The American Heart Association wants to help everyone live longer, healthier lives so they can enjoy all of life’s precious moments. And we know that starts with taking care of your health. American Heart Month, a federally designated event, is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. Together, we can build a culture of health where making the healthy choice is the easy choice.

American Heart Month Statistics At a Glance

- Cardiovascular disease, listed as the underlying cause of death, accounts for nearly 801,000 deaths in the U.S. That’s about 1 of every 3 deaths in the US.
- On average, someone dies of CVD every 40 seconds. That is about 2,200 deaths of CVD each day.
- Cardiovascular disease claims more lives each year than all forms of cancer and Chronic Lower Respiratory Disease combined.
- About 92.1 million American adults are living with some form of cardiovascular disease or the after-effects of stroke. Direct and indirect costs of cardiovascular diseases and stroke are estimated to total more than $316 billion; that includes both health expenditures and lost productivity.
- Stroke accounted for about 1 of every 20 deaths in the United States.
- When considered separately from other cardiovascular diseases, stroke ranks No. 5 among all causes of death in the US, killing nearly 133,000 people a year.
- Each year, about 795,000 people experience a new or recurrent stroke. Approximately 610,000 of these are first attacks, and 185,000 are recurrent attacks.
- On average, 1 in 3 adults, or 30.4%, do not engage in leisure time physical activity. Hispanic and Non-Hispanic black adults were more likely to be inactive.
Health Literacy, Equity and Health Outcomes

The health department completed a health assessment of our county with the help of many stakeholders. The resulting Community Health Improvement plan (CHIP) has four priority areas that have action plans that are being implemented with many partners. The priority areas include obesity, behavioral health, access to health care, and infant mortality. Overall, progress on the related activities has been good. Following our annual review of the plan, an additional priority and objective will be added to the CHIP. The new area of focus is health literacy. This is in line with our continuing effort to apply the lens of health equity to all our public health initiatives.

Health literacy has been defined as “The degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions.” Significant gaps exist between what the public or patients understand and what is being communicated by public health professionals and medical providers. This affects the prevention of disease, treatment, and rehabilitation and therefore contributes to the health disparities that we continue to observe.

Several months ago, a colleague related the real story of a patient who had been prescribed new medication. Not understanding that this was to replace the old medication, the individual continued to take both the old and the new prescription. I was not surprised at the story being told. Over the years I have heard and experienced similar stories of patient/provider communication gone awry. I was, however, surprised that this situation had occurred recently. With all the various advances in communication we still too often as receiver, or sender seem to miss the essential information. Individuals cannot be expected to follow directions that they don’t understand.

Working with partners, our vision is to establish a plan that will improve how we provide health information so that the public and our patients are better able to understand and comply with our guidance for improving their health. Improving our verbal and written health information must be a priority if we hope to see improvements in the health status of our community.
Buying produce that is in season is not only good for your wallet but it is also good for your health! This article will be exploring the numerous health benefits of consuming squash, which is in season during the winter months. Keep an eye out at the grocery store for these delicious and nutritious foods!

Squash comes in many shapes, sizes, and colors however, all have wonderful health benefits. The squash contains many antioxidant compounds and can boost your immunity! It is very rich in Vitamins A and C, as well as magnesium, which all aid with defending illness as well as neutralizing free radicals in the body. Keep this in mind, especially during cold and flu season!

Squash also has a good amount of fiber, which can aid with managing Type 2 diabetes by not raising blood glucose levels. Dietary fiber is not only great for managing blood sugars, it also helps control hunger and slows down digestion, which helps with weight control. It is typically recommended to aim for 25-30 grams of fiber daily. 1 cup of acorn squash contains nearly 7 grams of fiber, this is great to keep in mind for anyone looking to increase their intake!

Women who are pregnant may also want to include squash in their diet because of the significant levels of folate contained in them. Folic acid is an essential vitamin for women who are expecting, due to its role in neural tube development. A lack of folic acid is directly linked to neural tube defects so it would be wise for any pregnant woman to include squash to increase this essential nutrient!

