A heart attack happens when the blood supply to the heart is cut off. Cells in the heart muscle that do not receive enough oxygen-carrying blood begin to die. The more time that passes without treatment to restore blood flow, the greater the damage to the heart. Every year about 750,000 Americans have a heart attack. Of these, 550,000 are a first heart attack and 200,000 happen in people who have already had a heart attack.1

About 15% of people who have a heart attack will die from it.1 Almost half of sudden cardiac deaths happen outside a hospital.2

Having high blood pressure or high blood cholesterol, smoking, having had a previous heart attack or stroke, or having diabetes can increase your chance of developing heart disease and having a heart attack. It is important to recognize the signs of a heart attack and to act immediately1 by calling 911. A person’s chance of surviving a heart attack increases if emergency treatment is administered as soon as possible.

Symptoms of a Heart Attack
The National Heart Attack Alert Program notes these major signs of a heart attack:

• Chest pain/discomfort. Most heart attacks cause discomfort in the center or left side of the chest, lasting for more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

• Discomfort in other areas of the upper body. Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

• Shortness of breath. Often comes along with chest discomfort. But it also can occur before chest discomfort.

• Other symptoms. May include breaking out in a cold sweat, nausea, or light-headedness.

If you think that you or someone you know is having a heart attack, you should call 911 immediately.


Knowledge Your Numbers

<table>
<thead>
<tr>
<th>Critical Health Marker</th>
<th>Recommended Range</th>
<th>More Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood sugar The amount of sugar (glucose) in the blood</td>
<td>Prediabetes HbA1c (glycosylated hemoglobin) less than 6%</td>
<td>Blood sugar is also measured by the amount of glycosylated hemoglobin (HbA1c) in your blood. An HbA1c test gives you a picture of your average blood sugar control for the past 2 to 3 months and provides you with a better idea of how well your diabetes treatment plan is working.</td>
</tr>
<tr>
<td>Blood pressure The force of blood against the arteries when the heart beats and rests</td>
<td>Less than 130/80 mm Hg</td>
<td>Blood pressure is typically measured by a device that uses the height of a column of mercury (Hg) to reflect the circulating systolic and diastolic pressures. Systolic pressure (top number) is the peak pressure in the arteries, and diastolic pressure (bottom number) is the lowest pressure.</td>
</tr>
<tr>
<td>Blood cholesterol A waxy substance produced by the liver</td>
<td>Get your cholesterol checked and talk to your doctor about your numbers and how they impact your overall risk</td>
<td>Because cholesterol is unable to dissolve in the blood, it has to be transported to and from the cells by carriers called lipoproteins. Low-density lipoprotein (or LDL) cholesterol, is known as &quot;bad&quot; cholesterol; high-density lipoprotein (or HDL) cholesterol, is known as &quot;good&quot; cholesterol.</td>
</tr>
<tr>
<td>Body weight</td>
<td>A body mass index (BMI) of 18.6-24.9</td>
<td>A person’s ideal body weight varies by gender, age, height, and frame. Your body mass index (BMI) and waist circumference provide good indicators of whether you are at a healthy weight. Use our BMI calculator tool.</td>
</tr>
</tbody>
</table>

If your critical numbers are not at the target level, work with your health care provider to develop a plan to reach these goals.

Go Ahead. Make a New Year's Resolution

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 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.
Pinto beans pack a healthy dose of Folate (Folic Acid), vitamin B9. There are several reasons to get adequate amounts of this important vitamin. Folic acid allows the body to perform many essential functions, including DNA synthesis and repair, red blood cell creation, and prevention of anemia. Perhaps most well known is the prevention of fetal deformities (birth defects).

Pinto beans are a naturally rich source and provide one of the highest natural doses at 294 mcg of folate in 1 cup - equal to 74% needed for a day.

Folate and Folic acid are often marketed as one, but folate is the “bio-available”, natural form of B9 found in plant and animal foods. Folic Acid is the synthetic form of the vitamin, often found in supplements and fortified foods.¹

**INGREDIENTS:**
- 1 pound dry pinto beans
- 3 slices bacon, chopped
- 1 tablespoon peanut or canola oil
- 2 cups diced onion
- 12 ounces andouille sausage, diced
- 2 cloves garlic, peeled and smashed
- 1 cup diced red bell pepper
- 1 cup diced green bell pepper
- 1-3 teaspoons minced chili pepper, such as serrano, jalapeño
- 1 teaspoon smoked paprika
- 4 large ripe plum tomatoes, seeded and diced
- 8 cups of water
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons freshly grated lime zest
- Juice of 1/2 lime

**PREPARATION (SERVES 8)**

◊ Rinse beans under cold water. Place in a bowl and cover with 3 inches of cold water. Let soak for at least 6 hours or overnight (*see TIP)

◊ Heat oil in a large heavy casserole or cook pot over medium heat. Add sausage and bacon. Cook, stirring occasionally, until the bacon is almost crisp (7-10 minutes). Remove with slotted spoon and store in refrigerator.

