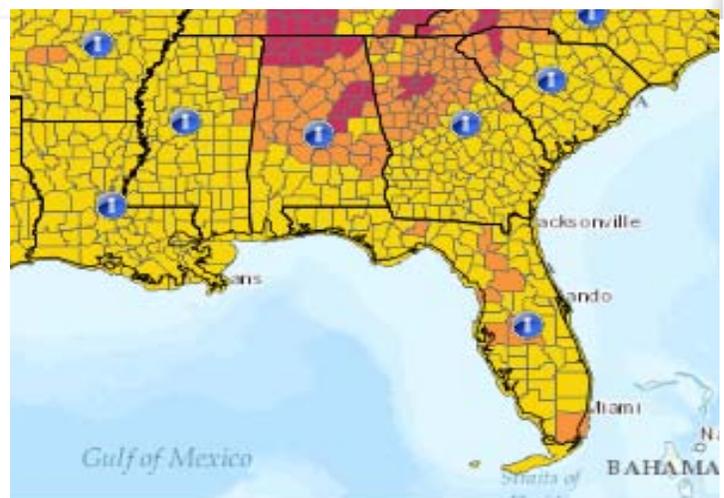
To get an easy-to-use radon test kit, you can:

- ☒ Buy a test kit online or at your local home improvement or hardware store. Many kits are priced under \$25.00.
- ☒ Order a test kit at www.sosradon.org or by calling 1-800-SOS-RADON (1-800-767-7236); customizable radon test kit coupons are available too.
- ☒ Request a test kit from your state radon program, which also has information on radon testing companies and laboratories in your area. Visit www.epa.gov/radon/wherelive.html.

Radon Zones by County

Radon Data

- Zone 1: Counties with predicted average indoor radon screening levels greater than 4 pCi/L
- Zone 2: Counties with predicted average indoor radon screening levels from 2 to 4 pCi/L
(Hillsborough County, Florida)
- Zone 3: Counties with predicted average indoor radon



Consumer's guide to Radon Reduction can be found in English and Spanish at epa.gov/radon/citizens-guide-radon-guide-protecting-yourself-and-your-family-radon

For more information: epa.gov/radon



THE DIABETES FACTS



1 in 2 Americans
has diabetes or pre-diabetes.

Don't like these numbers? WE DON'T EITHER!

86 million people in the U.S. have pre-diabetes, but only 11% of these are aware of this diagnosis. Without lifestyle changes, 15% to 30% of these people will develop type 2 diabetes within 5 years.

Lower your risk for diabetes by 58% to 71%.
Our Lifestyle Coach puts you on the road to prevention with weekly classes, group support, education & **NO FEES.**

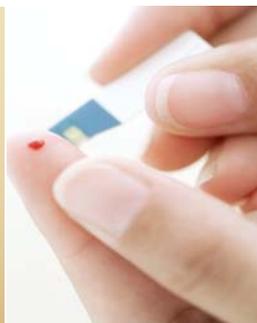
Classes beginning soon. Registration required.

Call to register: 813-307-8071.

Make the decision today. Stop diabetes tomorrow!

[Check out these personal testimonies.](#)

Manage Your Diabetes



Don't let diabetes manage you!



Self-Management
Education

Each class provides valuable tools and information designed to help you take control.

Eligibility and Cost

- Classes are FREE
- Education is 6 weekly 1 1/2 hour meetings
- Open to adults 18 and older (1 family member or support person may accompany participant)
- Must be diagnosed with diabetes
- Registration is required
- Please bring a copy of your diabetes laboratory results to the first class or have your doctor fax to us - 813-307-8094

For more information and to register for a class, call the Florida Department of Health in Hillsborough County (813) 307- 8071.

Farmers Markets around Hillsborough County.....

www.americantowns.com/fl/hillsborough-county-local-food

PARKS AND RECREATION:

Hillsborough County Parks, Recreation, and Conservation:

www.hillsboroughcounty.org/

Plant City Parks and Recreation:

<http://plantcitygov.com/>

Tampa Parks and Recreation:

www.tampagov.net/dept_parks_and_recreation/

Temple Terrace Parks and Recreation:

www.templeterrace.com/

ST. JOSEPH'S CHILDREN'S MOBILE CLINIC: FREE exams & immunizations. Appointments required. Contact Family Support and Resource Centers: www.familysupporthc.org/about-us/contact-us.

OTHER RESOURCES: (Alzheimer's, Cancer, Parkinson's, etc.) www.caregiver.com/regionalresources/states/FL/support/hillsborough.htm

January 2016

1/1 Health Department is closed.

1/12 Health Lecture Series: Sponsored by Florida Hospital and MOSI. Register for this free educational opportunity www.eventbrite.com/e/florida-hospital-and-mosi-heart-lecture-series-tickets-18719570740?aff=ebapi
6:30 pm—8:00 pm, Museum of Science and Industry, 4801 E. Fowler Avenue, Tampa

1/18 Health Department is closed.

1/20 Kids Ultimate Fitness Challenge. Free for kids of all ages. Kids have the opportunity to flex their physical fitness by participating in time-based obstacle courses that include sprinting, jump rope, wall crawls, hurdles, jumping jacks, sit ups, tunnel crawls and more. Register: www.eventbrite.com/e/kids-ultimate-fitness-challenge-tampa-tickets-19266320082?aff=ebapi

February 2016

2/20 & 21 8 On Your Side Health & Fitness Expo: Free 2-day event , Tampa Convention Center, 333 S. Franklin Street, Tampa, 33602. Opens 2/20 at 10 am to 8 pm, and 2/21 from 6 am to 5 pm.

NEED HEALTH INSURANCE FOR CHILDREN? Florida KidCare is the state health insurance program for uninsured children under age 19. To apply, call 1-888-540-5437, apply online, or print an application and instructions. For more information, visit: www.floridakidcare.org.

MAIN OPERATOR

and Director's Office 307-8000

COMMUNITY HEALTH

Community Health Director **307-8071**

Epidemiology **307-8010**

Health Education **307-8071**

Breast/Cervical Cancer... X3502, X7112

Community Health Advisors X7103

Diabetes X7104

Family Reunion Program..... X7102

Florida KidCare..... X3502

Weight Management X7103

Health Literacy..... X7106

Insulin Program X3502

Lead Poisoning Prevention..... X7108

School Health X8502

Sterilizations X3502

Office of Health Equity **307-8066**

* All numbers are area code (813).

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DISEASE CONTROL

HIV/AIDS Specialty Center 307-8064

Immunizations 307-8077

Sexually Transmitted Diseases 307-8064

Anonymous Testing 307-8064

Tuberculosis (TB) 307-8047

ENVIRONMENTAL HEALTH..... 307-8059

HUMAN RESOURCES..... 307-8015

X3100

NUTRITION/WIC 307-8074

PHARMACY

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

PUBLIC HEALTH

PREPAREDNESS 307-8042

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
Health Education (70)
Post Office Box 5135
Tampa, Florida 33675-5135
813-307-8071

Hillsborough.flhealth.gov