Even squash seeds can be eaten and once again have health benefits! Squash seeds are typically removed before eating the flesh, however, they can be seasoned and cooked as well. They have been directly linked to antiseptic, antimicrobial, and antifungal activity within the body. This will protect us from a wide variety of diseases including tapeworms and intestinal parasites.

It seems that squash has endless health benefits, and did I even mention that it is also delicious! It can be used in a variety of recipes and incorporated as a side dish as well. Enjoy the winter squash while it is in season!

Sources: https://www.organicfacts.net/health-benefits/fruit/squash.html
Butternet Squash Soup

The Good News!

Adding collard greens, bell pepper, corn and carrot to a rustic butternut squash soup is a clever way of making it even more healthier. Together these vegetables deliver vitamins A and C as well as fiber and powerful antioxidants.

Ingredients

- 6 cups low-sodium chicken broth
- One 2-pound butternut squash—quartered, seeded, peeled and cut into 2-inch pieces
- 5 thyme sprigs
- 2 garlic cloves, halved
- 2 medium leeks, white and pale green parts only, cut into 2-inch pieces
- 1 celery rib, cut into 2-inch pieces
- 1 tablespoon vegetable oil
- 2 thick slices of bacon, cut crosswise 1/2 inch thick
- 2 packed cups coarsely chopped collards or kale
- One 15-ounce can pinto or roman beans, drained and rinsed
- 1 medium carrot, finely diced
- 1 red bell pepper, finely diced
- 1 cup corn kernels
- Salt and freshly ground black pepper

How to Make It

Step 1 In a large, heavy pot, combine the broth, squash, thyme, garlic, leeks and celery and bring to a boil. Cover and simmer over low heat for 45 minutes.

Step 2 In a medium skillet, heat the vegetable oil. Add the bacon strips and cook over moderately high heat, turning once, until crisp, about 7 minutes.

Step 3 Discard the thyme sprigs from the soup. Working in batches, puree the soup in a blender. Return the soup to the pot. Add the bacon, collards, pinto beans, carrots, bell pepper and corn and bring to a boil. Simmer over moderately low heat, stirring occasionally, until the vegetables are tender, about 7 minutes. Season the soup with salt and pepper and serve.

Make Ahead
The soup can be refrigerated overnight. Reheat gently.

Notes
One serving 264 cal, 10 gm fat, 1.4 gm sat fat, 37 gm carb, 7 gm fiber
Importance of Handwashing

By Mandy Chan, MPH, CHES

If something as simple as washing your hands can help prevent the flu, why not do it? Follow this effective hand-washing technique as recommended by the Centers for Disease Control and Prevention (CDC) to protect yourself this season:

• Wet your hands under running water. Turn off the water and grab the soap or squirt liquid soap into your palms. Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do not eliminate all types of germs. Hand sanitizers may not be as effective when hands are visibly dirty or greasy.

• Lather your hands thoroughly, including the backs of your hands, between your fingers, and under your nails.

• Scrub for at least 20 seconds (hum the “Happy Birthday” song twice). Rinse the soap off completely.

• Dry your hands with a clean towel or let them dry on their own. Just a little extra care can help prevent you from getting sick when flu season is in full swing this fall.

Speaking of the flu, getting a flu shot is the most effective way to prevent getting those awful chills, aches, and fever that go hand-in-hand with the flu. It’s also the best way to avoid any medical complications associated with the flu virus. In fact, the CDC recommends that everyone six months of age or older get an annual flu shot. Take a few moments today to put a reminder on your calendar—or better yet, schedule a flu shot so that you don't forget.

Source: https://www.cdc.gov/handwashing/when-how-handwashing.html
Risk Factors

What you can & can't Control
Some risk factors you can’t do anything about, but others you can treat, manage, or control with some help of your healthcare provider. Those you can’t change, like your family history, are still important when assessing your risk for heart disease and stroke.