◊ Add onions and garlic to the same pot and cook, stirring frequently, over medium heat until soft and lightly browned (3-5 minutes). Add bell peppers and chili pepper to taste, continuing to cook and stir until soft (3 minutes). Stir in paprika. Add tomatoes and cook until juice is released (about 2 minutes).

◊ Drain the beans. Stir the beans and 9 cups of water into the pot with the spices, peppers and tomato mixture and bring to a boil. Reduce heat and simmer, uncovered for 1 hour. Stir in the reserved sausage and bacon along with salt and pepper. Continue simmering, adding a little water if the beans appear dry. Cook until beans are very soft and beginning to break down (about 30 minutes more).

**TIP**: Quick-soak method for beans: Place beans in a large saucepan with enough cold water to cover them and bring to a boil for 2 minutes. Reduce heat and let stand for 1 hour. OR Use an amount of canned pinto beans equal to the finished dish.

This recipe can be frozen and reheated. Serve with brown rice and a dollop of sour cream.

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**Nutrition Facts:** (for bean stew only and does not include brown rice and sour cream values)

per serving (about 1 1/4 cups)

- Calories 350
- Total Fat 8 g
- Cholesterol 45 g
- Sodium 580 mg
- Carbohydrates 44 g
- Protein 24 g
- Fiber 14 g
- **FOLATE** 252 mcg
- Calcium 86 mg
- Iron 3 mg
- Vitamin A 1058 IU
- Vitamin C 49 mg
- Potassium 813 mg

Exchanges: 2 1/2 starch, 1 vegetable, 2 lean meat, 1 fat

Source: www.eatingwell.com/recipe/249806/pinto-bean-andouille-sausage-stew
2016-2017 Flu Season

Why should you get the flu shot? Getting vaccinated from the flu is the best way to protect yourself and others from getting influenza. Being vaccinated reduces the risk for missed work/school, doctors’ visits, and serious complications from the flu including hospitalizations. Perhaps the most important reason to get the flu shot is to protect others who are more vulnerable to serious flu complications such as the elderly, young children, pregnant women, and individuals with serious health concerns. When someone is vaccinated they reduce their risk of the flu and hence reduce the risk of passing the virus to others.

New for the 2016-2017 flu season:

- Only injectable flu shots are recommended this year
- Flu vaccines are updated to better match the current flu virus strains
- New vaccines will be on the market this flu season
- Recommendations for those with egg allergies have changed:
  - Individuals who only experience hives after exposure to eggs can have any licensed and recommended flu vaccine (given that it is appropriate for their health and age).
  - Individuals who have symptoms in addition to or other than hives including respiratory distress, lightheadedness, recurrent emesis, angioedema, or who need epinephrine or another emergency medical intervention can also get any licensed and recommended flu vaccine this year (given than it is appropriate for their health and age). However, it is strongly recommended that the vaccine be given in a medical setting and supervised by a health care provider who is able to recognize and manage severe allergic conditions. These settings include: health departments, hospitals, clinics, and physician offices. Individuals with an egg allergy no longer have to wait 30 minutes after getting the vaccine.

This map shows the current influenza activity across the nation. This is based off the number of reported cases and is updated weekly.

For more information visit: https://www.cdc.gov/flu/weekly/fluactivitysurv.htm
The Florida Department of Health - Hillsborough County’s 2015/2016 Community Health Assessment (CHA) was developed by the Department’s staff with the assistance of a consulting firm and a broad group of individuals representing the interests of the community, including the Healthy Hillsborough Steering Committee and Collaborative and thousands of Hillsborough County residents and community members who took part in the community survey, key informant interviews, and focus group sessions.

The Department utilized the National Association of County and City Health Official’s Mobilizing for Action through Planning and Partnerships (MAPP) model to complete the CHA, which is a community-driven strategic planning process for improving community health. This framework helps communities apply strategic thinking to prioritize public health issues and identify resources to address them. Applying this process can improve the efficiency, effectiveness, and performance of the local public health system.

Data from four assessments were analyzed to determine strategic issues or priority areas for the health department and local public health system to address in order to improve health outcomes.

Three Priority Areas were identified and include: Access to Care, Behavioral Health, and Obesity. The four themes of Encourage Healthy Behaviors, Prioritize Racial and Ethnic Health Disparities, Improve Health Collaboration, and Address the Social Determinant of Health, were interwoven throughout the three Priority Areas and will be systematically addressed within a three-year plan as part of the individual Community Health Improvement Plan (CHIP) action plans. The figure below demonstrates the relationship between the identified priority areas and themes. A fourth priority area, Healthy Moms and Babies, focused on infant mortality, and was added as a result of the Florida Department of Health’s statewide Healthy Babies Initiative.

Infant mortality, the death of a child before his or her first birthday, is a key indicator of the overall health of a community. Maternal and child health directly impacts infant mortality. Maternal and child health refers to the health of mothers during pregnancy, childbirth, and postpartum, along with infants and children. Factors that affect maternal and child health include the availability of prenatal care, immunization status, nutrition status of mother and baby, income, sanitation, safety of the environment, and access to safe drinking water and food. Hence, if a community can decrease the risk factors that detrimentally affect maternal and child health, infant mortality stands an excellent chance of decreasing.