<table>
<thead>
<tr>
<th>RISK FACTORS YOU CAN MANAGE</th>
<th>RISK FACTORS YOU CAN'T CONTROL</th>
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<tbody>
<tr>
<td>You can control or treat these risk factors with lifestyle changes and your healthcare provider's help:</td>
<td>You can’t change these risk factors:</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>Age</td>
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<td>Smoking</td>
<td>Gender</td>
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<tr>
<td>High blood cholesterol</td>
<td>Heredity (Family history health)</td>
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<td>Lack of regular activity</td>
<td>Race</td>
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<tr>
<td>Obesity or overweight</td>
<td>Previous stroke or heart attack</td>
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<tr>
<td>Diabetes</td>
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Know Your Numbers

Knowing your numbers is important! The American Heart Association recommends that you be aware of five key numbers: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI).

These numbers are important because they will allow you and your healthcare provider to determine your risk for developing Cardiovascular Disease by Atherosclerosis. This includes conditions such as Angina (chest pain), Heart Attack, Stroke (caused by Blood Clots) and Peripheral Artery Disease (PAD).
There is significant room for improvement in the management of chronic conditions, but what we must not lose sight of is, the fact that chronic disease is also highly preventable.

Saving lives starts with raising awareness of the risks and taking actions to protect your health!

According to the Alzheimer’s Association, more than 5 million Americans are living with Alzheimer’s disease. In fact, Alzheimer’s or other forms of dementia will affect **1 in 3 Americans** in their lifetime. While Alzheimer’s can be hereditary, there are things you can do that may decrease your risk of developing the disease.

These include keeping chronic conditions such as high blood pressure, high cholesterol and diabetes under control, staying active and following a healthy diet. You should also be on the lookout for common warning signs, which include the following:

1. **Disruptive memory loss**— forgetting previously learned information such as birthdays or other important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids.

2. **Time/place confusion**— losing track of dates, seasons and the passage of time; forgetting where you are or how you got there; being unable to determine if it is morning or evening.

3. **Mood/personality**— being confused, suspicious, depressed, fearful or anxious. These changes often result in depression and withdrawal from once enjoyable activities.

Many of these signs may be mistaken for signs of aging and/or “normal” decrease in ability. Be sure to consult a doctor if you suspect that you or a loved one is at risk. For additional information and available community resources, visit [www.alz.org](http://www.alz.org).
It can be daunting when your list of New Year’s Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn’t meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year’s behavior and promise to make positive lifestyle changes. “Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for,” says psychologist Lynn Bufka, PhD. “Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time.”

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a New Year’s resolution:

**Start Small**

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

**Change one behavior at a time**

Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don’t get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

**Talk about it**

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

**Don’t beat yourself up**

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don’t give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

**Ask for support**

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

You Really Can Quit Smoking

You can repair the damage

If you smoke, you don’t need to hear how bad it is for you, you already know. But maybe you didn’t know just how fast your health could improve by quitting. If you quit today:

- Your heart would start to recover the very next day.
- Your risk for heart disease would drop sharply after two years.
- You’d be less at risk for cancer in your mouth, throat, esophagus, bladder, pancreas and lungs.

And those are just some of the health benefits. You can count on a brighter smile, bigger savings and more energy too.

Why it’s hard to quit

It’s the nicotine. When you smoke, it spreads powerful, pleasing feelings throughout your body. Plus, the act of smoking becomes a part of almost everything you do. So when you eat, drive, celebrate, drink coffee or take a break, you feel that urge to smoke.

Five tips to quit

1. Join a support group. You’ll hear others’ struggle and strategies.
2. Stay busy. Read a book, tackle a home project or envision your new life.
3. Avoid trigger. Skip alcohol, social events or work breaks until you’re less tempted.
4. Pack a snack. Chew gum or eat carrots when you want to smoke.
5. Stay strong. If you slip up one day, stay positive.

No smoking, not less smoking

You may be thinking “What if I smoke less and less until I don’t need to smoke at all?” It sounds like a good idea, but here’s why it’s not. Studies show that even if you smoke less, you’ll likely inhale deeper, so you’ll still get the same amount of nicotine.
Talking to someone about quitting smoking can be the support you might need to see it through. Consider talking to an expert for help.