Currently, the infant mortality rate (IMR) in Hillsborough County is higher than the state of Florida.

Hillsborough (IMR) = 7.5  Florida (IMR) = 6.1

What can be attributed to this increased infant mortality rate?

### Contributing Factors to Infant Death

<table>
<thead>
<tr>
<th>Maternal Factors</th>
<th>Infant Factors</th>
<th>Healthcare Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 35+</td>
<td>Preterm birth</td>
<td>Very low birth weight infants (under 1,500 grams). Delivered at subspecialty perinatal center.</td>
</tr>
<tr>
<td>&lt;18 months between births</td>
<td>Low birth weight (under 2,500 grams)</td>
<td></td>
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<tr>
<td>Plural birth</td>
<td></td>
<td></td>
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<tr>
<td>Smoking during pregnancy</td>
<td></td>
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<tr>
<td>Pre-pregnancy obesity</td>
<td></td>
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<tr>
<td>Early prenatal care</td>
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<tr>
<td>Inadequate prenatal care</td>
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<tr>
<td>Breastfeeding initiation</td>
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<tr>
<td>Pre-pregnancy underweight</td>
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<tr>
<td>Life course perspective</td>
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</tbody>
</table>

**Maternal Factors**

2017

### Prenatal Care:

- Births with 1st trimester prenatal care:
  - Hillsborough = 89.6%, State of Fl = 79.5%

- Births with late or no prenatal care:
  - Hillsborough = 1.9%, State of Fl = 5.2%

Prenatal care is important for reducing risks for birth defects and complications during pregnancy and labor. There is evidence to suggest that the most important time to get prenatal care is during the first trimester (first 3 months). This time is the most critical for fetal development and growth.

### Breastfeeding:

89.5% of mothers initiated breastfeeding at birth, which is higher than the state % of 84%.

Breastfeeding provides the most natural and healthiest source of nutrition for an infant. Mother’s milk gives vital nutrients to the baby which can help reduce the risk of infections, chronic disease, and cancer.

The best part – it's free!

All statistics and data were obtained from Florida Charts at:
Pregnancy and Health Behaviors:

- In Hillsborough County, 4.9% of births were from mothers who reported smoking during pregnancy. In the state of Florida it was 6.2% of births.

- In Hillsborough County, 7.3% of births were to mothers age 35 and older. In the state of Florida it was 6.0% of births.

- In Hillsborough County 24.3% of births were to mothers who were overweight, and 20.0% of births were to mothers who were obese.

- In Hillsborough County, 37.5% of births were to mothers with <18 months between pregnancies. By comparison, in the state of Florida it was 34.4% of births.

- 3.4% of births in Hillsborough County were plural births (twins, triplets, etc). In the state of Florida 3.3% were plural births.

- 23.9% of births in Hillsborough County were to mothers age 15-19. Out of these, 18.6% are repeat births to mothers age 15-19 in Hillsborough County. The state rate is 16.2%

- 7.1% of births in Hillsborough County were to mothers without health insurance.

**all of the above data is from Florida Charts 2015 data.**
Infant Factors/Healthcare Capacity

Births at very low birth weight (<1500 grams)
Hillsborough County = 1.6%
State of Florida = 1.6%

Births at low birth weight (<2500 grams)
Hillsborough County = 9.0%
State of Florida = 8.6%

- In 2015, 10.3% of births in Hillsborough County were prior to 37 weeks gestation (preterm). By comparison, 10.0% of births in the state of Florida were preterm.

Certain health behaviors during pregnancy can have a lasting impact on both mother and child. Mothers who are overweight at preconception have a higher risk of gestational diabetes or type II diabetes later in life. Smoking during pregnancy can cause birth defects and preterm labor. Other aspects of health behaviors include income attainment, education, and accessibility to healthcare which all affect maternal and child outcomes.

All statistics and data were obtained from Florida Charts at:
Diabetes is serious. No, seriously, it really is. It's a disease that will stick with you the rest of your life. If you have a high risk of developing it and don’t make some changes, you’ll be in the same boat as those who already have diabetes. If you don’t manage diabetes well by keeping your blood sugar levels steady, it can cause some problems you won’t be happy about. You aren't going to like this, but here goes... **heart and blood vessel damage** (cardiovascular disease), **nerve damage** (neuropathy), **kidney damage** (nephropathy), **eye/vision damage** (retinopathy), **foot damage** (and lower limb amputations), **skin damage** (bacterial and fungal infections), **hearing damage**...... **Key word—DAMAGE**.

Need I say more? Ok, I will. If you are pregnant and develop gestational diabetes, both you and your baby could have some big problems.

So what do you do now? Talk to your doctor. Ask for a referral to 1 of 2 programs that have research and studies proving they can help prevent or delay type 2 diabetes, and improve the outcomes and help prevent complications for those who already have diabetes. Your health department provides both of these life-changing programs at no charge to you. How cool is that?!

**Call. We can help. We will work with your healthcare provider to get you on the road to diabetes prevention or better self-management. 813-307-8071**

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**Diabetes Prevention if you are AT-RISK**

The Diabetes Prevention Program is provided in a support-group atmosphere and led by a Health Educator with special training. The program has proven to help decrease a person’s risk of developing Type II diabetes by 58-71%.

**Can you participate?** This program is for people who have been diagnosed with pre-diabetes or are at risk for diabetes but not for anyone already diagnosed with diabetes. You must be at least 18 years old and have the capacity to lose 5% of your body weight. If you’re unsure of your risk, just take the risk test online to see if this program fits you. [www.diabetes.org/are-you-at-risk/diabetes-risk-test/](http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/).

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**Diabetes Self-Management if you already have it**

The Diabetes Self-Management Education program helps people with several aspects of managing diabetes, learning more about what happens overall in the body, how to reduce the complication risks, how to make simple changes in diet and activity so you feel better, problem solving and developing coping skills. Licensed, professional healthcare staff meet weekly in small group settings. The evidence that it works - 80% of participants who complete the program show improvement in their A1c, indicating good blood sugar management.

**Can you participate?** The program is for people already diagnosed with diabetes (Type I or Type II). You must be age 18 years and older. You are welcome to bring one adult family member or support person to accompany you to class.

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**Healthcare Providers: Written referrals** provide us with important information about lab results that can establish a baseline from which you can measure success. **Fax referrals and labs to 813-307-8094.** We provide updates to the referring doctor on patient participation. For more information 813-307-8071.
Sugar, sugar and more sugar; there are so many from which to choose. There are sugar substitutes (also called artificial sweeteners, non-nutritive sweeteners and low or zero calorie sweeteners), processed sugar and natural sugar. The phrase, “Under the Sun Boys and Girls Play in the Sand” represents the distribution of colored sugar packets in proper order on their customers’ tables for Cracker Barrel employees. The four most common sugar/artificial sugar packets used in restaurants and in your cupboards are Splenda (under the sun), Equal (boys), Sweet and Low (girls), and brown or white sugar (sand). Is using a substitute sugar better for you to prevent cavities and maintain your weight or are their overall chemical components more harmful to the rest of your body?

Sugar substitutes are in many of our foods including jams and jellies, ice cream, soft drinks, chewing gum, baked goods, candy, fruit juice, and yogurt. Be careful to not substitute a zero calorie sweetener for a food that is compensating for sweetness by containing higher fat and carbohydrates.

Sugar alcohol used for artificial sweeteners such as Maltitol, sorbitol, xylitol and isomalt are derived from sugars typically found in fruits. Sugar alcohol does not contain alcohol; it is a term used for its chemical structure. Also, sugar alcohols can raise your blood sugar because they come from natural sugar. On the flip side, artificial sweeteners are formulated in a lab so they do not raise your blood sugar.

Sugar substitutes are not metabolized by the bacteria in the mouth so there is no cause for tooth decay. According to the American Dental Association, sugar by itself is not corrosive to your teeth. It is the bacteria in dental plaque that metabolizes sugar and releases acid that can breakdown the tooth enamel. Chewing any sugar free gum, for at least a few minutes, will neutralize the acids in the mouth and increase saliva flow. This is another benefit to preventing cavities. One of the sugar alcohols, Xylitol, is synthesized from corn-cobs and birch trees and can help re-mineralize tooth enamel.

Whichever sugar you choose, have balance and moderation. If you are concerned about decay –stick with your colored packets. If you want natural (ex. found in fruit) or refined sugar (ex. found in sugar cane) and can monitor your caloric intake, stay natural and pay attention to portion control.

References:
Know the Facts About

Heart Disease

What is heart disease?

Heart disease is the leading cause of death in the United States. Around 630,000 Americans die of heart disease each year. That’s more than one in every four deaths in this country.1

The term “heart disease” refers to several types of heart conditions. The most common type is coronary artery disease, which can cause heart attack. Other kinds of heart disease may involve the valves in the heart, or the heart may not pump well and cause heart failure. Some people are born with heart disease.

Are you at risk?

Anyone, including children, can develop heart disease. It occurs when a substance called plaque builds up in your arteries. When this happens, your arteries can narrow over time, reducing blood flow to the heart.

Smoking, eating an unhealthy diet, and not getting enough exercise all increase your risk for having heart disease.

Having high cholesterol, high blood pressure, or diabetes also can increase your risk for heart disease. Ask your doctor about preventing or treating these medical conditions.

What are the signs and symptoms?

The symptoms vary depending on the type of heart disease. For many people, chest discomfort or a heart attack is the first sign.

Someone having a heart attack may experience several symptoms, including:

- Chest pain or discomfort that doesn’t go away after a few minutes.
- Pain or discomfort in the jaw, neck, or back.
- Weakness, light-headedness, nausea (feeling sick to your stomach), or a cold sweat.
- Pain or discomfort in the arms or shoulder.
- Shortness of breath.

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

KNOW THE FACTS ABOUT

Heart Disease

How is heart disease diagnosed?