3 Easy & Free ways to Quit

- Talk to a Quit Coach® who can help you quit tobacco.
  1-877-U-CAN-NOW (1-877-822-6669)
  TTY/TDD: 1-877-777-6534

- An online program to help you quit tobacco is a click away.

- Need local face-to-face help? Find classes near you by visiting:
  www.AHECtobacco.com

SOME MORE TIPS TO HELP YOU QUIT

- When you first try to quit, change your routine
- Get rid of ALL cigarettes and ashtrays in your home, car, or workplace
- Ask your family, friends, and coworkers for support
- Stay in nonsmoking areas
- Breathe in deeply when you feel the urge to smoke
- Keep yourself busy
- Reward yourself often
- Reduce stress
- Distract yourself from urges to smoke
- Plan something enjoyable to do every day
- Drink a lot of water and other fluids
MLK Day of Service

“Asthma Self-Management Training”

Allen Temple AME Church @ 9am-3pm

January 20, 2018

Know the benefits of controlling your asthma

Learn what your triggers are

Learn how to help prevent asthma attacks

Receive resources for better treatment long term (inhalers, spacers and nebulizers)

Allen Temple AME Church
2101 North Lowe Street
Tampa, FL 33605
http://floridaasthmacoalition.com/

“My kids have asthma and so do I.”

Approximately 1 in 10 children and 1 in 12 adults in Florida have current asthma. Let this educational training show you how to control asthma attacks and no more hospital visits and absentees from school and work.

SPONSORS

MLK Day of Service
Tampa Bay Asthma Coalition
Allen Temple Neighborhood Development Cooperation
Florida Department of Health
University of Tampa
BayCare
WellCare
“A day without laughter is a day wasted” — Charlie Chaplin
Want to take care of yourself better? Whether it’s diabetes prevention, self-management, or weight loss, we have a class for you!

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 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity, better monitoring, medications, and improved coping skills.

**Upcoming classes:**

- **January 12, 2018**
  - **Friday**
  - **11:00 am—12:30 pm**
  - **Downtown area**

- **January 16, 2018**
  - **Tuesdays**
  - **10:00 am—11:30 am**
  - **Brandon area**

- **February 15, 2018**
  - **Thursday**
  - **10:30 am—12:00 pm**
  - **Sun City Center area**

- **March 5, 2018**
  - **Monday**
  - **10:30—12:00 pm**
  - **South Tampa area**

- **March 6, 2018**
  - **Tuesday**
  - **10:00 am—11:30 pm**
  - **Plant City area**

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**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:**

- **January 4, 2018**
  - **Thursday**
  - **9:30 am—10:30 am**
  - **Town N’ Country area**

- **January 9, 2018**
  - **Tuesday**
  - **10:00 am—11:00 am**
  - **Carrollwood 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 31, 2018**
  - **Wednesday**
  - **6:00 pm—7:00 pm**
  - **Brandon area**

- **February 13, 2018**
  - **Tuesday**
  - **1:00 pm—2:00 pm**
  - **Plant City area**
Florida KidCare, the state of Florida health insurance for children (birth through age 18, even if one or both parents are working. To apply, call 1-888-540-5437, TTY-877-316-8748, apply online, print application and instructions. Visit: www.floridakidcare.org.

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: www.plantcitygov.com/
Tampa Parks and Recreation: www.tampagov.net/dept_parks_and_recreation/
Temple Terrace Parks and Recreation: www.templeterrace.com/

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

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

MAIN OPERATOR
and Director’s Office ….. 307-8000

COMMUNITY HEALTH
Community Health Director….. 307-8071
Epidemiology .................. 307-8010
Health Education ............ 307-8071
Breast/Cervical Cancer .. 307-8082
Diabetes ...................... 307-8071
Florida KidCare .............. 307-8082
Weight Management .... 307-8071
Health Literacy ............. 307-8071
Insulin Program ............ 307-8082
Lead Poisoning Prevention 307-8071
School Health .............. 307-8071
Sterilizations .......... 307-8082
Office of Health Equity .... 307-8066

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

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
(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)

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Hillsborough.flhealth.gov