Your doctor can perform several tests to diagnose heart disease, including chest X-rays, coronary angiograms, electrocardiograms (ECG or EKG), and exercise stress tests. Ask your doctor about what tests may be right for you.

Can it be prevented?

You can take several steps to reduce your risk for heart disease:

- Don’t smoke. CDC’s Office on Smoking and Health Web site has information on quitting smoking.
  
  http://www.cdc.gov/tobacco

- Maintain a healthy weight. CDC’s Healthy Weight Web site includes information and tools to help you lose weight.
  
  http://www.cdc.gov/healthyweight/index.html

- Eat a healthy diet. Tips on reducing saturated fat in your diet are available on the Web site for CDC’s Division for Nutrition, Physical Activity, and Obesity.
  
  http://www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html

- Exercise regularly. Visit CDC’s Physical Activity Web site for more information on being active.
  
  http://www.cdc.gov/physicalactivity/index.html

- Prevent or treat your other health conditions, especially high blood pressure, high cholesterol, and diabetes.

How is it treated?

If you have heart disease, lifestyle changes, like those just listed, can help lower your risk for complications. Your doctor also may prescribe medication to treat the disease. Talk with your doctor about the best ways to reduce your heart disease risk.

For More Information:

Learn more at the following Web sites:

- Centers for Disease Control and Prevention’s Division for Heart Disease and Stroke Prevention:
  
  http://www.cdc.gov/dhdsp/index.htm

- Centers for Disease Control and Prevention’s National Center on Birth Defects & Developmental Disabilities:
  
  http://www.cdc.gov/ncbddd/birthdefects/default.htm

- American Heart Association:
  
  http://www.americanheart.org

- National Heart, Lung, and Blood Institute:
  
  http://www.nhlbi.nih.gov
What is stroke?
Stroke kills almost 130,000 of the 800,000 Americans who die of cardiovascular disease each year—that’s 1 in every 19 deaths from all causes.¹

A stroke, sometimes called a brain attack, occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts. You can greatly reduce your risk for stroke through lifestyle changes and, in some cases, medication.

Are you at risk?
Anyone, including children, can have a stroke. Every year, about 610,000 people in the United States have a new stroke.²

Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits that you can change. Examples include smoking, drinking too much alcohol, and not getting enough exercise.

Having high cholesterol, high blood pressure, or diabetes also can increase your risk for stroke. However, treating these conditions can reduce the risk of stroke. Ask your doctor about preventing or treating these medical conditions.

What are the signs and symptoms?
The five most common signs and symptoms of stroke:
♦ Sudden numbness or weakness of the face, arm, or leg
♦ Sudden confusion or trouble speaking or understanding others
♦ Sudden trouble seeing in one or both eyes
♦ Sudden dizziness, trouble walking, or loss of balance or coordination
♦ Sudden severe headache with no known cause.

If you think that you or someone you know is having a stroke, call 9-1-1 immediately!

How is stroke diagnosed?
Your doctor can perform several tests to diagnose stroke, including brain imaging, tests of the brain’s electrical activity, and blood flow tests.

Can it be prevented?
You can take several steps to reduce your risk for stroke:
* Eat a healthy diet.
* Maintain a healthy weight.
* Be physically active.
* Don't smoke.
* Limit alcohol use.
* Prevent or treat your other health conditions, especially high blood pressure, high cholesterol, and diabetes.

For more information, visit:
Centers for Disease Control and Prevention’s Division for Heart Disease and Stroke Prevention: [www.cdc.gov/dhdsp/index.htm](http://www.cdc.gov/dhdsp/index.htm)
American Stroke Association: [www.strokeassociation.org](http://www.strokeassociation.org)

¹ CDC: Deaths: Final Data for 2009. [www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_03.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_03.pdf)
² Circulation: Heart Disease and Stroke Statistics—2013 Update. [http://circ.ahajournals.org/content/127/1/e6.long](http://circ.ahajournals.org/content/127/1/e6.long)
Human Trafficking, under both federal and Florida law, is defined as the transporting, soliciting, recruiting, harboring, providing, or obtaining of another person for transport; for the purposes of forced labor, domestic servitude or sexual exploitation using force, fraud and/or coercion.

Estimates in the U.S. exceed 14,5000 - 17,500 annually, of which 80% are women and children. Globally, the numbers range from 600,000 to 4 million people who are trafficked worldwide each year (United Nations).

How to report - If you see something suspicious and suspect it could be human trafficking, you can take action!

- If you have information regarding suspected Human Trafficking of a child in Florida contact: Florida Abuse Hotline 1-800-96-ABUSE (1-800-962-2873)
- If you have information regarding suspected Human Trafficking of an adult anywhere in the United States or of a child outside of Florida please contact: National Human Trafficking Resource Center 1-888-373-7888

The National Human Trafficking Hotline https://humantraffickinghotline.org/resources, has resources for educators, schools, healthcare providers, faith-based partners and others to help identify human trafficking.

Florida is 3rd in the nation for human trafficking across the US. The Tampa Bay area is one of the greatest problem areas in the state.

- Between 100,000 – 300,000 sex trafficking victims under 18 in the U.S. per year (includes those brought into the country)
- 12 years old – the average age of entry into the sexual exploitation industry, with some as young as 9 years old
- Total yearly profits generated by human trafficking are $32 billion – Specifically, trafficking for sexual exploitation generates $28 billion per year. Human trafficking is the fastest growing and 3rd largest organized criminal activity, behind only drug and arms trade.

In 2012, Florida passed House Bill 99, the Florida Safe Harbor Act, which allows for minors to be deemed as dependent instead of delinquent, giving law enforcement the discretion to either arrest or deliver the minor to a short term safe house, if available.

In 2016, House Bill 7141 expanded the Florida Safe Harbor Act by requiring the Department to develop or adopt a screening instrument for the identification of sexually exploited children, service planning and placement. In addition, staff such as child protective investigators and case managers are required to have specialized training prior to working with minors that have been sexually exploited. It also provided minimums standards to certify a foster home or group home desiring to care for sexually exploited children. Upon certification, these licensed settings are identified as Safe Foster Homes or Safe Houses to serve as a placement option for sexually exploited children and young adults.

The Florida Dream Center currently assists in the funding of multiple safe homes for survivors of sex trafficking, protecting and restoring the lives of adult women, domestic minor girls, and a 72 hour emergency intake home. Call the local Clearwater / Tampa Bay Area Task Force on Human Trafficking at 727-562-4917.
University of Tampa’s College of Public Health student interns and their instructor, Professor Mary Martinasek, are working with DOH-Hillsborough on Healthiest Weight Florida activities. Students are connecting with early education and childcare centers, assisting in sign-ups for Let’s Move Childcare Center recognition, all in efforts to improve the health and fitness of children and staff. Cynthia Keeton, Biological Scientist II with DOH, is mentoring the students, who are already making a difference in children’s lives.

November 15, staff participated in a recycle awareness event to encourage us in helping protect the environment. Lisa Almeda, Director’s Office, and Juliana Pinero, Health Education, spearheaded and hosted the activities.

The DOH-Hillsborough’s River Warriors were out again on December 16, cleaning up our Hillsborough River and parks for the enjoyment and

Kelsey Christian and Tara Spiller shared information about DOH-Hillsborough County’s services on December 15 at the Lowry Park Employee Health and Wellness fair.

World Aids Day celebration on December 2, hosted by the Specialty Care Center of DOH-Hillsborough, provided the opportunity for 156 individuals to receive free HIV/AIDS testing. Thank you to the Jazz Band from Rampello school which provided great music.
Folic acid is the synthetic form of folate found in supplements and is an important nutrient for many cells in the body. Both Folate and Vitamin B12 work together to help form red blood cells. If the body is depleted in both of these nutrients, this can lead to macrocytic anemia. Not only does folate help form red blood cells which help carry oxygen, but folate is one of the nutrients that contributes to nerve function. Folate is a key component for the formation of DNA within the cells and allows the cells to replicate normally in the body. Most of the required folate in men and women are obtained from balanced meals; however, when a woman is pregnant she requires certain levels of folate in her diet. If a woman lacks folate when pregnant it can lead to neural tube defects, spina bifida, anencephaly and other nerve defects for their unborn baby.

The Centers for Disease Control and Prevention reports that women who take the daily dose of folic acid starting at least one month prior to conception and during the first trimester reduce the baby’s risk of acquiring neural tube defects up to 70 percent. There has been some research that folic acid is also linked to reducing other birth defects such as cleft lip, cleft palate and some heart defects. Consuming the adequate amounts of folate may also reduce the risk of preeclampsia, which is a blood pressure disorder that some pregnant women may develop during pregnancy. Consuming the proper amounts of folic acid contributes to rapid cell growth of the placenta and healthy growth of the unborn baby.

Dr. Ananya Mandal, MD “What is Folic Acid?”

**Daily Folate Recommendations**

<table>
<thead>
<tr>
<th>Adults (19 years and up):</th>
<th>400μg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any woman considering pregnancy:</td>
<td>600μg</td>
</tr>
<tr>
<td>Pregnant Women:</td>
<td>700μg</td>
</tr>
<tr>
<td>Breast feeding women :</td>
<td>500μg</td>
</tr>
</tbody>
</table>

**Did you know!?**

A single serving of many breakfast cereals has the daily amount of folic acid for a woman.

**Foods Rich in Folic Acid**

1. Green Leafy Vegetables
2. Asparagus
3. Broccoli
4. Citrus Fruits
5. Beans, Peas and Lentils
6. Avocado
7. Okra
8. Brussels Sprouts
9. Seeds and Nuts
10. Cauliflower

Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM  
“15 foods high in folic acid”
Prevention and Early Detection of Cervical Cancer

**What is cervical cancer screening?** Cervical cancer screening is used to find changes in the cells of the cervix that could lead to cancer. Screening includes Pap test or Pap smear and, for some women, testing for human papillomavirus (HPV).

**How does cervical cancer occur?** Cancer occurs when cervical cells become abnormal and grow out of control. The cancer cells invade deeper into the cervical tissue. In advanced cases, cancer cells can spread to other organs of the body.

**What causes cervical cancer?** Most cases of cervical cancer are caused by infection with HPV. HPV is a virus that enters cells and can cause them to change. Some types of HPV have been linked to cervical cancer as well as cancer of the vulva, vagina, penis, anus, mouth, and throat. Types of HPV that may cause cancer are known as “high-risk types.” HPV is passed from person to person during sexual activity. It is very common, and most people who are sexually active will get an HPV infection in their lifetime. HPV infection often causes no symptoms. Most HPV infections go away on their own. These short-term infections typically cause only mild (“low-grade”) changes in cervical cells. The cells go back to normal as the HPV infection clears. But in some women, HPV does not go away. If a high-risk type of HPV infection lasts for a long time, it can cause more severe (“high-grade”) changes in cervical cells. High-grade changes are more likely to lead to cancer.

**Why is cervical cancer screening important?** It usually takes 3–7 years for high-grade changes in cervical cells to become cancer. Cervical cancer screening may detect these changes before they become cancer. Women with low-grade changes can be tested more frequently to see if their cells go back to normal. Women with high-grade changes can get treatment to have the cells removed.

**How accurate are cervical cancer screening test results?** As with any lab test, cervical cancer screening results are not always accurate. Sometimes, the results show a false-negative or false-positive when the cells are normal. To help prevent false-negative or false-positive results, talk to your doctor about how best to prepared for test.

**Importance of Being Screened for Cervical Cancer**

Screening tests offer the best chance to have cervical cancer found at an early stage when successful treatment is likely. Screening can also actually prevent most cervical cancers by finding abnormal cervix cell changes (pre-cancers) so that they can be treated before they have a chance to turn into a cervical cancer.

If it’s detected early, cervical cancer is one of the most successfully treatable cancers. In the United States, the cervical cancer death rate declined by more than 50% over the last 30 years. This is thought to be mainly due to the effectiveness of Pap test screening.

Despite recognized benefits of cervical cancer screening, not all American women take advantage of it. Most cervical cancers are found in women who have never had a Pap test or who have not had one recently. Women without health insurance and women who have recently immigrated are less likely to have timely cervical cancer screening. Cervical cancer deaths are higher in populations around the world where women do not have routine cervical cancer screening. [American Cancer Society](http://www.cancer.org)

The Florida Department of Health provides free cervical cancer screenings for eligible women through local healthcare providers in many convenient locations throughout Hillsborough, Polk, Hardee, and Highlands counties. These screenings are coupled with mammograms and clinical breast exams. To apply for these important services, call 813-307-8082 or visit the website for an application and more information. [http://hillsborough.floridahealth.gov/programs-and-services/wellness-programs/cancer-early-detection/breast-cancer-patients.html](http://hillsborough.floridahealth.gov/programs-and-services/wellness-programs/cancer-early-detection/breast-cancer-patients.html)

For peace of mind about your health, get screened!

Radon is responsible for more than 21,000 lung cancer deaths a year (one every 25 minutes). In Florida, one in five homes tested has elevated radon levels above the EPA action level of 4 pCi/L. Elevated radon levels have been found in all types of Florida buildings, including manufactured homes, schools and high-rise condominiums.

Radon comes from the radioactive breakdown of naturally occurring radium found in most Florida soils. As a gas in the soil, it enters building through small openings in the foundation. Since the building can hold the radon similarly to smoke trapped under a glass, indoor radon concentrations can increase to many times that of outdoor levels.

Building codes differ from state to state and sometimes in counties or cities. The US Environmental Protection Agency (EPA) website has information about building for radon-resistance in new construction (RRNC) and states that have RRNC codes in place. [https://www.epa.gov/radon/building-codes-radon-resistant-new-construction-rrnc#states](https://www.epa.gov/radon/building-codes-radon-resistant-new-construction-rrnc#states)

The only way to know the radon levels in your home is to test. Contact us: 1-800-543-8279 or email phtoxicology@flhealth.gov*.

*Under Florida law, email addresses are public records. If you do not want your email address released in response to a public records request, do not send electronic mail to this entity. Instead, contact this office by phone or in writing (F.S. 668.6076)

Mailing address:
Florida Department of Health
Bureau of Environmental Health, Radon Program
4052 Bald Cypress Way, Bin A08
Tallahassee, FL 32399-1720

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A PICTURE OF RADON

You can’t see it. You can’t smell it.
You can’t taste it. Radon is a Class A carcinogen and is the second cause of lung cancer in non-smokers.
Looking for one place for educational information related to children? It’s here! Topics that relate to children achieving and maintaining a healthy weight are included in this online resource.

Obesity rates in children are high. Unchecked, children stand a higher risk of developing serious conditions, like high blood pressure and diabetes, among other health issues. Helping children get on the path to a healthy weight can prevent many of these conditions usually seen almost entirely in adults.

These resources can be helpful for parents, caregivers, teachers, coaches, childcare and healthcare providers. Download or print as many copies are you need. They make a great take-home guide for parents. In fact, all the family may benefit.

This library of 1, 2 and sometimes 4-page documents are available for download and printing without charge. Only credible sources that provide reputable information for helping our children be the healthiest they can be are included.

Don’t see a topic you think should be included? Let us know and we’ll add it!

http://partnersinobesityprevention.com/childrens-healthy-weight-resources/

813-307-8071
Join the thousands of early education and child care providers who have already committed to Let’s Move! Child Care.

With over 25% of 2 to 5-year old children already overweight or obese in the United States, early education and child care centers can play a major role in the effort to support children’s healthy development and prevent later chronic diseases, like diabetes and heart disease.

The Florida Department of Health in Hillsborough County is partnering with University of Tampa College of Public Health to work with early education and child care centers to get registered to participate in the Let’s Move! program.

If you want hands-on assistance at your center, just call 813-307-8071 ext. 7108, and we’ll make sure you receive guidance and help to get started!

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**Getting Started with Let’s Move! Child Care Is Simple**

Follow these easy steps today to support healthy choices for the children you serve in your home or center. Signing up and participating are free.

**STEP 1**  
**Sign Up and Receive a Participation Certificate.** Sign up with your e-mail address. You’ll use it later to take a checklist quiz and to receive information and updates. After you sign up, download your Let’s Move! Child Care Participant Certificate to display in your center or home.

**STEP 2**  
**Take the Let’s Move! Child Care Checklist Quiz.** Use the e-mail address you signed up with to access our simple online checklist quiz. Answer the questions to see which Let’s Move! Child Care goals you are meeting already and which goals you need to work toward.

**STEP 3**  
**Build Your Action Plan.** Create an Action Plan exclusively for your center or home to help you reach the Let’s Move! Child Care goals.

**STEP 4**  
**Access Free Resources and Ideas.** Find a variety of helpful, free resources and ideas to help you implement your Action Plan and meet the Let’s Move! Child Care goals.

**STEP 5**  
**Earn Your Let’s Move! Child Care Recognition Award.** Once you’ve achieved the Let’s Move! Child Care goals, retake the online checklist quiz to receive your Recognition Award.

**STEP 6**  
**Celebrate Your Success!** Share your story and tips for success with others by using the Success Story Submission Form available at: www.HealthyKidsHealthyFuture.org/resources/testimonials.html

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*Let’s Move! GOALS focus on 5 areas:*

- Physical Activity - Get kids moving
- Screen Time - Reduce it!
- Food - Nurture healthy eaters
- Beverages - Serve healthy beverages
- Infant Feeding - Promote Breastfeeding

*We’re here to help you implement your Let’s Move! Program.  813-307-8015, ext. 7108.*

The program website for materials and resources: [www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)
It’s a New Year - make it a NEW YOU!

Give yourself the best gift this year and set yourself up to be the healthiest you’ve ever been! The best part?! It won’t cost a thing!!

Register for one of the classes below offered by your Florida Department of Health - Hillsborough for FREE!!!

**Registration is required for all classes. Call 813-307-8071 ext. 7111 to register.**

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**Diabetes Self Management Education**

If you have been diagnosed with diabetes, learn how to better manage your condition in 6 weeks through reducing risks of complications, improving nutrition, increasing physical activity, better monitoring, medications, and improved coping skills.

**Upcoming classes:**
- January 5, 2017    Thursdays    12:00pm–1:30pm    Brandon area
- January 9, 2017    Mondays    9:30am-11:00am    Central Tampa
- January 10, 2017   Tuesdays    5:30pm–7:00pm    South Tampa
- January 13, 2017   Fridays    10:00am-11:30am    West Hillsborough/Town N Country
- February 6, 2017   Thursdays    1:30pm-3:00pm    Sun City Center
- February 16, 2017  Thursdays    10:30am-12:00pm    Sun City Center
- February 27, 2017  Mondays    10:00am-11:30am    East Hillsborough near Busch
- March 3, 2017      Fridays    12:00pm–1:30pm    University area

**Get Into Fitness Today!**

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

**Upcoming classes:**
- March 1, 2017      Wednesdays    1:00pm–2:00pm    Nebraska Avenue area near Ybor

Call to find out about upcoming classes in your area!

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**The Diabetes Prevention Program**

This program can help anyone who is overweight - prediabetic or at risk for Type 2 diabetes. The program takes place in 2 phases: 1st 16 weeks participants meet for 1 hour to learn about healthy eating and being active. In Maintenance, participants meet once a month.

**Upcoming classes:**
- January 12, 2017    Thursdays    1:00pm – 2:00pm    West-Hillsborough/Town N Country area

Call to find out about upcoming classes in your area!
**PARKS AND RECREATION:**
Hillsborough County Parks, Recreation, and Conservation:  [www.hillsboroughcounty.org/](http://www.hillsboroughcounty.org/)
Plant City Parks and Recreation:  [http://plantcitygov.com/](http://plantcitygov.com/)
Tampa Parks and Recreation:  [www.tampagov.net/dept_parks_and_recreation/](http://www.tampagov.net/dept_parks_and_recreation/)

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

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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**  307-8031

**NUTRITION/WIC**  307-8031

**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)